

Frequently Asked Questions 常見問題回答

- 1. Do all Mercury amalgams (Silver Fillings) Leak?**
Perhaps a better term would be vaporize. Mercury vaporizes off the surface of amalgam fillings 24/7. Mercury also infuses into the pulp chamber of the tooth and enters the blood stream. The interaction of 5 metals constantly keeps amalgam giving off mercury as well as copper and other corrosion products (16 of them). Chewing food is but one way that mercury release is increased by hundreds up to thousands of percent. It has several different routes in which it can enter the body. None are healthful.
- 1. 是否所有汞（水銀）齊填補物都會釋出？**
或許叫作汞蒸氣會更好。汞從汞齊填補物表面蒸發的機率是 24 比 7。汞還會進入牙髓腔然後進入血流。五種金屬持續相互作用，從汞齊填補物中不斷釋放出汞、銅和其他腐蝕性物質（16 種）。咀嚼食物只是汞釋放的一種方式。此釋放入體內的汞從百分之幾百增加到百分之幾千。汞有多種途徑進入人體，沒有一種是有益健康的。
- 2. Why should I not have a ROOT CANAL done?**
Root canals are recommended when a tooth has been fractured, or when decay has entered the nerve chamber and created much pain. Often the body calcifies the tooth membranes, and allows it to remain. Unusual as it sounds, the body does not like dead structures in it, and a healthy body will try to reject it. Pain requiring antibiotics and pain pills are frequently used until the immune system stops working in that area. Root canals produce toxins that can increase or create many autoimmune diseases.
- 2. 我為什麼不該接受根管治療？（抽神經）**
牙齒斷裂或齲齒深入齒髓腔產生疼痛時牙醫會建議根管治療。抽神經後身體經常會使牙膜牙髓鈣化，而讓它能夠保留下來。但並非所說的那樣，身體不喜歡有壞死結構在裡面，健康的體將會試著排斥它。患者需要頻繁使用抗生素和止痛藥止痛，直到免疫系統在那塊損傷區域停止作用。根管治療產生的毒素能夠增加或製造許多自體免疫系統的疾病。
- 3. Are implants considered a safe replacement for my teeth?**
As Professor Doug Swartzendruber of the University of Colorado once said, "anything implanted into bone will create an autoimmune challenge. The only difference is the length of time it takes for a disease to appear." We have personally seen numerous diseases with an unknown origin that may have been created by implants. It is a popular dental treatment, but not recommended for people interested in maintaining the best health.
- 3. 是否種植牙是安全的替代方法？**
科羅拉多州立大學的 Doug Swartzendruber 教授曾經說過：“任何東西植入牙骨中都將對自體免疫系統產生挑戰。唯一的區別是疾病出現時間的先後。”我們親自見過眾多原因不明的疾病，它們可能都是由植牙所造成的。這是一種流行的牙科治療方法，但不推薦給喜歡保持最佳身體狀態而養生的人們。
- 4. Are there symptoms and diseases that are related to dental materials and procedures?**
There are dozens of diseases and hundreds of symptoms that have been related to various dental materials. Toxicity is not generally considered when manufacturing dental materials. Durability in the hostile environment of the mouth is of more concern. Mercury is a good example, as are copper, beryllium, zinc, nickel, root canals and cavitations.
- 4. 是否這些症狀和疾病與牙科材料和治療步驟有關？**
已有數以百計的疾病與症狀與多種牙科材料有關。當生產牙科材料時通常不會考慮它的毒性。在複雜的口腔環境中考慮更多的是它的持久性。汞就是產生毒性的一個極好例子，同樣的銅、鈹、鋅、鎳材料、根管治療和齒槽骨空穴也是如此。

5. Is laser treatment for cleaning of root canals and cavitations considered a safe treatment?
In both root canal sockets and cavitation linings, the big concern is the anaerobic bacteria. These are ones that live in the absence of oxygen. Botulism and gangrene are examples of anaerobic bacterial action. Bad bugs. If laser can kill all the bacteria, who is going to remove the dead bacteria, or the dead bone lining the sockets? There is no blood supply here. Laser only kills, does not clean debris. Other techniques are required to leave a clean area that can fill in with bone and new blood vessels.
