

The Latest Updates on Mercury-Free Dentistry in Europe and Around the World

A Special Interview With Charlie Brown

By Dr. Joseph Mercola

Dr. Joseph Mercola:

Welcome, everyone. This is Dr. Mercola, helping you take control of your health. And today we are joined by Charlie Brown, who is the founder of the Consumers for Dental Choice. And we are here for the Mercury Awareness Week. And Charlie is going to give us an update, some really surprising important information on actually banning amalgams in Europe, which the European Commission plans to do in the next 18 months. So, Charlie has been really busy, of course, as he always is since his last visit with us, flying around the world internationally and seeking to coordinate these efforts, so he's going to let us know what's happened in the last year and what exciting things we can anticipate in the coming year. Welcome and thank you for joining us, Charlie.

Charlie Brown:

Hey, Dr. Mercola, it's great. And these annual interviews with you are such a plus for our cause and also a chance to reconnect with you. And you are, we'd said off cameras and say on camera, you are changing the world one cause at a time and your supporters that despite the critics that are around – we've all got them – they're staying with you, and we're staying with you. Thank you very much.

Dr. Joseph Mercola:

Well, thank you. So, what's the update with mercury?

Charlie Brown:

Oh, the update's really good. As you mentioned, the debate has changed. The debate is now about banning amalgam. We had things like phase down, phase out. Well, the European Commission stepped up and said, "It's not about phase down, phase out. It's about a ban in 18 months."

The European Union, 27 countries, more commerce, more people than the United States. Even without the U.K. in it, it's still the economic colossus and third biggest population center after India and China. The European Commission is one of what here in this country we call three branches, and the European Commission is the agency and they've said 18 months. Not just use – and this is really important I think to the listeners – it's also banning the manufacturing and the export. The fear we had, and we pushed this hard is, "Don't ban it in Europe and offload it to Africa and Latin America. Don't sell it back here to the United States."

And the European Commission listened. With the ban on January 1, 2025 and that is just 16 months from the time of this interview in August. And that is the end of the trade, the end of the use, and the end of the manufacturing. Now, we still have to, though, get through the other two branches. The Parliament, obviously, you'd expect the European Parliament and what they call the Council, which are the governments, but the Commission has created the momentum and, in fact, in 2016 we lost at the Commission. We had to go to Parliament to win the ban for children and pregnant women and then Parliament convinced the other two.

Right now, the Commission sets the tone. They've said, "This is the phase out year." Even just recently, they said, "Well, by 2030, we can end amalgam." And we kept saying, "Why wait? Why wait? Why poison more?" You're poisoning not just the children. You're poisoning the users. You're poisoning the people who work in dental offices as well, and you're poisoning the environment for all of us. Mercury is a terrible toxin. It gets in the fish children eat, it gets in the vegetables. When the cremation occurs, it gets right in the community. That's why crematories aren't supposed to be built near schools solely because so many people have mercury in their mouths.

Europe is setting the pace. It's getting us ready for a showdown coming in October in Geneva, and it's a message to countries and Europe's not the first by any means. The Philippines, where you have a lot of work there, Dr. Mercola, the Philippines has ended amalgam. It's over. They had a three-year phase out. The phase out ended in May of 2023. Countries that are hard to find on a map — New Caledonia, Saint Kitts and Nevis, Moldova, we found them. We've ended amalgam there.

Tanzania ends amalgam this decade. They banned it for children, pregnant women, breastfeeding women. They end amalgam in this decade. Vietnam has ended amalgam for pregnant women, children [and] breastfeeding women. Bangladesh has ended amalgam in the army and armed forces. Indonesia has ended amalgam in the government programs. You have Mauritius [ending it] for children. You have these partial victories, and you have these total victories, and now Europe is on the verge. We still have to win now in the Parliament and we have to win in the Council, but it's on the verge of a total victory in a massive part of the world, an entire continent.

So, it's rolling our way, we've created the momentum, we've got a worldwide team. And it started because you made a commitment, Dr. Mercola, in 2011 that you would match funds and you would put, if you will, your money where your mouth is. And we were so honored to be joining the Health Liberty Coalition that you created and bringing together a variety of causes to join in strategies, joined synergistically and work together for a better world.

Dr. Joseph Mercola:

Well, thanks for that update. And what's the likelihood that the Parliament and the Council will approve this ban in Europe?

Charlie Brown:

Good question. We think it's very good because we have friends in the parliament, but the parliament is much bigger than the U.S. Congress. It's about 700 people. It's all coming from all

27 countries. It's weighted like you'd expect. That is, as Texas has more members of Congress in Oklahoma, Germany has a lot more members than Netherlands. Germany has 99 members, but we have a lot of friends there. It's just when there's so many, it's somewhat unpredictable. We went to Strasbourg with a team in 2016 and it worked; we will return to Strasbourg, to the Parliament, and again bring people from a lot of countries, so they can go in and see the members and their aides from the various countries.

