

# HUGGINS' STORY

## What made Huggins the way he is?

When Hal A. Huggins graduated from dental school (1962), he knew that he had better than average schooling, for his school (University of Nebraska) started students treating patients the second half of the sophomore year, and in addition had 2 months of clinical experience each summer without "book interference". According to the nurses in scheduling, he was a favorite with patients because his care for them as a person showed through. This irritated the professors who were trying to make tooth scientists out of their students.

Saturdays he would travel within the state, and sometimes out of state to watch over the shoulder of dentists he had heard were outstanding in one field or another. He would return exhilarated with new knowledge and was anxious to inform his professors of better ways to do things. Ha! Their response was to give him the cold shoulder and a hard time to the point of making fun of him.

Having been exposed to a Colorado dental clinic of 6 dentists who constantly ran from room to room showing their fellow dentists new discoveries, he was confused by the professors' responses. He now understands the fragile self-esteem of many dental school professors.

Feeling less than fully educated because of his experiences watching dentists on the weekends, he took post graduate courses every 3 to 4 weeks for the first 10 years of his private practice in Colorado Springs. Here he found the sharing he had always sought. But things were still incomplete. He had pieces of different puzzles that did not make a complete picture. Then he met his first grand mentor, Dr. Arne Lauritzen, a Danish dentist who lectured in 6 languages, could correct interpreters in 3 more, and swear

in 3 more. Lauritzen had it all together. He knew how to teach the basics of excellence.

In an effort to "learn it all", Huggins offered to write a textbook for Lauritzen. It took 5 years and 8 re-writings before the old goat accepted it as accurately portraying the excellence of the basics – the foundation without which all advanced studies were shaky. In 1968, Lauritzen introduced Huggins to Dr. Melvin Page (his second grand mentor), and Dr. Emanuel Cheraskin (an MD – DDS who was a professor in dentistry and medicine and nutrition at the University of Alabama). Huggins spend many weeks watching Dr. Page "balance body chemistry" using nutrition and micro-dosages of hormones and monitoring blood chemistries every 3 days on each patient. By 1969, Huggins was booked 18 months in advance teaching how balancing body chemistry could reduce or eliminate gum disease and dental decay.

While lecturing on body chemistry at an international meeting in Mexico City, he met another grand mentor, Dr. Olympio Pinto, the man who really changed Huggins' life completely. Pinto told Huggins about how his own father (also a dentist) had reversed leukemia by removing dental silver mercury fillings. Huggins argued for 10 minutes, then shut up and began learning what occupied his waking moments for the next 28 years. In November of 1973, Huggins began to lecture on mercury escaping from dental fillings.

By January 1974, the Colorado Attorney General had begun a "file" on Huggins which eventually filled 24 "bankers boxes". That file held more professional and personal information on him than his personal diary. The collection of personal information on Huggins and his family irritated him, but not his lawyer – until the lawyer found that his own personal life was included in a similar file. Then he too got irritated.

In 1984, Huggins wrote his first comprehensive book on mercury toxicity, "It's All in Your Head". Immediately

afterward the Attorney General announced (almost daily) that Huggins was "under investigation" by the AG. The Colorado Dental Association picked up on this and told everyone the same story. Repeated calls and letters from Huggins' attorney to the AG's office requesting what the investigation involved resulted in answers that it was "too early to tell".

Two years and much humiliation later, the AG announced that its investigation was in regard to the book. Months later the face to face occurred. Huggins had used patient initials instead of names in describing patient experiences after amalgam removal. The AG wanted to know the names. Huggins told them that he had given his word to confidentiality. After some retrieving law books and reading from them, they announced that they could imprison him for an indefinite period of time if he did not disclose the names.

Huggins' attorney advised that he break his promise and give the names. That satisfied the AG, and they said he could go home.

