

AUTISM AND MERCURY: THE SAN DIEGO CONFERENCE

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Inquiry into vaccine safety is exploding like never before, even in the popular press. Research coming from dozens of mainstream medical studies can no longer be easily suppressed, as it has been in the past, especially with the prevalence of online information exchange.

On 15-17 Sep 00, some 2000 people, mostly MDs, assembled at the Town and Country resort in San Diego to hear the latest research on autism. Following the Apr 00 Congressional hearings on autism and vaccines, this epidemic can no longer be ignored. The figure of **one autistic infant for every 150** is now widely documented. (Bernard, Megson)

Such celebrity unsheathes the usual double-edged sword:

- the focus of research on the causes of autism
- the hawking of allopathic as well as Alternative-Lite cures for autism

Both were well-represented in this gathering. Nevertheless, some critically significant information emerged from this confused assembly, chiefly in the presentations of three of the lecturers:

- Stephanie Cave, MD
- Amy Holmes, MD
- Andrew Wakefield, MD

Cave presented some very enlightening data on mercury toxicity, drawn largely from the brilliant work of Sallie Bernard. Cave explained how by age two, American children have received **237 micrograms of mercury** through vaccines alone, which far exceeds current EPA 'safe' levels of .1 mcg/kg. per day. That's one tenth of a microgram, not one microgram.

Three days in particular may be singled out as spectacularly toxic:

Day of birth: hepatitis B - 12 mcg mercury
30x safe level

At 4 months: DTaP and HiB on same day - 50 mcg
60x safe level

At 6 months: Hep B, Polio - 62.5 mcg mercury
78x safe level

Then at 15 months the child receives another 50 mcg, equivalent to **41x** safe level. These figures are calculated for an infant's average weight in kilograms for each age. (Nathan)

These one-day blasts of mercury are called "bolus doses." (Halsey) Although they far exceed 'safe' levels, there has never been any research conducted on the toxicity of such bolus doses of mercury given to infants all these years. (*Hepatitis Control Report*, 1999) Inconceivable.

Historically, the toxicity of mercury has been known for more than a century. Mad Hatters were more than a fantasy from Alice in Wonderland. **Mad Hatter's disease** has been well known in England since the mid 1800s. Hat makers would routinely go mad as a result of inhaling the vapors from the mercury-based stiffening compound they used on felt to make top hats. (Bernard)

SOURCES OF MERCURY

It is interesting to learn that common household remedies that were used up into the 1960s like mercurochrome and “teething powder” were often the cause of acute mercury poisoning and disease.

In the U.S., EPA mercury toxicity studies have involved contamination from fish, air, and other environmental sources. This is inorganic, or elemental mercury. In the body inorganic mercury can become organic, usually as **methylmercury**.

Methylmercury has long been associated with serious neurological disorders, demyelinating diseases, gut disease, and visual damage. (Merck)

The mercury in vaccines, however, is in the form of **thimerosal**. Once in the body, thimerosal is converted to a much more powerful organic form: **ethylmercury**. (Bernard)

Thimerosal is far more toxic than methylmercury. Reasons for this include:

- Injected mercury is far more toxic than ingested
- No blood brain barrier in infants
- Mercury accumulates in brain cells and nerves
- Infants don't produce bile, which is necessary to excrete mercury
- Thimerosal is organic mercury. Once in nerve tissue, it is converted irreversibly to its inorganic form

- Autism: A Unique Type of Mercury Poisoning

Bernard patiently explains that the reason thimerosal is a much more toxic form of mercury than one would get from eating open-sea fish has to do with the difficulty of clearing thimerosal from the blood. Ethylmercury has a major preference for **nerve cells**.

Without a complete **blood-brain barrier**, an infant's brain and spinal cord are sitting ducks. Once in the nerve cells, mercury is actually changed back to the inorganic form, where it becomes tightly bound, and unable to cross back out through the blood brain barrier. (Pederson, 1999). Mercury can then remain for years, like a time-release capsule, causing permanent degeneration and death of brain cells in an unpredictable fashion.