The Council is a little bit of an odd duck. It's the governments themselves that meet the ministries in this case of environment or health to decide the issue collectively. And like the U.S. House of Representatives, it's weighted voting. That is, again, Germany gets more votes than the Czech Republic, but I'm optimistic. We have the momentum, the debate has shifted, and we're just not letting up. You just say, "This is what the Commission has decided," and "Don't let down the people of Europe and don't let down the people of the world."

Dr. Joseph Mercola:

I agree. A bit confused, though, because you stated earlier the European Commission approved the ban and it's going to be in effect in about 16 months or so, but the vote that you referenced by the Parliament and the Council, is that something that could overturn the ban?

Charlie Brown:

Yes, it can. They must ratify it. They must ratify. The three branches must reach a consensus. So, we talk like it's happening, I suppose that helps move the ball forward there in Europe, but we have to get that and yes, the Parliament or the Council can block it. That's why we continue to need the support of the people who've stood with us for years [and] new people, and we make that pitch here. We're asking people to continue to donate or to join as donors because of this kind of challenges. We must win in the other two branches in Europe. We must win the campaigns. We're talking about in the U.S. that I can talk about, and win the campaign to push out the amalgam makers, and we're on the way to doing that as well.

Dr. Joseph Mercola:

All right. Well, that's a really exciting update. Continue to make great progress on banning, eliminating mercury from dental applications as well it should be. There's never been an indication to use this toxic metal. There are so many better alternatives. So, why don't you give us an update on the United States?

Charlie Brown:

Absolutely. We've got two foci, if you will. And actually, we've got a third one now. The first one is to recognize where amalgam's still being used and act on it. A wonderful news is the way the private sector is shifting. Billions of people now do not get mercury fillings. Those who have a private dentist. The private sector recognizes consumer demand has changed, recognizes that there is a horrible downside to amalgam, and that mercury fillings are a primitive, tooth-unfriendly, tooth-harming product that cracks teeth. There's no reason to use it.

Unfortunately, the bureaucracies don't change. Unfortunately, for the millions of other Americans that get their dental care institutionally – institutionally, that is, they're in the armed

forces, they're incarcerated, they live on Indian reservations [or] they go to VA. Those people, sadly, are still getting mercury fillings. There's no consumer choice there. The private isn't going to tell the lieutenant, the seaman's not going to tell the ensign, "I don't want this." The prisoner doesn't even have any right to change at all. The Indians are treated like they're generally treated in terms of Indian health, [which is] not well at all, by the providers. So, the bureaucracies need to change.

Now, we have a very active program working with this government. I meet, in fact, just met recently again, with a consortium of federal agencies, [including the] Office of Assistant Secretary of Health, [the] Environmental Protection Agency [and the] White House Council of Environmental Quality to make the push to implement what the Food and Drug Administration (FDA) has already said, which is to end amalgam for children and pregnant women.

Amazingly, people that work in government agencies don't even care what the government agency on science and health has said. The FDA is saying, "Don't give this to children and pregnant women." It's unbelievable that they disregard the instructions from their own agency. But again, they don't care about consumer choice because the consumer doesn't have any power, doesn't have any money, is forced to get Medicaid, for example, or Indian Health and so on, military [health care].

So, we are going to change that. There's commitment in various parts of this government, and we're trying to make it work and say to these bureaucracies, "It's over." And one way to do it is to limit purchasing. I talked to the chief dental officer in India who ended amalgam, a three-star lieutenant general, retired but he ended amalgam in the entire Indian Armed Forces. They're as big as the U.S. Armed Forces. And I said, "How could you do it? In the Pentagon, it would be so elaborate to make any change." He said, "Easy, Charlie. I'm in charge of purchasing." That's how we can do it. If they won't change, just quit buying it, and that's a route that we're really pushing on in the government.

Changing government dentistry and government federally funded and state-funded programs is number one. Number two is the green purchasing. We have green purchasing initiatives in New York State and Washington State to change and end the purchasing of amalgam at the state level, and we're doing pilot programs there. The third and big operation is to push out the peddlers of amalgam, push out the companies that continue to sell amalgam. Now, we're having real success.

The largest dental products maker in the world, DentSupply out of York, Pennsylvania, stopped selling amalgam and stopped making amalgam in 2020. We got them out. FDA's decision, which came that year, which we pushed for and got, really – safety communication got them out. [In] 2021, we started working on the second biggest, Envista, also known as Kerr [and] once was called Danaher, and said, "You got to get out." And we pushed. We went to their investors and said, "This is trouble. This is trouble. The biggest company got out. You're sitting there. You're the biggest now still selling it. You're vulnerable." And the investors must have gotten the message there because their lawyer wrote [to] me in the summer of 2021 and said, "Okay, we're out too. We're out of the amalgam business." And I want to say that was 2022 [when] he said, "We're out." It took the year after. DentSupply ended in 2020 and announced it in 2021. These

guys ended at 2021, announced it in 2022.

