The Assist Report

Dental Toxicity Can Be Overcome!

The Assist Report is designed to be followed along side your dental revision when using a Protocol Trained Dentist in your area.

If your body and immune system have been affected by dental toxins then utilizing this program is beneficial for your recovery.
The Assist Report

The truth of the matter...

Doctors are taught in school that if a client has more than 3 of these symptoms – refer them to a psychiatrist, because their problems are “All in Their Head.”

Our observations are that if a person has more than 5 of these symptoms, their problems are all in their head – but in the lower third of the head – not in the upper third.

Bring out the REAL YOU!

This body chemistry analysis and detoxification program is based on your:

- Blood chemistry test
- Red and white blood cell test
- Hair mineral assay
- Detailed questionnaire

As important and necessary as your dental revision is, it only completes about 10% of the protocol you need for recovery. The Assist Report will help you with the remaining steps needed for complete recovery and a better and healthier lifestyle!
How do I know if my body and immune system have been affected?

Do you have more than five of the following symptoms?

- chronic fatigue
- unexplained irritability
- frequent unexplained bouts of depression
- unfounded “floating” suicidal thoughts
- unexplained anxiety
- brain fog
- poor short term memory
- cold hands and feet - even in the summer
- numbness and tingling of hands and feet
- twitching of muscles in the face, arms, or legs
- frequently having to get up at night to urinate
- unexplained intermittent joint pain
- sudden flashes of anger for no reason
- acid indigestion after eating
- bloated feeling after eating
- ringing or noises in the ears
- metallic taste in the mouth
- racing heartbeat
- frequent headaches, including migraines

Do any apply? One... two? Several? More than you like?
All of these symptoms have been reported as related to dental toxins – in the susceptible person. No one will have all of them, and some people have none of them. Sensitivity depends upon your genetics, lifestyle and other environmental exposures.

If you did find yourself more than a few times in this list, then perhaps it is time for you to contact one of our client advisors for more information on what to do about yourself.

Do I have to come to Huggins Applied Healing to complete my Assist Report?

No. We bring The Assist Report to you; here is how we do it:

In order for Huggins Applied Healing to provide you with assistance in SAFE body chemistry analysis we require:

♦ A comprehensive blood chemistry test is required. Preferably prior to your dental revision being initiated. Lab Corporation of America and Huggins Applied Healing have designed a national panel and we can locate a patient service center in your area.

What is being tested? An extensive serum chemistry profile is completed, an example of the chemistries covered are: kidney and liver functions, metabolic functions, just to name a few.
In order to cross correlate your extensive blood chemistry profile, an expansive hair analysis is required. How do you do a hair analysis from so far away? With the help of Doctors Data we are able to provide you with complete hair analysis test kit. What is tested for? Many different toxic elements and mineral elements are carefully tested for.

Last, but definitely not least, an extensive questionnaire is required. The client point of view is important to correlate with the different symptoms you may be experiencing. Current supplement and diet protocols you are following are among many questions make up the included questionnaire.

Alright, then what?

What happens after the comprehensive blood chemistry test, hair analysis and extensive questionnaire are received at our office?

A comprehensive computerized analysis is prepared based on your blood chemistries, hair analysis, and personal questionnaire. The Assist Report Program was designed by Dr. Hal Huggins.

How will I know what to do with the computerized analysis? A 100+ page personalized manual is custom printed for you based on what was found during our analysis of your test results and questionnaire.
Your personalized Assist Report Manual will be arranged in the following sections for your ease:

Introduction
The introduction section of your Assist report will provide you with the information you will need to make your own decision as to what you feel is right for you in assembling your team of multi-disciplined services that can best help you in your journey to recovery. The introduction section will describe the best case scenario in which all practitioners and therapists are readily available.

Laboratory Analysis Section
Comprehensive blood chemistries
Complete blood count
Hair analysis

The results of each of your tests mentioned above are printed out in this section. This is used as a quick reference as you read through the following sections that individually review your particular laboratory analysis results. Each section will explain what your chemistries mean and how to correct them through different aspects.

Body Chemistries
This section of the report will include a combined evaluation of your blood chemistry test, hair analysis and questionnaire results. The CBC (complete blood count) report shows how many red and white blood cells you have. Your red cell count reveals information on your oxygen transportation and availability while your white cells shed light on your reaction to dental materials as well as your lifestyle and diet. A hair
analysis gives us an important clue as to what the condition is inside your cells. Your answers to the questionnaire reveal information about your lifestyle, diet, symptoms and medical history that can help explain why your chemistry values are what they are.

