



Excellent



Good



Fair



Poor

SEAGREENS AMALGAM DETOX CAPSULES



Distributor: Oceans of Goodness (01444 400 403)

Price: £12.75 for 60 capsules

What does it claim to do?

Seagreens capsules contain the dried extracts of three types of organic Arctic wrack, a brown seaweed reputedly containing a wide spectrum of nutrients that are easily absorbed by the body. Seaweed supplements are used for many purposes, but we were intrigued by the claim that these specially formulated capsules could be useful as part of a detox programme during and after dental amalgam removal.

Has it been tested?

There are no published data to back up this claim. However, Dr Jack Levenson, president of the British Society for Mercury-Free Dentistry and the British Dental Society for Clinical Nutrition, has been successfully using this product for the past year in his own practice.

The seaweed is thought to aid detoxification during amalgam removal by: binding and removing toxic and heavy metals; cleansing the digestive tract, blood, lymphatic system and kidneys; improving the acid-alkali balance of the blood; and preventing acidosis by neutralising toxic acids due to carbohydrate, protein and fat metabolism.

Of course, use in a private practice does not constitute a research trial. However, the use of Arctic seaweeds to aid detoxification does have a basis in other research stretching back several decades (Environ Res, 1977; 14: 28-40; Can Med Assoc J, 1968; 98: 1179-82; Can Med Assoc J, 1964; 91: 285-8).

According to Oceans of Goodness, the wrack seaweeds they use have about half the iodine content of common kelp or bladderwrack supplements—good news since a long-term high intake of iodine can have a suppressive effect on the thyroid, a potential adverse effect of kelp supplements. Seagreens also contains no binders or fillers.

Seaweeds and other algae can absorb toxins and pollution from the environment. This has been a problem with the bluegreen algae harvested from Klamath Lake. However, because Seagreens use wild wrack from one of the most unpolluted ocean environments, they don't add to the body's toxic burden.

Comments

The product is endorsed by the British Society for Mercury-Free Dentistry as an effective means of detoxification after amalgam extraction. Patients are advised to take two capsules in the morning and one capsule in the evening for three weeks, which may then be reduced to a daily intake of one or two capsules on the advice of the practitioner.

After the initial detox, the distributor recommends that you take their regular Seagreens Food Capsules for at least one year (these are virtually the same as the detox capsules, but can be bought in bulk at a discount price). See their website www.oceansofgoodness.co.uk for more information.

Cautions

Detoxing a seriously polluted body can have implications for the health of vital organs such as the kidneys and liver. Whatever type of detox you engage in, it is always best to do so under the guidance of a qualified therapist.