Now, we're working on these axes of poisoners, three of them. Henry Schein, based in Long Island, New York, the largest distributor, continues to sell amalgam. Ivoclar Vivadent, out of Europe, does not sell it in Europe but sells it in the United States. Pretty contemptuous of Americans, so we're pushing Ivoclar Vivadent to get out of the U.S. as they got out in Europe and get out of everywhere. And, finally, is Southern Dental Industries, SDI, out of Australia. They've been particularly contemptuous of the treaty. They're trying to take market share when DentSupply left, when Envista left, but we've got a campaign working out of Manila because we're trying to stop their exports to Asia with our Asian team.

We have nonprofit group partners, very talented environmental nonprofit groups and leaders, in Vietnam, [the] Philippines, Indonesia, India [and] Bangladesh that we work with and who are now focused on getting Southern Dental to either get out of the amalgam business or face a challenge to their entire export regime.

Dr. Joseph Mercola:

That's great update. Really good update.

Charlie Brown:

Thank you for the mug, by the way. It is right there at the center there, in case you know.

Dr. Joseph Mercola:

Oh, show us the mug again. Show us the mug.

Charlie Brown:

I'll show it to you, and I'll tell you a story here. This is the "M" side of it. We went to Indonesia. I took this mug because our entire world team is so grateful to you for what you've done, that [you've] provided us the funding and the attention, the publicity as well, but the funding is so essential and you're matching funds again this week for the Consumers, the dentists and the other health professionals, whoever chooses to give money, we have to raise it all voluntarily. We have no other way to get it. Government gives us zero cents, zero dollars. Nobody else can. We don't sell anything. We provide a cause and a movement, and we're grateful.

Anyway, so we posed out there. Our team that was in a convention and our Executive Vice President Dr. Shahriar Hossain from Bangladesh — who has a Ph.D. from Duke, by the way, quite a talented guy in political science — he holds up the mug and people point to it. So, that's the group picture, the Mercola mug being the center stage of that picture. And I think your people have it down there, that photo we took. Yes, people are grateful to you and aware of what you're doing.

We have a strong campaign in Africa. We have a strong campaign in 22 countries. A strong campaign across Latin America and Brazil where I've been working in both Sao Paulo and the capital Brasilia, [and] in Argentina, in Mexico, in Jamaica and then the Americas, in Canada as

well. So, we're active all through the Americas. Our Europe campaign has run out of Berlin. It's more centralized because the decision is centralized. We have a strong campaign in Poland and other places where we want to generate action within the countries, but that's very focused on changing the European Union. And with your help folks, we are going to end amalgam in Europe on 01/01/25.

We've just gone over the next year. We've got to convince Parliament to buy in before they have their elections in May of next year, of 2024. And we've got to convince the Council, and if one buys in, I think the other will buy in.

Dr. Joseph Mercola:

That sounds terrific. Sounds like a great plan of strategy. Now, you'd mentioned earlier the general in charge of purchasing for India was able to eliminate mercury amalgams from the armed forces. I'm wondering, I believe India now has transitioned to the largest country in the world. If not, they're on their way.

Charlie Brown:

Yes, it is. Yes, it is.

Dr. Joseph Mercola:

Yeah. So, they're the largest country in the world. They've surpassed China. Many people may not realize that because China traditionally, of course, was the largest. So, what is the status of China? I mean, sorry, India?

Charlie Brown:

That's all right. Yes, I'm happy to report, not only is that the largest country, but the largest employer in the world – this should not be a surprise to those who go there – is the Indian Railway. I mean, it's incredible. They move the population of Australia every day. That's how many people ride the Indian Railway. They are ending amalgam. They are in a phase out in use by the thousands of dentists who work there. I mean, it's a massive operation. And they employ the dentist. They employ everybody and employ dentists that take care of the employees, and they have ended amalgam.

The India Dental Association has basically switched sides. They said, "To heck with the World Dental Federation. The India Dental Association endorses the phase out of amalgam." The major amalgam maker in India, and I visited him a while back to try to persuade him to move, he switched. He doesn't make amalgam. He makes the alternative. He says, "I'm going to make more money. I'm going to make a killing doing this." He said, "We will beat the price of the Westerners," which of course he will. He's local. He employs local people. He doesn't have any transportation problems, "And we're the dental supply for the village dentist," he called himself, and they have changed. The urban dentistry, the thought is, is changing rapidly.

Again, as countries everywhere, the middle class is not getting amalgam, and that is really wonderful news that a whole bunch of people are not. But, obviously, a flip side of the coin is

poor people are still getting amalgam. There's no reason for it. The price of the glass ionomers is the same. The cost of material for composite is hardly any more. It's just dentists still in the United States, the pro-mercury dentists just say, "Why should I change?" And the answer is, "You can either see the light or feel the heat either way."