And this is how mercury can be the original and unidentifiable cause of virtually any permanent neurological disease that mysteriously pops up later in life.

Bernard also notes that the body normally clears mercury by fixing it to **bile**. But before six months of age, infants don't produce bile. Result: mercury can't be excreted. (Koos and Longo, 1976)

Four separate government agencies have set safe levels for methylmercury, but **no safe levels have ever been set for thimerosal**, because thimerosal isn't included in toxicity studies! (Egan, 1999)

Theoretically, that means that the above excesses of safe levels of mercury on the single days listed above are actually much higher!

Does the fact that the mercury is accompanied by a vaccine somehow place it above scrutiny?

Sallie Bernard's exhaustive, landmark study of vaccines and mercury toxicity - *Autism: A Unique Type of Mercury Poisoning* - was probably the main reason that even Congress began to see the obvious connection between them.

MERCURY AND VACCINES

Here's a curious coincidence. Autism was discovered in the late 1930s by Leo Kanner. Kanner noted that autism was a brand new type of condition, totally different from any other type of mental disorder. (Bernard) So when was thimerosal introduced into vaccines? The 1930s.

A few years ago, Bernard and her associates began to notice a striking similarity between the symptoms of autism and the symptoms of mercury poisoning. The more research they did, the more it seemed that these two diseases were virtually identical. Their many carefully-wrought comparison charts demonstrate this identity beyond all doubt.

Autism and mercury poisoning both damage the same systems in almost exactly the same way:

- **brain and nerve cells**
- **gastrointestinal**
- **eyes**
- **muscle control**
- **cognition**
- **immune**
- **speech**

Although mercury toxicity has been studied for decades, and EPA safety levels had been set, and the EPA did a massive review in 1999 of all prior mercury toxicity studies, during that entire time **a child's greatest exposure to mercury – thimerosal in vaccines – was never even included in the toxicity studies!**

All they have ever talked about was methylmercury from seafood and the environment, totally ignoring the two most toxic sources of mercury for children: **vaccines and dental amalgams.**

Reason: **the EPA has no jurisdiction over drugs. That's the FDA's job.** This is why vaccines and amalgams don't even figure into the equation when it comes to setting 'safe' levels of mercury.

But the FDA does have jurisdiction over drugs and drug companies, right? And other drug company publications, like the Merck Manual, which is the standard cookbook/catalogue for drugs and diseases, found in every doctor's office in the world. Surely the FDA, as the government agency charged with safeguarding the nation's health, would want the section on mercury toxicity to warn doctors about the two biggest sources for children: thimerosal and dental amalgams, wouldn't you think?

Yet looking at the most current edition of the Merck Manual, (1999), in the section on mercury poisoning (p 2636), thimerosal and dental amalgams again are **not even mentioned!**

How can this be, when mercury is widely acknowledged as the **third most deadly toxin** in the world (Pilgrim) and thimerosal and amalgams dwarf the trace amounts of mercury from fish and other environmental sources of mercury?

Sniff – sniff...only one thing can put a blackout of information over an entire area of study for years at a time in this way – big money.

Such an omission probably wouldn't have anything to do with the revolving door that exists between the FDA, the EPA, the NIH, and the sweet positions held by their members before and after those grueling years of public service... Or with the **800 waivers of the conflict of interest rule** that the FDA has granted in the past two years to "experts" who are paid consultants to the drug companies, consultants who are also members of the FDA Advisory committees that make decisions about whether or not to approve vaccines and drugs...(USA Today, 25 Sep 00) No, of course not...

