

Recent News

Exciting things are happening at the Jigsaw Health Foundation! At the recent International Academy of Oral Medicine & Toxicology (IAOMT) conference in Washington DC, we had 46 dentists sign up to treat one or more beneficiaries a year for us FOR FREE! This is a huge step in stretching our resources. Now we can help many more people this year than we anticipated. We have already begun the process of matching up those dentists with current applicants for initial exams.

Board of Directors

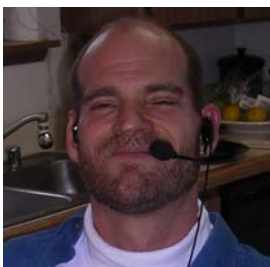
Pat Sullivan
Cyndee Sullivan
Dr. David Kennedy
Freya Koss
Rev. Alfred Ells
Patrick Sullivan, Jr.
Colleen Skipper

Support from the dental community is a huge morale boost. The dentists were EXCITED that someone from the outside community has stepped up and done something to help these people who otherwise had no chance of help.

Another outcome of the conference was the idea of using our beneficiaries and the data we are collecting to conduct a scientifically significant study. All the details are not worked out yet but we feel that this will be significant contribution to the evidence against mercury. We have very smart people working on a protocol for our beneficiaries.

We hope that this study can show, without a doubt, that removing amalgams improves the quality of life for people with chronic conditions. It will be especially interesting to see if some of our beneficiaries are able to get off of disability as a result of removing their amalgam fillings. That's something the Federal Government might pay attention to!

A Word From Our First Beneficiary, Paul



Paul, December 2005

To Jigsaw Health Foundation - I am the first recipient of your dental amalgam program for people who are in need of removing the most hazardous material the medical establishment has ever used in abundance in the mouths of people. I am one of many who cannot afford the amalgam removal process, as this replacement costs as much as almost my whole year's income! I happen to have severe Cerebral Palsy which limits my ability to get a job and the income to sustain my needs. Many other people also cannot work due to the chronic illness that amalgam toxicity causes.

I would like to thank Jigsaw Health and their new amalgam foundation and the work that went into this new program. They worked extremely hard to make my removal process happen in a timely manner as I was the first to benefit from the program! I have been feeling somewhat better but it's still too early to tell. A recent challenge test showed that I have an extremely high level of mercury in my body so I am very happy to have the source of the mercury gone now. Thanks guys, keep up the great work! Paul

How the Jigsaw Health Foundation Works

The Jigsaw Health Foundation is supported by donations from the general public and by donated services from mercury-free dentists around the country. The number of applicants is steadily increasing and about half of them are on disability. All applicants are below 300% of the poverty line.

Quick Facts

First Quarter Applicants: 17
Location: all over the U.S.
Average Number of Amalgams: 10
Beneficiaries to date: 1
Amalgams removed: 9
2005 Donors: 14
2005 Donations: \$113,756
2006 Donors: 6 plus 46 dentists
2006 Donations: \$2,663 + dental services
Thank you Donors and Dentists!

Applicants find us through the Internet, other mercury websites, and by word of mouth. They can download and fill out the application online or, if they'd prefer, they can request to have an application packet sent to them. After we receive the application, we review and verify the information and help the applicant find a dentist to get an initial examination and estimate.

We make our decision about which applicants to fund on a quarterly basis. The decisions are always difficult because everyone who applies has both severe financial need and multiple health problems. We'd like to help everyone but we have limited funds. After being accepted as a beneficiary, the removal process begins and we foot the bill. We check back in with each beneficiary every few months to see how they are feeling.

We Need Your Help



1. Spread the Word. Please spread the word about the dangers of mercury amalgams and send people who need financial help to our website. We want people to know we are here to help!

2. Donate Money. If you care about the dangers that mercury amalgams pose to our society, and if you are financially able to, please consider donating to the Foundation. We have the financing necessary to operate for two full years, **so 100% of each dollar given is used for amalgam removal, not for administrative expenses.**

3. Donate Services. If you are a dentist, please consider donating your time and services to our beneficiaries. If you are interested, please call or email and we will add your name to our database. You are under no obligation to treat anyone and you will always be able to choose whom you treat for free.

Thank you for helping us fill a need for mercury-free health.

More Info?