**Questionnaire**

An integral part of your personalized report relates your answers in the questionnaire about diet, lifestyle, medical history and current symptoms to your chemistries. Chemistries tell where your body is, but your questionnaire helps us interpret the reasons behind what your chemistries tell us. This section of the report will connect the reasons behind imperfect chemistries and make more meaningful suggestions.

**Nutritional Evaluation**

Blood chemistries help determine a variety of things including how you react to the foods you eat and whether you are eating too much, or too little, carbohydrate, protein and fat. This section of the report will present the basics of nutrition as viewed from your chemistry needs and offer recommendations for dietary changes based on the evaluation of your blood chemistries.

**Supplementation**

This section of the report will provide recommendations for nutritional supplements (vitamins and minerals) that have been shown to improve your body’s chemistries. A convenient chart of supplement recommendations is included as well as your initial supply of supplements.

* A portion of this program is non-refundable. Ask your Client Representative for details.
What is toxic in dental materials?

**Silver fillings** - called “silver” because of their color. Mercury is silver colored. Silver fillings actually contain about 50% mercury. Mercury is the most toxic metal on the planet that is not radioactive. Silver “amalgam” also contains 4 other metals that are poisonous in the metallic form as found in fillings. Why is it still used? It is “grand-fathered” due to their use for 170 years. Also the potential liability is in the trillions of dollars, which may be the biggest issue.

**Nickel** - is the primary ingredient in most crowns (over 70% of them). Gold costs more. High nickel content is also found in children’s “chrome crowns” and braces. This metal is the most carcinogenic (cancer causing) metal in the periodic table of elements. Exposure at early ages can influence a person’s ability to resist or contract cancer in later years (30’s and up).

**Root canals** - or dead teeth, most often contain anaerobic bacteria (the most dangerous kind - like gangrene and botulism) that produce toxins that can induce neurological diseases. The problem is in the “periodontal ligament”, the attachment between the tooth and bone. The canal itself can be sterilized for up to 48 hours, then invading bacteria start producing toxins that end up in this ligament. This ligament cannot be reached by a dentist without extracting the tooth. Every time you bite down, these toxins enter your blood stream and go everywhere your blood goes.
**Cavitations** - are literally “holes in your head” left behind from the extraction of a tooth. Wisdom teeth are infected close to 100% of the time. Upon extraction, the retained “periodontal ligament” mentioned earlier prevents bone healing, leaving a space in the bone approximately the size of the tooth. Over time, this space may grow as the surrounding bone becomes necrotic. Dental schools teach dentists to leave this ligament in after an extraction, which is like leaving the afterbirth in after a baby is delivered. Toxins found in cavitations are also related to neurological diseases and autoimmune diseases.

**What is an autoimmune disease?**
This is a term used to describe diseases (often referred to as “of unknown origin”) when a person’s immune system attacks its own cells. Their bodies destroy themselves (examples: Multiple sclerosis, ALS, Type I diabetes, arthritis, Lupus).

**The Reaction**
If an atom of mercury, nickel, or a molecule of toxin from a root canal or cavitation attaches to a normal cell – that cell is now registered by the immune system to be an illegal alien – from another planet. A cell that must be killed. So your immune system kills it. Yes, and your own cells get killed in the process. The source (often dental toxins) must be eliminated by a specific process (offered in the dental revision) — then, the body chemistry programs can promote healing.
How else do dental materials create damage?

All of the materials listed previously (mercury, nickel and toxins) can contribute to:

**Interference with oxygen transport.** Mercury from a “silver filling” can bind to the oxygen transport portion of the hemoglobin molecule. Oxygen jumps on and off of hemoglobin with ease, but mercury never lets go. There are 4 “binding sites” for oxygen to attach, so if mercury binds to one, you are 25% low on oxygen in that area until that cell wears out and dies. This does not show up on conventional hemoglobin tests (but it does show up in the oxyhemoglobin test), so the real cause of chronic fatigue is often missed on routine examination by a doctor who is not aware that mercury from dental fillings can contaminate hemoglobin.

**Interference with hormone function.** In a similar manner, mercury attaches to hormones, like thyroid. Testing for the presence of thyroid hormone shows that the hormone is there, but can not detect the fact that mercury is attached to one of its activation ports, rendering the hormone inactive.

**Interference with cell membrane permeability.** What does that mean? Each of our cells has a membrane that keeps specific chemical reactions separate from all other chemical reactions. An overview would be that the heart, kidney and liver are all important, but they each have their own secret chemical reactions that enable them to perform their own job descriptions without interference from other chemicals.