5. 雷射根管和齒槽骨空穴是否為一種安全的治療方法?
根管齒槽和齒槽骨空穴的齒壁，厭氧菌是最大的問題。它們生存在無氧環境中。肉毒桿菌中毒和壞疽就是厭氧菌作用的例子。它們是有害細菌。假設雷射能夠殺死所有細菌，那麼誰來清除它們的屍體，或清除槽壁的死骨？這些地方是沒有血流量的！雷射只是殺死細菌，並不會清除殘骸。需要使用其他技術來清除這些地方，以便能提供這地方新骨頭的生長和新血管的形成。
6. Will having dentistry alone solve my problems?
Removal of toxic dental materials will cut off the supply of toxins, but that does nothing toward healing and repair. Balancing the body chemistry is required to supply the proper raw materials to bring about healing.
6. 是否僅做牙科治療就能解決我的健康問題？
去除有毒牙科材料將去除毒素的供應，但對治癒和修復身體沒有任何幫助。你需要提供適當的原料來平衡體內的生化反應才能促進身體修復。
7. After starting my revision how soon should I get it completed?
Observations have shown that if all the removal procedures (this does not count placing crowns and bridges) are accomplished within less than 30 days, healing is good. The longer over 30 days the procedures take from the initial removal, the less positive response one can expect. Frequently, when more than 6 months lapse between start and finish, the patient may find that they are worse off than when they started.
7. 修復治療開始後多久能夠徹底完成？
經觀察發現，假如所有的去除步驟（戴上牙橋和牙冠並不包括在內）少於 30 天內完成，身體會修復的很好。從一開始去除步驟起，超過 30 天后，時間拖越長，你期望得到正面回應就越少。通常完成時間由開始到完成超過 6 個月，患者會發現自己比開始治療時身體更糟。...
8. Why is vitamin B-12 as a supplement or additive dangerous?
Many Universities have published articles on the ability of Vitamin B-12 to convert mercury vapor into the much more deadly "Methyl mercury". Methyl mercury knows no barriers, and creates far more havoc than other mercury chemicals, because of its ability to travel anywhere in the body without inhibitions. Sometimes the effects of high doses of Vitamin B-12 (over 50 micrograms) take months to correct.
8. 為什麼維生素 B12 作補充品或添加劑有存在的危險？
許多大學都出版了相關論文：維生素 B12 能將汞蒸氣轉化為更加致命的“甲基汞”。甲基汞沒有任何屏障，比其他汞化學物能產生更多的破壞，因為它有能力在毫無阻擋地進入體內的任何地方。有時候，大劑量（超過 50 毫克）攝入維生素 B12 所造成的影響需要花幾個月的時間去糾正。

9. What are my nutritional needs and requirements after being affected by mercury and root canal toxins?
We seek a client's "Ancestral Diet", or foods that the past 2000 years of ancestry that produced you. Your blood chemistry will divulge how much carbohydrate, protein and fat your specific body requires, as well as telling how well you digest these foods. In addition, blood tells us which supplementation (if any) that you need.
9. 受汞和根管治療毒素侵害後，我們需要補充哪些營養？
我們尋求的是一種客戶的“祖先的飲食習慣”，或是過去 2000 年裏祖先代代相傳而延續到後代所產生的飲食習慣，你的血液生化反應會揭示你特定的身體需要多少碳水化合物、蛋白質和脂肪，以及告訴你多能消化吸收這些食物的程度。此外，血液生化反應還告訴我們你需要（若有需要）哪些補充品。
10. What is the first step for a dental revision?
As with any adventure, it is best if one becomes educated in the process and expectations that dental revision and balancing body chemistry would do for you. You cannot test drive the results, so you should familiarize yourself with these aspects through reading books, asking professionals in the business and talking to people who have been through the processes when they are available. Even though any mercury is damaging to adjacent tissues, search to see if your diseases and symptoms are similar to those seen to improve upon correcting your body chemistry and doing dental revision.