Call or email Colleen
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colleen@jigsawhealth.org

Mercury Facts

A recent Zogby poll (www.mercurypolicy.org/new/documents/WhatPatientsDontKnow.pdf) shows that 76% of Americans don't know that their "silver fillings" contain the *most dangerous, non-radioactive material known to man*. One big step towards general awareness of mercury would be to begin calling the "silver fillings" what they are – mercury amalgams. The FTC forced food makers to change "pork and beans" to "beans and pork" to be truthful. It's time for Dentists to do the same.

Here are some hard facts on mercury and its effect on the body. Part two, mercury's effects on the environment, will be in the next newsletter.

Mercury Amalgams: Exposing the Toxic Facts

- Mercury amalgams—often deceptively called "silver fillings"—contain approximately 50% elemental (metallic) mercury and just 35% silver.¹
- Controversy over the use of mercury amalgams began shortly after its introduction to the western world nearly 200 years ago.¹
- Elemental (metallic) mercury—the pure form of mercury used in dental fillings—will evaporate and release mercury vapors at room temperature. Vapors are also released with chewing, brushing teeth, and if you grind your teeth.¹
- Release of mercury from amalgam fillings is the primary source of human exposure and body burden of mercury in the general population.²

So, how bad is mercury?

A Materials Safety Data Sheet for mercury states:

Chronic exposure through any route can produce central nervous system damage. May cause muscle tremors, personality and behavior changes, memory loss, metallic taste, loosening of the teeth, digestive disorders, skin rashes, brain damage, and kidney damage. Can cause skin allergies and accumulate in the body. Repeated skin contact can cause the skin to turn gray in color. A suspected reproductive hazard; may damage the developing fetus and decrease fertility in males and females.³

And yet, mercury amalgams have been placed—and continue to be placed—in the teeth of more than 100 million Americans each year.⁴

100-3946 **DOUBLE SPILL**
Gray/Gray

ADA
ACCEPTED
American
Dental
Association

EACH CAPSULE CONTAINS:
600 mg. ALLOY/600 mg. MERCURY

POISON **Read Directions Before Use** **COMBUSTIBLE**

WARNING *Ingestion:* May cause Neurotoxic Nephrotoxic effects.
Inhalation: May cause Bronchiolitis, Pneumonitis Pulmonary Edema.
Eyes & Skin: May cause redness and irritation to eyes and skin.
Acute Exposure: May cause sensitization dermatitis and possible visual disturbances.
California Prop 65 Warning: This product contains mercury, a chemical known to the State of California to cause birth defects or other reproductive harm.
Store at temperature no higher than 25°C.
Mercury Complies to ISO 1560: 1985
Keep Out Of Reach Of Children
Caution: Federal law restricts this device to sale by or on the order of a dentist.

Approximate Alloy Content:	Silver	41.5%
	Tin	30.5%
	Copper	28.0%

Do your mercury amalgams make you sick?

All mercury amalgams release toxic vapors into the body. Some people are able to excrete the mercury, and never suffer serious consequences from their exposure to it.

But for many others, their mercury amalgams make them sick. Some experience only slight symptoms like fatigue or irritability. Others get more serious conditions like Irritable Bowel Syndrome, Chronic Fatigue, Candida, or even Multiple Sclerosis. A fetus may be most at risk. If a mother has mercury amalgams, the baby she carries will receive double the amount of mercury that she does. This can cause many developmental defects and may be a factor in the rise of autism in America.

The Poisonous Link: Mercury and Chronic Conditions⁵

- Every amalgam releases approximately 10 micrograms of mercury into the body every day.
- Mercury crosses the maternal placenta into the tissues of a developing fetus.
- Mercury can induce auto immunity— where your immune system attacks healthy cells and leaves you vulnerable to autoimmune disorders like lupus, multiple sclerosis, and rheumatoid arthritis.
- Mercury immediately and continually challenges renal functioning which can weaken kidney function.
- Mercury can enhance the prevalence of multiple antibiotic-resistant intestinal bacteria leaving you susceptible to chronic infection.
- Those continually exposed to mercury not only risk lowered fertility, they also risk infertility.



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¹ "Mercury (element)", Wikipedia, http://en.wikipedia.org/wiki/Mercury_%28element%29, Accessed 1/2006.

² "Global Mercury Assessment," United Nations Environment Programme, 2002.

³ "Mercury," Material Safety Data Sheet #M1599, Mallinckrodt Baker, Inc., 8/10/2004.

⁴ "Statement on Dental Amalgam," American Dental Association, 1/8/2002.

⁵ "Mercury Free and Healthy," August 2005, Dental Amalgam Mercury Syndrome (DAMS)