

Mercury Risk Evaluation Chart

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	Mercury Risk Factors	Low	✓	Medium	✓	High	✓
1	Number of amalgam fillings.	1-4		5-8		8 or more	
2	Number of years you've had amalgam fillings.	0-5		6-10		10 or more	
3	Do you have both gold and amalgam fillings?	No				Yes	
4	Do you grind your teeth?	No		Sometimes		Frequently	
5	Do you clench your teeth?	No		Sometimes		Frequently	
6	Did your mother have amalgams when you were conceived?	No				Yes	
7	Did you receive childhood vaccinations?	No		Some		All	
8	How many times per week do you eat mercury-contaminated fish?	1 or less		2		More	
9	What is your present state of health?	Good		Fair		Poor	
10	How many mercury related symptoms do you have?	4 or less		5-8		More	
11	How many mercury related disease do you have?	3 or less		4-6		More	
12	Do you have plant allergies?	No		Yes			
13	Do you have food allergies?	No				Yes	
14	Number of times you brush your teeth per day	2 or less		3		More	
15	Do you use an electric toothbrush?	No		Sometimes		Frequently	
16	Number of meals you eat per day.	1 to 2		3		More	
17	Number of times you snack between meals, per day?	1 or less		2		More	
18	How many hot liquids do you drink per day?	2 or less		3-4		More	
19	How many times per day do you eat abrasive foods, such as seeds or nuts?	1 or less		2		More	
20	How many soft drinks and/or juices do you drink daily?	2 or less		3 to 4		More	
21	Number of hot baths or saunas do you take per week.	1 or less		3		More	
22	Do you smoke?	No		Sometimes		Frequently	
	Total Number of Checked Boxes Per Risk Category	Low		Medium		High	

Determining Your Mercury Risk Factor

Generally speaking, the columns (Low, Medium, or High) with the largest number of checks will determine your risk factor. The following examples show the result of three different evaluations with the correlated Mercury Risk Evaluation in **bold**.

Example One: Low Risk Category

Total Number of Checked Boxes Per Risk Category	Low	18	Medium	3	High	1
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Example Two: Medium Risk Category

Total Number of Checked Boxes Per Risk Category	Low	4	Medium	12	High	6
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Example Three: High Risk Category

Total Number of Checked Boxes Per Risk Category	Low	4	Medium	3	High	15
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Each category also has a high and low end. In the following example, this person would seem to fit into the Low Risk category. But a further evaluation would put that person in the high end of the low risk group.

Total Number of Checked Boxes Per Risk Category	Low	11	Medium	8	High	3
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Weighted Factors

The mercury risk factors are weighted in order of risk, from 1 to 24, but this evaluation is subjective and not scientifically exact. Very few people will have checked all the boxes in one category and not have any in the other two. Keep in mind that this evaluation is only meant to give you a general indication of your mercury risk.