10. 口腔整治的第一步驟是什麼？
做任何事都有風險，最好的方法是你對即將接受的口腔整治和平衡身體生化反應治療的過程和預期結果有所充分教育。你不可能試著去駕馭結果，因此你必須通過看書、諮詢相關領域的專業人士、與歷經整個治療過程的人們交談來熟悉這些治療步驟。即使有任何汞正在破害你鄰近組織，你必須上網搜索一下，看看你的疾病和症狀是否與那些患者身體經改變血液生化反應和牙科整治治療後有所改善的疾病和症狀相似。
11. When and what should I do for detoxify?
Foremost, remember that Detoxification is Retoxification. We have seen disasters precipitated by over detoxification with too strong a medications and too large a dosage. Detoxification, or releasing mercury from stores in the body is no real trick. The secret is in elimination. Just because you have moved mercury from your arm bone to your brain does not mean you have detoxified properly.
11. 我應該什麼時候排毒？需要做些什麼？
首先要記住排毒就是再度分配毒素而中毒。我們遇到許多過度排毒的慘痛案例，都是由於服用過強排毒藥物和攝入劑量過大造成的。排毒，或把儲存體內的汞釋放，是不確定的方法。秘密在於身體如何排除。因為你只是把汞從你的手臂骨轉移到大腦，並不意味著你已經妥善地把毒排出了。
12. I feel fine; do I really need to balance my body chemistry?
So often people say, "Why wasn't I told?" It is easy to avoid buying life insurance until the third engine of the airplane you are on stops. This is your choice. Want to avoid the problems we hear about daily, or strengthen your immune system now? Sort of pay now, or pay later - only later may be with a part of your life that you did not want to lose. Look over the diseases and symptoms. This could help you make your choice.
12. 我感覺很好，是否還需平衡我體內的生化反應元素？
人們經常這麼說：“為什麼沒人告訴我？”，你很容易避免不去購買人身保險，直到有一天你所搭乘的飛機的第三個引擎停止轉動。這是你的選擇。若想要避免我們每天聽到的健康問題？或現在就想要增強免疫能力？問題在於先付費或後付費——只是後付費你會失去一部分你不想生命中失去的東西。觀察一下那些疾病和症狀，這樣能幫助你做出選擇！

13. How do I know how much mercury is in my body?
This is tough. Cremation is about the only accurate method, but, it really does not matter. You will never get it all out, and that is in storage is not bothering as much as that is in circulation. The answer is to have mercury going out of the body just a few micrograms faster than it is coming in. We are all exposed to mercury daily in air, food and water. We excrete in sweat, urine and feces. Maintaining the balance in favor of more excretion than intake will keep you feeling good, and keep your chemistry looking good. Textbooks say the body has 13 milligrams in it. We have known of several people who went on doctor controlled fasts and eliminated a quarter cup of mercury rectally at one time. That is pounds, not thousandths of a gram.
13. 我怎樣才能知道體內含有多少汞？
這很困難。焚燒身體是唯一精確計算的方法。但是，體內含有多少汞並不重要。你永遠都不會完全把所有的汞排出，而且貯存體內的汞和體循環中的汞沒那麼麻煩。答案是身體排出幾微克汞的速度比進入的速度快。我們每天都暴露在含汞的空氣、食物和水中，以汗液、尿液和糞便的形式排出汞。通過排出多於攝入來維持身體平衡，這樣就能夠使你保持良好的感覺，並且能使你體內的血液生化反應含量保持正常水準。課本上說人體內含有 13 毫克汞。據我們瞭解，一些去看過醫生的患者禁食後從腸內排出四分之一杯的汞，計算單位是磅不是千克！
14. Why do I need supplements and why your supplements?
Most people have chemical imbalances as seen from blood and hair analysis. The best diet in the world will give them the same imbalances, just at a higher level. The real purpose of supplementation is to create the opposite imbalance from what the client has, so that the combination of extra supplementation for deficiencies and corrective supplementation to bring down high levels can create a good balance. Matrix supplements were formulated by watching human chemistries versus dosages such that corrections are more predictable. With 5 different routes of absorption for each mineral (thus the name 'matrix'), low dosages can bring about proper and predictable corrections. Overdoses are just as bothersome as under-doses. The old wives tale about taking large doses being OK, because the body just eliminates what it does not need, does not hold true when you continually monitor people taking supplements.