When toxins attach to cell membranes, these cells slam their doors shut and do not allow oxygen and raw materials to enter or waste and manufactured products to exit. Result? Death or disease of that cell.
Destruction of “friendly bacteria” in the stomach and intestines. This leads to incomplete carbohydrate, protein and fat metabolism. Which one? Only your chemistry knows, but your specific blood chemistry (not blood type) tells the computer where to look for problems leading to indigestion.

Interference at the synapse. So what's a synapse? That is the space between the nerves that an electrochemical impulse must jump in order for nerve messages to reach end points of brain, hormone or muscle function.

When one of these toxins lands in the synapse, the normal impulse cannot jump across the space. The result is a malfunctioning muscle, gland or brain signal.

Putting out the fire doesn't rebuild the house

If placing toxic mercury fillings, nickel, crowns, implants and root canals caused the damage....

Then why doesn't just removing them reverse the problem?
Rebuilding

For the same reason that pouring water on a burning house does not rebuild the house. Your body tissues require attention in the reconstruction phase. That is what this body chemistry program is all about. It determines what reconstruction materials you need and where to place them. Do you need massive reconstruction, or just a new paint job? The answer to this question will determine where you need to go for repairs.

IN FACT....

In a recent survey of over one hundred people who called our office for referrals to Protocol Trained Dentists, and then they elected to go to the “nice guy across the street” instead of going a longer distance to a Protocol Trained dentist, the results were:

♦ of these people just having fillings removed randomly (without sequential removal)
♦ without immune compatible dental materials used as replacements
♦ or without the patient protection procedures and body chemistry balancing provided by the Assist Report Program that are recommended by the Protocol Trained doctors.

63% ended up with a new symptom or disease that they did not have before having their fillings replaced.

Is this what you want?
Facets of the Protocol

The rubber dam - this is a thin sheet of rubber that has tiny holes punched in it. Teeth slip through these holes so that the dentist can see to treat the teeth, but the mouth is protected from swallowing or absorbing flying debris of mercury fillings and bacteria.

Sequential removal of fillings - fillings and crowns are combinations of metals in saliva (an electrolyte) that conducts an electrical current. This makes fillings tiny batteries that generate electrical current – either positive or negative. If negative current fillings are removed first, a set of 4 healing endocrine (hormone producing) glands are stimulated, and healing is promoted. If positive current fillings are removed first, an opposite set of 4 glands are stimulated leading to tissue degeneration.

Immune compatible filling materials - are selected from a testing on your blood. Only those materials that give minimal challenge to your immune system are selected. Random selection of replacement filling materials frequently select aluminum filled plastics that have been shown to compromise your nervous system almost as much as the mercury. Don’t jump from the frying pan into the fire.

Intravenous Vitamin C - is provided as protection against fumes and vapors that can be absorbed or inhaled as fillings are removed. It is especially necessary when toxic root canal teeth are removed and cavitations are cleaned out. Surgery releases bacteria and toxins into your blood stream so they can look for a new home in your brain, heart, liver or kidney. Intravenous Vitamin C can aid in neutralizing their damaging properties before they take up residency.
Conscious sedation - is generally available in the office of a Protocol trained dentist. This is an intravenous procedure that puts you into the twilight zone, but conscious of everything going on. You are just too relaxed to care. (Relaxed? In a dental chair? Yes!) The big advantages are that there is a time compression in that 5 hours may seem like 2 – and even so, within a day or two, you will probably forget the whole dental procedure even took place. Conscious sedation is sometimes called “milk of amnesia”. To the delight of your immune system, all the dentistry can usually be done in one sitting. Without conscious sedation, you are limited to 2 hours of dentistry every 48 hours. With conscious sedation, all removal procedures - including fillings, crowns, root canals and cavitation cleaning - can be done in one day. The immune system really likes this, and blood tests prove it.

Massage - is generally performed a day or two prior to dental revision. Its purpose is to stimulate release of ionic calcium needed for healing after surgery and to stimulate your white blood cells which are really needed after dental revision. Hey! It feels great too, so why fight it?