Huggins asked if the charges were dismissed. "We never made any charges, so, no, you cannot say charges are dismissed." "Will you apologize for damaging my reputation?" Huggins asked. With a strange smirk, the AG started to leave the room. Huggins called him back. "For making me break what I considered to be a solemn promise, I shall pray to God that he give you one year in hell for each patient you made me disclose." The AG blinked, looked at the floor, turned and walked out. Today Huggins says, "Never again will I let lawyers intimidate me that much." Rumors from "organized dentistry" immediately began to circulate that Huggins was in jail – in fact they surface regularly every 2 years. To date, no dental organization, or anyone else, has ever put him in jail, or, excluding the AG and the initials vs. names incident, no one has ever threatened.

In 1984, Huggins was asked to present his "clinical observations" before a group of 200 scientists at ADA headquarters in Chicago. No less than 8 times the ADA called and said to be sure they were clinical observations, and nothing about science. They had hundreds of PhD's who would do that for me. Apparently each of 10 other speakers was given about 1/10th of Huggins' paper a couple of months prior to the 3 day event to prepare comments to tear down the possibility of mercury being toxic. Some really strange manipulation took place (some presenters made fools of themselves because they did not understand human anatomy and biochemistry in their pre-presentation critique of Huggins' work). Huggins' paper was discredited in writing (as found by the media reporter) the day before the material was presented to the ADA scientists because it contained no scientific evidence – only clinical observations. One member of the news media did get in (although all media was forbidden), and he did tell the truth of the manipulation of Huggins' presentation on Denver television the day before the ADA renounced it, declaring that the conference had "reaffirmed the safety of mercury".

Interesting that, even though Huggins' "theories" that mercury was toxic were "thought" to be not true by the ADA scientists, all dental amalgam manufacturers increased their product liability insurance by 1000% across the board the next month.

Huggins' presentation had another pronounced effect that showed the ADA did actually listen to him. In the dental "Code of Ethics" published just before Huggins' presentation, Section 4 read, "Dentists have the obligation of making the results and benefits of their investigative efforts available to all when they are useful in safeguarding or promoting the health of the public." The next year, that statement was deleted from the Code of Ethics, and we find a new one. "...the removal of amalgam restoration from the non-allergic patient for the alleged purpose of removing toxic substances

from the body, when such treatment is performed solely at the recommendation or suggestion of the dentist, is improper and unethical." In another effort to keep the information on improvements in patients with incurable diseases from getting out, the ADA announced that any dental program that featured Huggins would receive no ADA post-graduate credit for the entire program. At that time Huggins was lecturing over 100 days per year, and drew the largest crowds many meetings had ever had. In one week, his 18 month in-advance calendar was nearly emptied. Rumor went out that if any dentist was even *seen* at one of the other meetings, he/she would lose his/her license.

What was the ADA afraid of? It took years to discover that the ADA had paid for the development of what is called "state of the art" high copper amalgam (whose mercury release is 50 times faster than the previous "conventional" amalgam). Perhaps the biggest problem was that the ADA held the patents for the new high copper amalgam, and could possibly be held liable for 82 quintillion dollars in lawsuits if Huggins was right. Guess what? Currently there are nearly 2 billion in suits against the ADA, and more to come.

Word of recovery from heretofore "incurable" diseases spread, but instead of the jubilation felt by many of these patients, the societies that depended upon donations for "research", together with the ADA, made life rather uncomfortable for Huggins. It seems that many of these organizations are paid to look for a cause, not find one. Remembering the demise of the financially powerful March of Dimes when the polio vaccine appeared, one can see the number of jobs that would be lost if the truth got out.

At first, Huggins' improvement rate in incurable diseases was only 10%, but when zero was the reference point, that was highly acceptable. Discovery of the value of sequential removal of amalgams (removed according to their electrical current) increased the improvement rate up over 50%, but

then the ADA and FDA precipitated all over the concept of measuring electrical currents in the mouth. Legally, the concept of measuring currents should have been grandfathered in, because it was measured in the 1930's by physicians and dentists who warned against the use of dissimilar metals in the mouth. Huggins found that the order in which fillings were removed made a *big* difference in changes in blood chemistry reports, but the FDA gave no end of grief on blocking dentists from offering this service to patients, thereby keeping many people ill who could have had a chance at recovery. Even in 2001 some dentists have been threatened with license revocation if they even touch a patient with a meter. Why? What's their hidden agenda? During his studies for a post-doc Master's degree in the mid 80's, Huggins and one of his professors found that mercury was not the only dental material that was toxic to patients. They tested metallic nickel, copper, zinc and several of the composite materials and found that many common dental filling substances destroyed lymphocytes – one of the major white blood cells of the immune system.