But we are excited. We also have a model state in India, the state of Odisha. Just like this country, it has states [and] a federal system. Same in Brazil and Nigeria. We have a model state in Nigeria too, by the way, two of them. And in India, our model state program is trying to end amalgam across the board in that state, [the] state of Odisha, which has more people than California. So, we're pretty optimistic about India and its neighbor, Bangladesh, very much culturally the same. They're different religions, but they're ethnically the same folks. These are Bengalis. There are Bengalis all over Kolkata. Kolkata is also a Bengali city.

The Bengali, that is the Bangladeshi Bengalis, have ended amalgam in the army. They have a memorandum of understanding with the government to end amalgam and with the dental association signing on. Dental association [and] nonprofit groups saying, "We will end amalgam." And amalgam is not taught in the dental schools. You don't have amalgam. So, amalgam will end in Bangladesh, we think sooner or later, but it will end. It's not being taught. Uruguay is [in] the same situation, and that's another exit route.

And I'm happy to say there are some dental schools in this country that have stopped using amalgam, many of them. On the other end, there are dental schools like Harvard that just say how wonderful it is. Because Harvard can't think they could ever be wrong about anything, they're not changing, but we have the same thing with bureaucrats in Washington.

Dr. Joseph Mercola:

Absolutely. Thanks for that update. And Nigeria is an interesting country because, as most people know, the United States is the third largest country in the world currently, but the projections are that Nigeria will be the third largest country in the not too distant future by 2050, so what is the status of mercury in Nigeria?

Charlie Brown:

Man, you've asked the right question, and we are really focused. I've been to Nigeria four times. We have a federal campaign there, like this country, federal and states. We have two model states. We have a campaign in what they call the South-South region – South-South is pretty funny – in the state of Edo State. And in the southeast, that's the traditional Igbo area, and that is in Enugu State. So, in Enugu State and Edo State, we have campaigns for phase out. We have the national campaign. The Nigeria Dental Association has signed on to the phase out.

We have, out of Lagos, the largest city in Africa, the major city of Nigeria – it's not the capital, the capital is Abuja – but [it's] in the center. Like our country, they wanted to build a capital right in the middle. It was a new city, just like Washington, D.C., was 200 years ago. I mean, really, it's a massive country and it's a lot of commerce. They're one of the three big movie centers of the world. They say there's Hollywood and then a lot of people know about Bollywood in India, but there's also Nollywood in Nigeria, in Lagos. Huge, huge, huge movie. Those are the

three movie centers in the world: Hollywood, Bollywood [and] Nollywood.

Nigeria is focused – We have the Dentist for Mercury-Free Africa, led by the former dean, now professor, in the oldest dental school in the Sub-Saharan, LUTH, the Lagos University Teaching Hospital, and we have momentum there. They just had a workshop in Lagos, where they brought in – sorry, in Abuja – and I spoke remotely, bringing in the Department of Health and Department of Environment, international agencies, Dentists from Mercury-Free Africa came up, the guys from Lagos, and our NGO (non-governmental organization) team. And it's an extensive team. We invest heavily in Nigeria.

Nigeria is the largest country in Africa by far in population, twice the size of the second largest, Ethiopia. Egypt is third and I was just in Egypt, by the way, and in Ethiopia. Both just in the spring of 2023. But Nigeria is moving. And we invested there, we spent time, we have the right team. It's very exciting, and they are going to help lead Africa to mercury-free dentistry, no doubt. I'm headed to Brazil tomorrow night.

Dr. Joseph Mercola:

Wow.

Charlie Brown:

That's [a] big campaign for us. People aren't paid much. Usually, it's \$3,000, \$4,000 [or] \$5,000 a year, most of these nonprofit groups. We do have a \$10,000 a year project, and it's Brazil. It's been India. It's been Nigeria. It's been Indonesia. And this year, it's Brazil, because we're really focused. I know that's not very much. I think maybe it's \$11,000 now. We had a thousand for some cause for them, but we're headed down there. We're going to have a conference at the University of Sao Paulo. I have a Portuguese tutor that's helping me so I can say a few sentences. I learned French pretty well. Spanish, a little bit. Now, I want [to] at least be able to get in and out of there and make them know I can say hello and open a meeting in Portuguese.

And then, we'll go to Brasilia. On Friday, we'll be in Brasilia to meet with the Director of Environmental Health for the federal government, so that's the kind of outreach we get because we find the right people that do these nonprofit projects.

Dr. Joseph Mercola:

Lots of good news, and the progressive march towards the elimination of mercury in dentistry. It's been a long project. You've been working there for decades. We've only been involved for maybe, what? 12 years? 13 years?

Charlie Brown:

Yes, sir. Year 2011. We're now in our 13th year. You've really invested heavily, Dr. Mercola. Time. Energy. We know this Mercury-Free Dentistry Week is a huge donation of your time and resources. Your team works with us. You've both donated, you've matched, you've obviously left money on the table. Instead of doing the wonderful products that you sell, you tell people about

us, and we're very grateful and people know it.