Acupressure - is generally available immediately after your dental revision. It has the ability of reintroduce your nervous system to your muscular system. The normal impulses that connect these parts of your anatomy get “scrambled” as the therapists call it, during dental procedures. They may have been that way before dental revision due to living on this planet and its day to day stresses.
Nutritional advice and supplement selection - are provided by analyzing your blood chemistry and hair analysis. An "old wives' tale" tells us that if we take too much of a vitamin or mineral, the excess is just excreted. Not true. Having too much of a supplement is often just as bad as not having enough, as proven by analyzing blood tests. Food-wise, how much carbohydrate, protein and fat do you need? Your blood knows, and will tell this Report what you need.

Monitoring additional tests later will tell you if you are getting what you should be taking.

Detoxification - is something that will occupy a space in your lifestyle for as long as you want to be in good health. There are many methods, both chemical and non-chemical that can detoxify your body. Which is best for you? Remember, you will never get all the mercury out of your body, but the good news is – you don’t have to. Just make sure mercury is getting out of your body via detoxification faster than it is coming in from natural exposures to air, food and water. You will be given a whole booklet on this topic.

Follow up consultations - keep you informed about your progress. As healing goes on, your need for raw materials changes. Your chemistry (with the help of a counselor) can help keep you on track for
optimum health. Removing your toxic fillings stops the onslaught to your immune system, but does nothing about reconstructing your nervous system, digestive system, endocrine system and emotions. Monitoring future blood tests can tell you how much progress you are making, and what changes may be needed to continue improvement.

**Your dental revision by a Protocol Trained dentist may include these facets of the protocol - where available...**

Not all of these procedures are available in all Protocol Trained dentist's offices. You should call a trained doctor from our list of Protocol Trained Dentists that Dr. Huggins and/or Dr Blanche Grube has personally trained and together decide what would benefit you the most and what is available there.

Be sure that the 7-14-21 day immune cycles are honored in your appointment scheduling. This is discussed in the introduction section of the Assist Report.

Remember also that for the best results, all removal appointments (mercury fillings - nickel crowns - root canals - cavitations) should be accomplished within 30 days of starting the removal procedures. Cementing of crowns, bridges, or other permanent treatment can be done at any time.
Since 1968, Dr. Huggins has balanced over 3400 different blood chemistries with biological supplementation and proper ancestral diet. Dr. Huggins formulated his own line of supplements; the reason for this is many supplements contain ingredients that are not chemically recognized by the body. One example of non-biological form of supplementation is calcium in the form of dolomite, coral calcium, bone meal, and sea shell. These are all non-biological forms of calcium and are found in many supplements. These non-biological forms of supplementation can actually block natural forms from being absorbed, creating deficiencies and ultimately leading to the body’s chemistries not being in balance. When the body’s chemistries are out of balance we do not feel well and our immune system is compromised. In following The Assist Report - the supplementation you will be using (based on your blood chemistries) will assist in balancing your body’s chemistries, stimulate your immune system, and safely assist in detoxifying heavy metals and other toxic substances from your system. They will also remove the non-biological forms of minerals that have built up and blocked adsorption of biological and natural forms of nutrients.

If you would like further information or to begin you’re Assist Report, please contact a Client Representative at 1-866-948-4638.
The Assist Report

When you initially order your Assist Report you will receive:

- Questionnaire, containing approx. 400 questions. This is to be sent back to our office.
- **Life Extensions** Blood Requisition and list of **Lab Corp** locations nearest to you. The results will be sent to us.
- Hair analysis kit for hair sample to be sent directly to **Doctors Data** for testing. The results will be returned to us.

**After your Blood Analysis, Hair Analysis and - Questionnaire are received at our office:**

Our specially designed computerized program will perform Bio-Chemistry analysis on your blood results, hair analysis, and questionnaire.

Based on the results of your testing, the computer will assist in determining the proper *Biological Supplementation*.

*The initial supply of all recommended supplementation is included.*

An approximately 120+ page book based on your body’s chemistry will be sent to you, along with your initial 30 - 90 day supply of suggested supplements.

Also covered in your book is nutritional information based on your blood and hair results and additional detoxification information.
Each program was designed with a different goal in mind for each individual. Take the time to review all of the programs that Huggins Applied Healing offers and chose the one that is best for you, your needs, and your goal.

Your health is our biggest concern. Let us help you achieve a better, healthier life!

For more information call our office:

1-866-948-4638

Please take the time to review the programs that Huggins Applied Healing offers and choose the best fit for your individual needs and goals. Each program requires a $450 deposit, the balance will be due once all the analysis have been received and we are ready to send out the printed report and supplements. There is a non-refundable fee of $200, if for some reason the program needs to be cancelled within the first 6 months. After 6 months there will be no refund, but you may still complete the testing and get the results.

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Know what you need...