14. 我為什麼需要補充品？為什麼要選擇你們的補充品？
從血液和毛髮分析看出許多人都有血液生化反應失衡。世界上最佳的飲食將給予他們同樣的失衡，只是在一個更高的水準。補充品的真正目的是讓患者現有的失衡得到的平衡。這額外補充品結合了補充缺乏的並降低過多的，並能夠產生一個良好的平衡。礦物質的吸收有 5 種途徑（因此稱為“基質”），低劑量補充就能達到恰當和可預見的改善效果。劑量過多和不足會一樣製造麻煩。老婦們傳說大劑量補充不會有問題的，因為身體會去清除它不需要的營養元素。可是當你繼續監測人們服用補充品情況就知道這種說法是不正確的。
15. Why is it important to choose Huggins protocol when it comes to dental revision?
There are many mistakes which can be made in balancing body chemistry and removing dental fillings. Huggins made many of these mistakes in the 1960's, and avoids those errors today. The current Protocol is a combination of using what works, and avoiding what harms. Remember, 63% of the people who just have fillings replaced randomly end up with symptoms or diseases that they did not have prior to filling removal. Try not to make the figure 64%. Become educated and select a trained dentist.
15. 為什麼選擇美國賀金仕博士標準方式進行口腔整治是很重要的？
在平衡體內血液生化反應和去除牙科填補物時會發生很多錯誤。60 年代，美國賀金仕博士犯了很多這樣的錯誤，但現在已經避免了。現在的這套標準方式是一個趨利避害的組合。記住，隨意替換填補物的人當中有 63% 患者罹患了一些先前未去除填補物前所沒有的症狀和疾病。別讓這個資料變成 64%。請選擇一個受過相關培訓的牙醫和學習相關知識

16. Can my dentist follow Huggins protocol?
Your dentist can take the training and follow the Protocol. This protocol is not taught in dental school, for schools teach that mercury is safe in the mouth, root canals are "Preventive dentistry", and that cavitations do not exist. By not following the Protocol, a dentist is apt to make the mistakes that Huggins made back in the 60's. Others can learn by his experience.
16. 我的牙醫可以按照標準方式給我治療嗎？
你的牙醫必須受過培訓，然後按照美國賀金仕博士標準方式做治療。學校不教授這標準方式，因為學校教育學生汞在口腔裏是安全的，根管治療屬於“預防性牙科”，而齒槽骨空穴是不存在的。不按照標準方式做，一名牙醫極有可能犯下美國賀金仕博士在 60 年代犯過的錯誤。牙醫師可以從美國賀金仕博士的經歷中極取教訓。...
17. What are considered safe materials and do they have to be metal free?
"Safe" dental materials are those that do not produce toxins, and do not react adversely to your immune system. A special blood test can determine which dental materials react with your personal immune system, and which ones do not. Dental materials that create what are called "antigen-antibody complexes" are forming clogging particles that can get lodged in your kidney, lungs, heart or brain. These blockages of proper blood flow through critical organs can create problems that you may not want. Some metals are toxic in any form, like mercury, while others, like calcium or titanium, may not create a toxic reaction in your body. Blood tests (compatibility testing) will tell the story.