SOAKING UP THE MERCURY

In the San Diego conference on autism, Dr. Amy Holmes gave perhaps the only lucid presentation about treatment. She explained how chelating drugs, which go through the blood like PacMan, munching up mercury, alone don't do much good for autism. That's because most mercury clears from the blood very soon. Mercury in thimerosal is stored in the gut, liver, and brain where it becomes very tightly bound to the cells. Once inside those cells, or inside the blood brain barrier, the mercury is reconverted back to its inorganic form. Locked into these cells, the mercury can then do either immediate cell damage or else become latent and cause the onset of autism, brain disorders, or digestive chaos years later.

This is also the mechanism of autoimmune neurological disorders, like MS and Guillame Barre. The body attacks its own neurons. Forever.

Dr. Holmes reports good success using **alpha lipoic acid** as an agent that can cross the blood brain barrier to soak up mercury. Once the mercury is brought back into the bloodstream, standard chelators like DMSA can theoretically take it out.

Dr. Holmes has used her protocol on about 300 autistics so far, and shows consistent increase in IQ scores.

The problem with pretending that autism is a treatable disease, however, is that mercury remains in the brain for years after exposure. Triggering an autoimmune response against the contaminated neurons, these brain cells will continue to be attacked even in the unlikely event that all traces of mercury can actually be removed. (Hu, 1997)

The reality is that fully **3/4s of autistics become institutionalized and are permanently unable to live independently.** (Bernard)

FDA: PROTECTOR OF WHOM?

In the face of all this new awareness, it was astounding that in Jul 00, the FDA came out with the parallel-universe pronouncement that "vaccines have safe levels of mercury." Especially after their 1998 position that

"... over-the-counter drug products containing thimerosal and other mercury forms "are not generally recognized as safe and effective" (FDA, 1998). -- Bernard

As if there were any doubt who's really running the show, inconceivable also is the impotence of FDA's **request** to the vaccine manufacturers to discontinue the use of thimerosal in vaccines. (*MMWR*, 9 July 1999) Request. The same month, the CDC added its mousy suggestion of the same thing – hey guys, uh, since all these kids are turning into vegetables and uh, most of our researchers know it's the mercury, uh, would you mind not putting any more thimerosal in your vaccines, please? No hurry, though. Whenever you're ready... No need to dump all those batches of vaccine just because people are finding out it's the mercury that's destroying these autistic children's brain cells... (CDC, July 1999, Nov 1999)

The members of the FDA who decide which vaccines get approved make up the Advisory Board. In his recent House investigation on vaccines, Rep. Dan Burton found out that financial statements of Advisory Board members are "**incomplete.**" Noting that this is the only branch of government that allows incomplete financials, in Sep 00 Burton called the Advisory Board's sweetheart arrangements with the vaccine manufacturers a "violation of the public trust."

This includes **70%** of Advisory Board members owning stock in vaccines, owning patents on vaccines, and accepting salaries and benefits as employees of the drug companies. (McGinnis, Burton)

A MATTER OF TRUST

Still think you can trust the government or your physician with your children's blood? Despite the facts and events cited above, consider this joint statement of the US Public Health Services and The American

Academy of Pediatrics on 7 Jul 99:

“There is a significant safety margin incorporated into all the acceptable mercury exposure limits. There are no data or evidence of any harm caused by the level of exposure that some children may have encountered in following the existing immunization schedule....Infants and children who have received thimerosal-containing vaccines do not need to be tested for mercury exposure”

---- (MMWR, vol 45, 1999)

These are blatant Orwellian distortions. No harm? What about the autism epidemic, and all the evidence linking it with mercury, cited above? What about the single day doses of mercury cited above that are dozens of times in excess of EPA’s own safety levels? And if everything is so safe, then why did they ask the vaccine pushers to kindly discontinue thimerosal from vaccines as soon as possible, at the end of this same statement?

It is beyond the scope of this chapter to really go into the politics of mercury. In researching mercury toxicity, a whole area of dry-rot has been unearthed which deserves its own chapter.

(<http://www.thedoctorwithin.com>: *The New Agenda of American Dentistry*)

This is the shocking story of how the American Dental Association and the California Dental Association have been systematically hiding the truth about mercury toxicity in fillings for decades. ‘Silver’ fillings aren’t just silver. They’re 50% mercury, and they’re extremely toxic, and every dentist knows it.

