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When I was six weeks old my parents went to live in the tropics. I had to have all sorts of very nasty vaccinations when I was just four weeks old. These were preserved with mercury. By the time I was four I had lots of holes in my teeth that were filled with amalgam (mercury fillings) and I got more and more of these as life went on. I was plagued continually by septic tonsils that were treated with repeated antibiotics. My health went from bad to worse. At eighteen I got a severe bout of glandular fever and strep throat that left me in bed for six weeks during which time my weight dropped to just 77 pounds. I managed to claw my way back to being able to return to my studies after taking a year out to recover.

Next I got repeated kidney infections and a kidney stone. Twice after visiting the dentist I got terrible fevers and my tonsils became so inflamed that only a tiny gap in my airway was left. Once after eating a tuna fish sandwich I became violently ill with extreme vomiting and diarrhoea. The antibiotics got stronger and stronger with each throat infection. At one stage I had 12 shots of penicillin that left me with chronic fatigue syndrome, unable to work full time or walk up a flight of stairs without resting up halfway.

The final blow came when I went to the opening of a new cinema, with newly laid carpet. The fumes from the carpet glue made me very ill again, with a very high fever and septic throat. That time I really thought I might die, but I had a very young child and somehow hung on. Whilst I was recuperating, I happened to be studying a book about homeopathy and a light went on in my head. When I got sore throats they were worse on the right side, my breath smelled foul and I had excessive saliva that I had to spit out constantly as swallowing was so painful. This is the exact description for the homeopathic medicine Mercurius (Mercury). Mercury also causes holes in teeth. I rang the cinema, explained I had become ill from the fumes, said I didn't want to sue, but I needed to know what exactly was in the glue. They sent me the full list and there, not surprisingly, was "mercurial bio-cide" an anti fungal agent that was included to kill off any fungus that might try to live under the carpet.

I realized then, without any doubt, that I had been suffering from Mercury poisoning all my life - something I may never have understood but for homeopathy.

I took homeopathic doses of Mercury to help me get well. I also had all my amalgam fillings very carefully removed. I have never had a septic throat or an antibiotic since then and slowly, with the help of further constitutional prescriptions, I have returned to health.

I feel I literally owe my life to homeopathy and fifteen years ago I became a homeopath. Recently I had a client with exactly the same pattern as I had had. She was 17 and had been ill for a year. I asked if she had had any amalgam fillings at 16 and she had. I gave her a homeopathic dose of Mercurius and she arranged to have her fillings replaced, in just six weeks her health was restored.