But we can do it. This has been a quarter century of my life. It's been [the] second half of my professional life. As you know, I was a former state attorney general. I'm a graduate of the best law school in the country, in my view, Yale Law School. And I really think this was the challenge that needed to be met because we had no support when we began in terms of – Dentistry was just locked into mercury, concealed the word, but we protected dentists first by their First Amendment rights to speak, to advertise [and] advocate. Won that.

We moved on to passing state laws in the United States, then moved to suing and beating in court the U.S. Food and Drug Administration, forcing them by federal court order to classify amalgam. The U.S. campaign was moving and in 2010 came the major opportunity, a worldwide treaty on mercury. We were determined, I was determined, to get amalgam into that treaty, and I created the World Alliance for Mercury-Free Dentistry in 2010.

In 2011, you decided to really participate, and we could not have built – We had the organization existing on paper, but it was not a world alliance by any means. It just was an idea. And we could build it with you as our partner over these years. And we built it. We have regional vice presidents all over the world.

In Montevideo for the Latin American, Caribbean campaign. In Berlin for the European campaign. In Yaoundé, Cameroon for the African campaign. Dhaka, Bangladesh is the headquarters for our Asian campaign. Mauritius is the headquarters for our island states campaign. Amman, Jordan is the headquarters for our Arab States campaign. Each of these, we have a nonprofit group leader with other duties. They run a serious nonprofit group, but they've carved out a certain percent of their time just to coordinate the campaign in those regions. We've covered the planet now. We have regional centers that span the earth.

The North American, I left out because that's just run obviously right here out of Washington, the U.S. and Canada campaigns. At Canada, we have a presence. I'll say to our Canadian listeners, it's important to know, Friends of the Earth Canada is our partner in Ottawa and doing a great job and pushing Canada to do the same thing. Its bureaucrats, the ones that serve the First Nations People are likewise contemptuous of changing and want to keep putting in mercury, but we're right on them just like we're right on the Indian Health Service in the U.S. So, it's important to change both federal governments. The one in Washington and the one in Ottawa, we've got a campaign and we've got the team to change both.

Dr. Joseph Mercola:

Well, congratulations for all your hard work. As someone who's committed to funding organizations that could allow [the] natural health movement to go forward, it's a challenge to find nonprofits that are more committed to the cause than they are to their own organization. The challenges, as you I'm sure have personally witnessed and experienced, is that many of these organizations develop a life of their own, and they're really more committed to perpetuating the organization than they are to the cause that it was founded for.

But you probably should win an award for probably the most efficient use of funds to establish an international presence. With the relatively minor amount of funds that you have to coordinate, it's really profoundly impressive. Most organizations with a fraction of these funding [inaudible 00:28:34] to do a fraction of what you've accomplished, so congratulations on that, for sure.

So, I would strongly encourage each and every one of you, if you haven't already, to support Charlie and his mission because unlike other organizations who are committed to a cause, I'm pretty confident you're getting close to the end. Thanks to your perseverance and people's commitment and support to help you, we're going to ban mercury. It's not "if." It's just a matter of when. And it's getting close that we will not have to have this National Mercury Awareness Week anymore. At which point, I am confident, you'll gladly surrender the reins for what you're doing. And then, we could fund other organizations that are as equally committed, hopefully, as yours to what their cause is.

I look forward to that day when we can stop this Mercury Awareness Week, but we're getting close and it's thanks to your committed and dedicated efforts. We're not there yet, so we still need your support, but hopefully we're getting close. We're getting really close as you can hear by the updates.

Charlie Brown:

Yes, it's a single mission. That's right. It's ending amalgam in dentistry. That is our mission and we're going to see it through. And when we see it through, we've done it. You're absolutely right.

Dr. Joseph Mercola:

Yeah, yeah. Which is-

Charlie Brown:

The endpoint is coming and we-

Dr. Joseph Mercola:

That's an anomaly.

Charlie Brown:

-will get there with people's support. We will get there.

Dr. Joseph Mercola:

I would say it's way less than 10% of the organizations who would do that, that they would essentially press the red self-destruct button once they've reached their goal. They just wouldn't do it. They're just like any living organization, they want to continue to survive, but that's not your case at all. So, I'm just happy to support and endorse you and recommend your efforts.

But for those who are committed and who are personally suffering the damages of mercury not having been banned for hundreds of years and for whatever reason have acquired mercury fillings in their mouth, amalgams, there is an imperative need that you get those removed. But

the caution and the warning, the severe warning, is that this removal process has to be carefully done. And many of you have heard the story, but some of you haven't. So, I'm going to repeat my personal story.