(www.altcorp.com) (<http://www.amalgam.org/>)

In a ludicrous blast of irony, both the ADA and the CDA have inserted into their ‘code of ethics’ strict commandments forbidding dentists from ever revealing to patients the realities of mercury toxicity. No dentist is allowed to recommend removal of mercury amalgams for health reasons, nor may tell the patient about mercury toxicity even if the patient asks. This gag order has been in place since the beginning of American dentistry.

Exaggeration? Check their websites out: <http://www.amalgam.org/#anchor69176>

<http://www.amalgam.org/#anchor69541>

Think dentists put mercury into their own families’ teeth? Ask them.

Anyone who is not a dentist is not constrained by the Inquistorial gag order imposed on American dentists by the ADA against telling patients what any perceptive researcher in the field of mercury toxicity already knows – that no children should ever get mercury amalgam fillings.

LAUGHINGSTOCK OF THE WEST

With media circuses featuring clowns like OJ, Bill Clinton, the little Cuban boy, and the Bush/Gore twins, America has long been the home entertainment center for most of Europe. So it was no surprise when at the San Diego conference, two of the presenters expressed the same sentiment – Dr. Stejskal of Sweden and Dr Shattock of Great Britain – noting how researchers across Europe are generally appalled at the massive amounts of vaccines given to American children under two years old.

Although Europeans are not as obsessed with vaccines as we are, they do vaccinate. But most of Europe gives very few vaccinations to children under two years old, primarily because of the unformed gut, immune system, and blood brain barrier. This intellectual isolation of ours regarding vaccines is a tribute to the suffocating brain control exerted on us by the popular press and all media. Sheep to the slaughter, we don’t know enough to be appalled by our own ignorance.

AUTISTIC GUT

Headlining the September 00 San Diego Conference was **Andrew Wakefield**, the British surgeon whose shocking new discoveries show that mercury toxicity alone is not the only factor linking vaccines with the

autism epidemic. Dr. Wakefield's research centers around the **MMR vaccine** – measles/mumps/rubella – which does not contain thimerosal.

Expanding on his presentation at the Apr 00 Burton congressional hearings, Dr. Wakefield explained how at least $\frac{3}{4}$ of **autistics** have pathologically blocked bowels, due to the huge swelling of the tissue lining the intestine. In virtually every autistic patient they examined, this **lymphoid nodular hyperplasia** is both an immune response and an autoimmune response which Wakefield and O'Leary have clearly linked to the presence of measles virus from the MMR shot. No other virus was found in those cells. It is a brand new bowel pathology.

Wakefield showed graphs of the US and UK 10 years apart that were identical in tracing the skyrocketing incidence of autism just after the MMR vaccine was introduced. He also showed how the incidence of measles had dropped over 85% on its own, before the MMR was ever introduced.

One incredible study cited by Wakefield showed how **76%** of children whose mothers were exposed to atypical measles became autistic after the MMR shot! He calls this a "background susceptibility" or predisposition to autism.

Wakefield reminds us that in neither country have there ever been comparative studies on giving multiple vaccines (polyvalent) on the same day. This custom of ours, with both the DTaP and the MMR, is not scientific by any stretch, and is primarily for the convenience of those administering the shots, and those being paid per vaccine. As a result, there is a good chance of geometric ill effects.

Then Wakefield cited the original MMR study from the 1969 *Journal of the American Medical Association*, vol. 207. (Buynak) Not only was the safety of multiple vaccines never mentioned; there was **no follow-up** to the study to see if their conclusions were correct. In the usual manner of testing vaccines on the live population, MMR was simply tacked onto the mandatory schedule, and we've never looked back.

