

Recently in the popular press there have been stories about actor Jeremy Piven. He dropped out of a Broadway play due to debilitating fatigue that his doctor blamed on mercury poisoning. He experienced quite a bit of ridicule as a result. It seems his colleagues and employer didn't believe he was suffering from a real disease.

It turns out that Mr. Piven regularly ate sushi. In fact his only source of animal protein for twenty years has been fish. While fish is one of the most healthy foods, most fish is also contaminated with mercury.

Many countries burn coal for energy production. Burning coal releases mercury into the atmosphere which eventually comes back down to earth and dissolves into our rivers and oceans. Plankton absorbs the mercury. Small shrimp and fish eat the plankton and larger fish eat the smaller fish. Throughout this process, mercury becomes more concentrated in the larger fish. When we eat the fish, it enters our bodies. Mercury can also enter the body from silver dental fillings.

Mercury is a neurotoxin. When it accumulates in the body it can lead to a variety of symptoms including fatigue, neurological disorders and lowered immune system. A lowered immune system can result in any number of conditions from frequent infections to cancer.

Fortunately mercury toxicity is fairly easy to treat. It requires chelation therapy which involves introducing a substance into the body that attaches to the mercury and pulls it from the body. The problem is that the diagnosis of mercury toxicity is often missed. The symptoms are often treated with antidepressants or drugs like Neurontin which act to suppress neurological symptoms. The underlying cause is overlooked and therefore mistreated.

If you are suffering from the symptoms that I described and have a lot of dental fillings or eat fish multiple times per week, you may want to get tested for mercury poisoning. To read my previous articles, visit lifetouchclinics.com.