In 1995, I became aware of the dangers of amalgam, thanks to 60 Minutes, which used to be good back then. This is Mike Wallace's campaign – not campaign, but he was the journalist that did that segment. He convinced me that I should have it out. And I went to the, at the time, one of the elders of the church I attended and was a dentist. [A] committed, really well-trained dentist, but was beyond clueless [and] had no idea of the dangers of mercury. And no precautions were done when all my – I probably had at least a dozen, maybe 18, mercury amalgams fillings [that] were removed all in one day, without any precautions. As a result, I've got kidney damage because mercury's a kidney poison too, so I still struggle with that and have to be very careful with my protein intake.

So, what we want is everyone to be aware of, A, the dangers of mercury. But then identify and first recognize that the mercury can be removed by any dentist but really should only, only, only, only be removed by a properly trained biologic dentist, who can do the proper precautions, the suction, the really important suction, so the vapors that are created from the drilling doesn't go in. It's suctioned off in a way that it doesn't go into your body and really cause very serious damage.

One of the great resources you provide as an organization is a list of these dentists. And actually, just to give a note, I will be speaking at the annual convention of these three organizations, and you'll be introducing me at that event in September in Orlando. But why don't you tell us about these organizations that have these biologic dentists and how people can find this list so they can find [one], if they don't have [one] already. We're not trying to take you away from the relationship you already have with your biologic dentist, but if you don't have one, there's a resource that you can go to find one that's actually not too far from you. You're not going to have to fly to a different state because there's a lot of them out there. So how do they find this list, Charlie?

Charlie Brown:

That's important. You really do need a dentist that fears mercury, that knows how toxic it is. Just never get them removed by a dentist who puts them in because they're poisoning people one hand and getting money from you and disregarding the poison, to start with. You need a very trained dentist.

The three groups that I've certainly had a chance to speak to and work with over the years [include] the Holistic Dental Association. Website is just holisticdental.org. Holistic Dental Association in Miami, in your state. The IABDM, iabdm.org based in Houston (Spring), Texas. It is likewise a mercury-free dental group focused on biological dentistry. It's the International Academy of Biological Dentistry and Medicine. And then, there's IAOMT (The International Academy of Oral Medicine & Toxicology) also based in Florida, iaomt.org. Likewise, all three of those have lists of dentists, as does our website, Consumers for Dental Choice. But our focus is to not put it [amalgam] in. That's our focus.

You need the medical and dental advice on taking it out, and how to take it out, [or] whether to take it out. All that is a decision between the patient and the doctor, and not a decision we advocate because we're trying to stop its use and stop its trade. Stop its trade. And that's why it's so important what Europe did. We will duke it out, if you will, in the fifth conference of the parties starting October 30th in Geneva. Up for debate will be the African Amendment that phases out amalgam on a timetable, ends amalgam during this decade. That is the proposal.

We believe Europe will join it. We will come with a strong support as we did at the fourth conference of the parties. We won the Children's Amendment. The Children's Amendment calls for the end of amalgam and that becomes law September 28, 2023. [It] enters into legal forces, the international lawyers say. It calls for the end of amalgam for children under 15, pregnant women [and] breastfeeding women.

And now, we are going to go further and debate the end of amalgam. We want to take our first string there. Our top team of nonprofit group leaders from all over the world, we need to have them as well [and] go to the regional pre-meetings, the regional consultations in Nairobi, in Brasilia [and] in Bangkok. And our team is going there too, so we are serious. And again, we ask for the public support. We can win this. We're determined to win.

As Dr. Mercola said, we run a real lean office. Our headquarters is just two lawyers. We feel it's essential [that] we get our support into the field in the United States and beyond. And we have great partners in the United States as well to work on ending amalgam in government programs, to push out the importers who are still selling mercury in these countries I pointed out, to push out the distributors because we have pushed out the U.S.-based manufacturers. We won that. We have the track record.

[The] FDA changed when we pushed them. [The] WHO (World Health Organization), amazingly, who was totally on the wrong side, is now in the middle, is now recognizing the phase out of amalgam is possible, can be done, and doesn't oppose it, and then sometimes supports it. At least they've moved over, but dentistry's moved over. They recognize they've offered the public the wrong stuff. They know that.

And those that stay in it are still trying to squeeze out the money, don't go to those dentists. Don't go to those dentists. I'm not talking – they don't use amalgam on you but use amalgam on a low-income child – it's just an outrage. Don't go to that dentist. Just say, "I'm sorry." Ask the dentist to be mercury-free. If they don't, get out. Just don't give your money to anybody like that because we've got wonderful mercury-free dentists all over the United States, all over Canada, all over the world who will do the right thing for you.

Dr. Joseph Mercola:

Well, thanks. On another note that's more personal, if you're not opposed to it, I'd like to have you share your personal testimony of your health journey because in light of the fact that we had another Health Liberty Alliance member, Ronnie Cummins, pass away earlier this year from obviously some health condition, that I had no input or role in managing that. But when we

started working together, I noticed that you gradually started gaining weight and you told me you had diabetes. So, if you're okay with it, could we go into that story?