Despite studies in 1981 on Air Force personnel showing major synergistic adverse effects in the gut from the combination of Measles and Rubella vaccines, the mandatory schedule went unchanged. (Crawford)

With no opposing studies whatsoever, the British government has decried the work of O'Leary and Wakefield, an indication that the political influence of drug companies extends to that side of the pond as well. (Shattock)

ONE PILL MAKES YOU LARGER...

The most striking feature of the San Diego autism conference was its Alice-in-Wonderland fascination with the minute details of all the body's systems which the disease screws up, and the falsely optimistic, self-congratulatory tone of medicine's supposed remedies. Like it's just another unfortunate disease which has accidentally winged its way in on us from the cosmos, but don't worry - everything's under control. Omniscient American medicine to the rescue.

Nobody really put together the horror of this manmade epidemic or thought it bizarre that all this time was being wasted on treatment choices without anyone shouting Hey! We're poisoning our kids! And we know it! And it's still going on every day. And nobody can force the vaccine manufacturers and the FDA to stop injecting toxic mercury into American infants until they've figured out a way to replace the billions the cartels will lose by leaving thimerosal out of vaccines, or by halting MMR.

DARK AT THE END OF THE TUNNEL

Lest the reader get the impression that medical science has now solved the mystery of autism, and that everything is fine now, the reality is that aside from the cutting-edge research cited above, most of the other presentations at the San Diego conference were room-clearing recitations of aimless scientific non-sequiturs, illuminating this or that step of the Krebs cycle which is disrupted by the toxic onslaught of an

infant's blood. Penetrating insight: poison a child with the most toxic metal on earth and cell metabolism goes haywire. Gee, really?

Still other presentations exemplified the Alternative-Lite take on holistic nutrition, which is going to nurse the poisoned child back to a normal dependency on drugs and potions: i.e., health. Chatty women with no credentials were somehow allowed to address this medical assembly and regale it with recommendations for healthy diets made up of chicken mcnuggets and soy milk! Then there were the requisite exorcisms of gluten and casein, droning on and on about unsubstantiated "food sensitivities" that must be avoided in the 'autistic diet.' No marvel that several of these experts were quite obese.

FOOD FOR THOUGHT? STARVATION PREVAILS

At the San Diego conference, there was a glaring absence of authentic holistic nutritional concepts:

- enzymes
- problematic processed foods
 - pasteurized vs. raw milk
 - problematic white sugar
 - problematic white flour
 - synthetic vs. whole food vitamins
 - colon detox
 - chelated minerals
 - hydration
 - flora
 - clean antioxidants
 - clean meat: no hormones or antibiotics
 - oral EDTA for metal chelation
 - organic whole grains
 - complete proteins
 - estrogen mimickers in food and water
 - the glut of partially hydrogenated soybean oil in supermarket foods

Although the critical importance of **EFAs** was peremptorily mentioned, even the basic concepts of good fats, as taught by world-class experts like Udo Erasmus and Mary Enig, were conspicuously absent. In a conference that is supposedly looking at one of the most rampant, epidemic causes of myelin disruption, such an information gap tends to stand out.

THE GENUINE ARTICLE

It was very instructive that conference attendees were presented with two obvious realities:

- there is no specific curative diet for autism, different from a legit healthful detox diet
- even if there were, this group would be among the last to know

Mainstream medical people are Johnny-come-latelys to the holistic nutrition forum. Real experts have been pointing out the toxicity of the standard, processed American diet since the beginning of the 20th century, including:

Harvey Wiley, MD
Royal Lee, DDS

Weston Price, DDS
JH Tilden, MD
Henry Lindlahr, MD
Edward Howell, MD
Stan Bynum, PhD
Henry Bieler, MD
Alexis Carrel, MD
Otto Warburg, MD
- www.thedoctorwithin.com, *Conventional Medicine*

Who knows these names today? Their work was built on fundamental principles of physiology and homeostasis, and backed by years of clinical study. But without a huge PR machine behind them, their discoveries were for the most part buried with them, except for true holistic practitioners who have gone out of their way to research these natural ways.

