

**THE ROUTINE DENTAL DANGER
THAT LITERALLY SUCKS
THE LIFE OUT OF YOU**



**HealthGlade**

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For many dental procedures, the dentists use nitrous oxide, which is commonly known as laughing gas. However, it has a dark side, and one that you have probably never heard about. Death!

Thousands of people die every year during “so called” routine dental procedures, due to the deadly effects of nitrous oxide. While many die directly in the dentist’s chair, others are able to go home after the procedure, and develop fatal complications at a later stage.

Whilst circulating in your body, nitrous oxide can literally suck the life out of you. It oxidizes vitamins, hence your circulating vitamin levels in the body will drop dramatically, and in particular, the nitrous oxide targets vitamin B12, and there is also an effect on vitamin B9 levels.

The loss of those vitamins is even more deadly to those with a MTHFR mutation, since they already suffer from low circulating levels in the body. With some estimates as high as 50% of the population having at least one mutation, it’s a serious problem for most people.

Another marker to see a drastic change is homocysteine. While safe level opinions vary, I have seen it as low as 7 $\mu\text{mol/L}$, with anything above it being a heart attack risk. A long dental procedure can potentially raise this above 20 $\mu\text{mol/L}$, and well into the red zone.

For these long dental procedures, the heart attack risk can increase by 2-3 times, with homocysteine levels being just one of the risk factors. It is unknown how many people die later from heart attacks, and it is not linked to the dental procedure they may have had days earlier.

Nitrous oxide is also known to cause cellular damage and cell death, and depletes glutathione levels in the body so you don’t have the energy to recuperate afterwards. Strangely enough, all of this is already published in the medical literature, and dentists just don’t care.

Have a read of this incredibly sad [case report](#), published in the New England Journal of Medicine. It's a story of a child who took nitrous oxide in a procedure and was discharged, but developed complications 25 days later, and then died a further 21 days later.

The case report mentions the vitamin oxidation, raised homocysteine levels, MTHFR mutations, and more. But the real takeaway is that the child was discharged 7 days after the procedure in good health, but the problems did not become noticeable until 25 days afterwards.

This raises the question as to how many people have died days, weeks, or months after taking nitrous oxide, and the doctors or medical examiners never established the link. The numbers could potentially be in the millions, and we would never know.

Yet death is just one danger of nitrous oxide. A quick google search on the dangers will give you a lengthy list of side effects, including lowered blood pressure, hypoxia or fatal loss of oxygen, anemia, nerve damage, memory loss, incontinence, immune system damage, and psychosis.

Some side effects may last a short period, either days or months, while others could be permanent. To think that these side effects, and the risk of death, were for a dental procedure that in all likelihood was unnecessary, and could have been solved with natural alternatives.

If you do need to detox from a nitrous oxide exposure, taking vitamin B9 and B12 is essential. Consume green drinks for even more vitamins, and take an Epsom salt bath as well. Naturally, drink a lot of water too.

For further information on dental dangers, and safe alternatives to these dangerous dental procedures, please visit [HealthGlade.com](https://www.healthglade.com)