Charlie Brown:

Yeah, I'd like to because you-

Dr. Joseph Mercola:

All right-

Charlie Brown:

You scared the S-H-I-T out of me, Dr. Mercola, when you talked to me. And you did the right thing, let me tell you.

Dr. Joseph Mercola:

Yeah, I think I remember. Your memory is really, really good. I think you have photographic memory but-

Charlie Brown:

I said, "Hey, I have a great diet. I don't eat any sugar. I eat snack on potato chips, pretzels and tortilla chips." You said, "That's the worst thing you can do. I can't believe you're doing that." And I said, "I'm not diabetic, I'm near diabetic." And you said, "There is nothing like [that]. It doesn't even exist. Forget that. You're diabetic. Start straightening out." I started. I got off. I stopped eating potato chips, pretzels [and] tortilla chips. I don't eat that stuff anymore. My diet's not perfect, but I certainly got off those kinds of snacks.

Dr. Joseph Mercola:

And you lost weight, didn't you? How much weight did you lose?

Charlie Brown:

I did lose about 15 pounds, and I kept most of that off, not all of it. But I got my sugar, the glucose level down. I was in the 110s, and I got it down to 90. And during the so-called pandemic, I just thought – because I wasn't testing. I was pricking myself all the time those days. [But] I wasn't testing, and I was happy after a period of not testing that it's still down to about 90.

Really, that just fell right then and there, based on that lunch we had during that dental conference, when you just wanted to say, "Let's go." It was in Vegas, so we had to walk a building to get away from people, and then we had lunch and you counseled me. No, I'm not kidding. You did shake me up, and it was really important. I need to stay in shape. I do, but I obviously have to mind my diet, and I don't eat the sugar stuff, but also got to quit eating the junk stuff, so my junk food is generally pretzels and cheese and that's not junk.

Dr. Joseph Mercola:

Well, cheese isn't a junk food. That's a health food actually.

Charlie Brown:

Yeah, I think it is. And I don't eat breakfast. You had the, "Eat a big breakfast." And you'd say, "That's great news, right? No, it's not." So, I've shortened-

Dr. Joseph Mercola:

I know, but I've changed.

Charlie Brown:

-the period of eating. I shortened the period of time that I'm eating during the day, lunch and supper.

Dr. Joseph Mercola:

I remember that meeting, the meal that we shared together in a restaurant very clearly. I knew you were such a great guy, and I would hate to lose you prematurely. And you were running rapidly down that path, the degenerative path that Ronnie hit. But thankfully, because you're a smart guy, and you're a great illustration of people who are really intelligent and committed to health. I mean, you weren't doing things mindlessly. You thought you were doing the right thing, but you didn't have the knowledge you needed to properly implement.

So, once you understood the importance and the dangers that you're exposing yourself to, you listened and actually did it, so you implemented the program, which is commendable to you, and you're going to be around a lot longer as a result of it helping a lot of people. No question. The other point I wanted to make is that since we had that meal at the dental convention, that was – How long ago was that, Charlie? Seven, eight, nine years?

Charlie Brown:

I think it was 2016, about-

Dr. Joseph Mercola:

'16, yeah. So, '16, yeah, eight-

Charlie Brown:

Was it?

Dr. Joseph Mercola:

Eight, no, seven years ago. Seven years ago.

Charlie Brown:

Something like that, yeah.

Dr. Joseph Mercola:

My understanding has evolved since that time. Although many of the principles are identical, absolutely. And intermittent fasting was a big one. I think that's really useful for someone who is

in your state to really condense your eating window. You lost your metabolic flexibility and had insulin resistance, so as a result, processes like keto diet or carnivore or intermittent fasting, they're really useful. But once you regain your metabolic flexibility and you're not insulin resistant as much, then a different strategy occurs and then it becomes – I had said that breakfast was the biggest meal of the day. Well, actually I said, "No, it's not." Well, I've come full circle on that and now I believe, yeah, it is probably the most important meal of the day.

And here's the reason why. Once you have the ability to – You're not insulin resistant and you can seamlessly transition between burning fat and carbohydrates as your primary fuel, it becomes important not to fast for too long. You don't really want to fast just to have an eating window of six to eight hours, which I thought was ideal for everyone, but it turns out it's not. Once you're healthy, that window should be about 10 to 12 hours, so that means you probably should have a good breakfast, a healthy breakfast.

And what is a healthy breakfast? Well, it's not a high-fat, low-carb diet. We're finding out for people who are not insulin resistant that actually a high-carb, low-fat diet is much better. By low-fat, I mean one that's under 30% fat. And it may take a while for you to transition there because you just can't go on a high-carb diet. By high-carb, I mean, really specifically, things like ripe fruit as being your primary one, not legumes or beans or grains except for white rice. Pretty much ripe fruit is one of your best sources of carbohydrates.