Playing a ludicrous game of catch-up, today's medical experts, like those at the San Diego conference, see the glitter of alternative medicine and holistic nutrition, and with no regard for the solid traditions of holistic nutrition, now marshal their considerable publications resources to create the illusion that We Were There First. This phenomenon is known as **Alternative Lite**(www.thedoctorwithin.com)

The cleansing healthful detox diet is the same for autism as for any other biochemical imbalance, employing three basic principles:

- **only give the body the nutrition it needs, with complete bioavailability**
- **no metabolic residues**
- **no empty, devitalized foods of commerce**

For everything the patient eats, there is a decision: will this **clog or nourish**? Such a conscious diet is not a temporary chore, or disease-specific – it's a lifestyle change.

The above fundamentals were painfully wanting from the overall level of perception at this conference.

TREATMENT FOR AUTISM: STEP RIGHT UP

Just off the Auditorium, there was the inevitable Exhibit Room, in which science seemed to be checked at the door, and the marketplace took over. Here was a living circus of Alternative Lite: new supplements and procedures, most created and marketed by the drug companies in their efforts to Hoover in on the burgeoning area of commerce now becoming so popular - Alternative Medicine.

What do we see on the midway:

- State of the art live blood cell microscope analysis, frightening subjects by incorrectly identifying 'parasites' and 'microbes' in the blood, convincing them to adopt an experimental regimen of supplements.
- Fruits and vegetables in capsules, flavored by allergenic non-foods like high fructose corn syrup. Very nutritious – a sure cure for the autistic.
- Flax seed oils, hawked as EFAs, oxidizing in their clear plastic bottles
- Brain machines whose electrodes when applied to the skull will automatically normalize those nasty brain waves made irregular by the very real lack of neuronal myelin
- An ocean of synthetic vitamins, with some very nice labels
- A sea of cookies, sanctified by their lack of gluten and casein

--- A variety of MLMs, talking more about their compensation plans than about their individual Magic Bullets

--- An array of portly diet counselors, with varying degrees of lack of credentials

--- Several Krebs cyclists, each with his own Missing Component

No big surprise here. The San Diego conference was held and attended by the profession for whom the Germ Theory of disease permeates their collective DNA. All their education, diagnostics, treatment, and 99% of their research is predicated on the idea that bugs cause disease and that medicine's job is to find the drug for each bug. Into this milieu, the original research of Wakefield and Bernard has been thrown – a new quantum in vaccine awareness. What can be done with this knowledge? Medicine can only use the tools it has: germ theory, drug economics, spin control. Expecting medicine to understand the significance of novel scientific research like that of Bernard and Wakefield is like expecting a cat to fly.

GLIMMER OF HOPE

Despite these formidable obstacles, doubts are creeping into the overall public “consciousness” from many different directions about the safety of vaccines. At **1 in 150**, the fact of autism as an epidemic can no longer be covered up. The work of Wakefield, O’Leary, Megson, and Bernard is getting more and more difficult to explain away. Rep. Dan Burton seems relentless in his efforts to acquaint Congress with the meretricious relationship between the FDA Advisory committee and the vaccine manufacturers. The massive advertising campaign about the safety of vaccines in the popular media, which is certain to be stepped up in the next few months, is going to look very hollow in the light of clean, unbiased research that is not funded by parties who stand to make billions from certain pre-determined results. And the internet makes this well-referenced, scientific work accessible to the public without the usual monodimensional smokescreen from the popular press.

Ultimately, the value of the San Diego Conference on Autism was its signal that autism will not be allowed to slip from the public awareness, like so many other feature stories that come and go. The simple truth has been unveiled, and anyone who looks can see it clearly: our prime question should not be asking how we can cure autism once it occurs. The evidence is now overwhelming that in most cases, this new epidemic that we call autism is a preventable disease.

[excerpted from the revised edition of [The Sanctity of Human Blood](#)]

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