Placement of nickel containing orthodontic braces almost caused the death of one of Huggins' university test subjects as shown by the immune system shutdown. Fortunately for her, her chemistries and immune cells were monitored closely. Braces were removed and she recovered. Professors who had been opposed to Huggins' studies and had assured him that the ADA and FDA would never allow dangerous materials to be placed in human mouths, suddenly changed their tunes. Geriatric college became more fun.

After his Master's graduation, Huggins found more autoimmune diseases that responded to his treatment protocol, then spent several years refining that protocol. He found that there was always a strong psychological component associated with autoimmune diseases; that there were chemistry imbalances that turned out to be "fingerprints" of diseases; that acupuncture was very

important in neurological diseases; that family support or lack of it often governed whether or not a patient recovered. He discovered the world of venous oxyhemoglobin (the actual amount of oxygen carried by hemoglobin) and how it related to his work. Most tests for oxygen are done on arterial blood. His work on venous blood told many stories he had never seen before. Going one step further, he found that he could trace porphyrins (chemicals that turn into hemoglobin) and relate them to root canals. He found that root canals were a primary consideration in high blood pressure and sinus problems.

His introduction to research on root canals by Dr. Weston Price, former head of research for the dental association, reminded him of what he heard in dental school. The school scoffed at Price's root canal research and said it was too old to be of any value. As it turned out, today's science professors say that Price did far more detailed research than anyone could do today without incurring great expense. Huggins found the relationship between root canals and degenerative and autoimmune diseases. He was elated when he finally convinced Dr. Boyd Haley at the University of Kentucky to research the effects of chemicals produced in root canal teeth on the body's major enzymes. They finally located the chemicals that produced the damage. They were not in the canals especially, but in the periodontal ligament that holds the tooth in bone. Huggins learned that the ligament had to be removed in its entirety by a dental burr, or far less response would occur in the patient.

As a result of observing improvements in one of the Coors family members following complete dental revision, the Adolph Coors Foundation altered its policies of grant applications and allowed Huggins to apply for a grant to study changes in a variety of blood chemistries and other tests on a group of people who had just amalgams fillings. No crowns, braces, root canals, removable appliances, nothing but silver-mercury amalgam. No dietary changes or fragments of the

complete protocol, just looking for the alterations created by amalgam alone. IV vitamin C was used for protection, sequential removal, observation of the 7-14-21 day immune cycles, use of the safe "bubble operator", rubber dam and compatible materials selected based on immune compatibility blood serum testing was applied. A massive amount of testing was done.

Amalgams were removed, followed by more testing. Then amalgam was replaced (into the composites to avoid further trauma to the teeth), --more testing, then re-replacing of amalgam with compatible composites --then, more testing. Can you imagine volunteering for such a study? People did, and they had a good time watching what happened to themselves and the other participants. Psychological changes were the most notable, but chemistry changes were outstanding despite not using the whole program. Cholesterol was probably the most surprising, being a great deal under the influence of dental mercury fillings.

High cholesterol? See your dentist! Presentations on the influence of amalgam on hemoglobin, oxyhemoglobin and porphyrins were made at medical meetings in 6 countries. Not a radio show, media interview, or professional meeting has been spared some of the highlights of Huggins' findings during the "Coors Study".

Interesting note: NBC called Huggins one day to ask if he would like to provide a rebuttal to the ADA comments on his video of the Coors Study.

"What did they say?" Huggins asked.

"Can't tell you, but if you want to address any of the flawed parts, we will be happy to air your defense."

"They are basing their comments on what I said on the video?" asked Huggins.

"Yes, a whole team of experts have gone over it with a fine tooth comb, and they have many comments about it."