And fortunately, most people like it. And as we're recording this interview, it's the middle of summer, so ripe fruit is in season and pretty much available relatively inexpensively at most everyone's grocery store, so it's a real treat to have that. And there's not many people I know who don't like and enjoy their fruit, so I would encourage you to shift over to more of that.

Make sure you have enough protein and, of course, have the healthy fats because when you were having potato chips – the pretzels are low fat, but potato chips they're one of the worst foods on the planet because they're literally cooked in high-temperature seed oils, which is one of the worst foods on the planet. So that, and French fries and donuts, pastries typically, those are all nasty foods because of the seed oils that they use. It's not the carbohydrate necessarily, it's the seed oils.

Hopefully, that's some food for thought so you can continue to improve your health journey because we want to keep you around for a long time.

Charlie Brown:

Thank you very much. I really appreciate it. That's good. Well, I want to stay at this, and I want to stay till we finish and find something else to do. Let's figure out something to do.

Dr. Joseph Mercola:

Oh yeah, you're a man of your talent, commitment, dedication and integrity. There's going to be plenty of opportunities in aligned fields that desperately need a person of your skillset, so we got to keep you around for a while. You're really important to the cause.

Charlie Brown:

Well, thank you.

Dr. Joseph Mercola:

Thanks for your commitment.

Charlie Brown:

I appreciate your interest in my health and your interest in everybody's health. You've empowered so many people to take charge of their health, to make decisions on diet and exercise, what to avoid, what to eat, the kind of exercise that matters. And that's been so much part of what you're doing. I mean, you're empowering people, and we're trying to empower them in this narrow area saying, "Reject the amalgam. Never take amalgam. Absolutely not, and get these guys out of the business."

Dr. Joseph Mercola:

Yes, it's the same strategy. It's prevention. That is the most powerful tool. If you get the wrong foods out of your diet, eat the right foods, and exercise and [adopt] other lifestyle interventions, that will prevent the disease, so you don't come down with stage 4 metastatic cancer, so you don't have a heart attack that takes you out or a stroke, or you're chronically obese with your degenerative joint disease. No, we want you to be living as long as you possibly can with your full brain intact, with full functionality, and that's what you can do if you follow these principles. And it's just-

Charlie Brown:

Good stuff.

Dr. Joseph Mercola:

Yeah.

Charlie Brown:

Good stuff.

Dr. Joseph Mercola:

It's just-

Charlie Brown:

I appreciate it.

Dr. Joseph Mercola:

Yeah. Because the whole system is – The propaganda designed to commit you to strategies that these multinational corporations recommend and endorse that increases their coffers and decreases your health, that's not a good choice for you. Everyone can be empowered to take control of your health. That includes making sure that you have no mercury in your mouth and extending that to protecting future generations, so they never, never, never have to worry about mercury that some ignorant dentist put into their mouth. So, we're not going to make-

Charlie Brown:

The toxins continue. They do, and they can affect the next generation, and that's one reason we've got to move to a toxic-free world. This is one of those toxins. And when it's implanted by so-called health professionals, there's no excuse whatsoever. We're just delighted to get your support, the public support, and we're headed to the battle in Geneva over the African Amendment to phase out amalgam. We're headed back to Brussels to win the full ban in Europe.

We're focused here in Washington, right on our federal government, to end the amalgam in federal programs. And we're trying to push these amalgam makers right out. They can make something else. They make everything else. It's fine. They didn't like tobacco, that's all they sell, they sell fine stuff. They got to get out of this one, and we're going to get them out.

Dr. Joseph Mercola:

It's okay to make money, but you don't want to make money on poisons that are killing people. That's the truth.

Charlie Brown:

Right, yeah. We've got a nice path for them. And DentSupply recognized it and said, "Hey, we'll forego a little profit, a short-term profit, in this one product, amalgam, in order to help our company and everything else, and keep our reputation sound." But Henry Schein has decided it wants to keep peddling amalgam. Ivoclar Vivadent, SDI, Southern Dental Industries, think, "We'll just keep peddling this to squeeze out the last profits."

And we hope either litigation, public relations, public image, ability to export [or] to import is going to be affected, and we're certainly working on it. We play hardball with those companies. As the letter from the lawyer from Envista indicates, we do go toe to toe. And I say, "Give the Envista great credit, too." They got out of the amalgam business, and we do credit them.

Dr. Joseph Mercola:

Well, you're very skilled at finding their Achilles' heel and taking full advantage of it, so congratulations on that. Thanks for everything you've done and have done and will continue to do to eliminate this pernicious toxin from our environment. So please, everyone, seriously consider helping Charlie in his efforts to remove mercury from the field of dentistry because it's going to happen. It'll help it a lot sooner if you can help support him in his efforts because it's the funding that really makes it possible. So, thanks for everything you're doing, again. Keep up the good work.

Charlie Brown:

Thank you, Dr. Mercola, from us and from the world.