17. 什麼材料是安全的？它們是否必須是非金屬材質？
“安全”牙科材料是指那些不產生毒素且不會對你的免疫系統產生不良反應的材料。一項特殊的血液檢測可以判斷哪些牙科材料會對你的免疫系統產生反應，哪些則不會。產生“抗原——抗體複合物”的牙科材料正在形成栓塞粒子沉澱在你的腎臟、肺臟、心臟或大腦中。這些血液中的障礙物流經重要器官，可以造成你不想要的問題。有些金屬例如汞在任何形態下都是有毒的。與其他金屬相比，如鈣或鈦，可能就不會在體內產生毒性反應。血液檢測（相容性檢測）會告訴你答案。
18. Are there any auxiliary therapies that I should follow?
Many auxiliary therapies can be helpful in regenerating the toxic injured body. Some of these are called "body disciplines". Acupressure has been especially helpful in people with neurological diseases. Acupuncture also. Trager, massage, Feldenkrais, and reflexology have their places also. Each has something to offer that can be seen in the blood chemistry. Intravenous Vitamin C is a major assistance post dental as well as during dental procedures. Again, each should be evaluated individually.
18. 是否有其他我該遵循的輔助療法？
許多輔助療法可以幫助受毒害的身體再生。其中有些叫做“身體訓練組織記憶律”。指壓按摩治療對神經系統疾病尤為有效。針灸也是如此。特雷格(trager)療法、按摩、費登奎斯(feldenkrais)肢體療法和足底反射療法也有它們的用處。從血液生化反應檢測中能看出每項療法都有它們的作用。靜脈注射維生素 C 是牙科治療前和治療過程中的主要輔助療法。再次說明，每項療法必須個別，單獨評估。
19. Are there any health issues that I have to be aware of before I have my dental revision?
Perhaps a better question would be are there any health issues you have that your doctor should know about. Yes, there are medications that people take that might alter the doctors decision as to which procedures to use and which to avoid. Be totally honest with your physician and dentist about any conditions that you may have.
19. 口腔整治前，哪些健康事項是我需要注意的？
或許這樣問更好：你是否有什麼健康事項是你的牙醫應該知道的？是的。人們服用的某些藥物可能會改變醫生的決定，例如要用哪些步驟，哪些則要避免。把任何你可能有的狀況都坦誠地告訴你的醫生和牙科醫師。

20. Is 'Candida' related to my amalgams (silver fillings)?
Strangely enough, Candida is there to save your life. It changes methyl mercury to a less toxic (but still toxic) form. Bacteria change it back to methyl mercury, and the system goes back and forth. If Candida were eliminated while you have amalgam in your mouth, your health will not be as good as if it were there protecting you. Complex, but yes, there is a relationship.
20. 是否“念珠菌”與我的汞齊（銀汞）填補物有關？
奇怪得很，念珠菌是在那裏挽救你的生命。它把甲基汞轉變成毒性較低（但仍然有毒）的形態，細菌又將它轉變回甲基汞，如此反復迴圈，假如先將念珠菌去除，而口腔內還餘留汞齊填補物的話，你的身體就不會像有念珠菌保護時那樣健康。關係很複雜，但的確，兩者是有關聯的。
21. Should I begin a nutritional or a detoxification program before I have my dental revision?
Detoxification is a good idea, if done properly. Which means, please do not overdo it with drugs that are too strong for your condition. To a certain extent, it is like drying off while you are standing in the shower. It may not hurt anything, but, if you eliminate an atom of mercury that will be replaced in less than a second, you have not gained much. It is more beneficial if designed into a total program.
21. 在口腔整治前，我是否應該先開始營養或排毒治療？
如果排毒治療恰當的話，這是個好注意。意思就是：請不要使用對你身體狀況而言過強的藥物過度排毒。某種程度上就像是你在淋浴時擦幹身體一樣。也許不會有什麼傷害，但是，如果清除一個一秒以內就被一個的汞原子取代，你不會有所得的。如果設計一完整的計畫，將會獲益更多。
22. Should I remove my root canals or have my amalgams removed if I have to choose between the two?
This is like saying, should I have the left or right wheel of my airplane on the runway when landing? You are begging for a crash, and will likely have your wish granted.
22. 如果必須二選一，我應該去除根管治療的牙齒還是汞齊填補物？
這就像是在問我在機場跑道上降落飛機時應先放左輪還是右輪。很顯然，你是在要求墜機，你的願望會達成的。