"That's interesting," replied Huggins. "I guess it is an ego thing, but I always collect the first video of a topic we make for my personal collection. The first box of video tapes was delivered to my office at 11 AM, it now being 1 PM, and I have not even opened the box yet. Are you telling me that someone stole a copy from my office, or from the duplication company, and had a team of expert ADA scientists review it thoroughly in the last few minutes?"

"You haven't distributed any tapes yet?" asked the NBC producer.

"Not one," Huggins answered.

"I'm sorry to have bothered you, Dr. Huggins, and please be assured that this program will never air."

It never did.

The ADA and Attorney General must have felt very challenged by Huggins' discoveries, for they set up a suit against Huggins that paralleled one supposedly initiated by a woman who had fillings and root canals removed because of Huggins' book, "It's All in Your Head". This poor book was picked on again. The challenge was that Huggins was fraudulent when suggesting that mercury from fillings was harmful.

As it turned out, the woman finally admitted that she had actually never read the book. Claiming she knew only what the book stated (even though she was a care-giver for probably a hundred of the patients) was far from truth. Truth was not a factor. Huggins was found guilty of negligent misrepresentation by saying that mercury from fillings was harmful to the populace. The court awarded her over

\$160,000 and it had to be in cash, not property. With only 3 hours before the deadline, Huggins found he had enough friends to loan him that much money. Two years later it was returned to them intact.

In the appellate court, Huggins was found not guilty by a 3 to 0 vote of three appellate judges. They said it was the most frivolous and stupid case to hit their bench, and should never have been brought to trial in the first place. The Chief Justice asked her attorney if X was one of her witnesses from the long line of "experts" provided at the expense of the ADA.

"Yes", she admitted.

"In his testimony he states that at ADA headquarters they argue daily over the safety of mercury – right?"

"Yes".

"If the ADA itself cannot agree on the safety of mercury", the chief justice continued, "how can you expect me to find Huggins guilty of fraud because he feels mercury is unsafe in humans (by the way, it is an undisputed known poison), when your own witnesses testify that they are not sure of its safety. Isn't that more than a little ridiculous? Are you sure you researched this case before challenging Huggins?" At this point, the opposing counsel broke down into tears, and the court issued its verdict of "reversed".

Even though there was national attention brought to Huggins when the case was filed against him – including Paul Harvey, the *Denver Post*, *Time Magazine* and hundreds of others, there was no mention of the reversal, or that the client now had to repay Huggins for his attorney's fees. Didn't matter, she didn't pay anyway, but what apology or compensation was offered for what was done to Huggins or the patients who lost out on treatment that could have saved their lives? None.

Huggins ended up losing his practice, his wife, his money, his retirement program and his reputation. But still people called asking for his help. The "powers" had informed him that if he even talked to anyone about dental toxicities, they would jail him. They said they would tap his phones and listen for comments. They did tap them, but it seems there is still a small amount of protection from the First Amendment. Bullets through the windows? Now, that is not covered by the Amendment.

In the year 2000, Huggins directed activities for developing a treatment program for Gulf War vets who are dying in great numbers. Didn't you see that in the newspapers? You won't for some time. He put together a team (whose names will never be disclosed) that treated 6 terminal vets from a European country. It took 12 days of intensive treatment, but all six patients recovered.

There were far more chemistries taken than necessary, for he knew he would have to defend his protocol as not being placebo.

The same day that the U.S. government announced in the newspapers that Gulf War Disease could not be cured – they said they spent 145 million dollars proving this – was the day Huggins' book "Recovery from Gulf War Disease" came out. Copies were sent to hundreds of "people in power", yet no one was interested.

According to the latest reports, 1500 vets are dying monthly in the U.S. alone. It doesn't have to happen, yet there appears to be only one person who is interested in easing the lives of those men and women who are giving their lives – slowly – for – what? At the present time - 2004 - 5 countries are seeking training for his protocol.

He has established a website ([www.Dr.Huggins.com](http://www.Dr.Huggins.com)) that serves to educate the public on the issues of mercury toxicity.