

# BODY PIERCING – SELF MUTILATION OR PHYSICAL ADORNMENT?

One wonders when it all started – I mean, sticking a needle through a part of your anatomy where God saw fit NOT to put a hole seems somewhat \_\_\_\_ bizarre, when you really think about it. I mean, what's the *point*?! Thousands of years ago we certainly didn't have the tools for a painless insertion of *anything*, and making even a rudimentary orifice must have taken nerves of steel – or plenty of mammoer. My toes curl just thinking about it. Either way, body piercing has been around since the year 'dot' and is pretty much entrenched in popular culture today, the more extreme displays being considered in the main, a mark of extremist non-conformity. Amongst the youth you would be thought of as being quite trendy to sport a belly or even a nipple ring (ouch – an even more painful thought). And dare we mention in a family magazine such as this, those folk who are into the body piercings 'down under'...

Available evidence suggests that man has been practicing body piercing since time immemorial. The oldest mummy discovered to date was that of Otzi the Iceman, who was found in an Austrian Glacier – he had an ear piercing of between 7 and 11 mm in diameter. Otzi lived around 5000 years ago. Perhaps he was searching for some ice at the time of his death?!



Piercings are also mentioned in biblical history – Genesis 24:22 records Abraham's servant giving a nose ring and bracelets to his daughter in law, Rebekah. Ear piercing was seen during biblical times to be a mark of slavery (Deuteronomy 15:12-17) – I'll remind my daughter about that fact the next time she winces about doing her chores. During the 1980's it was an 'in-thing' for men to have one earring only – I remember my first boyfriend had an earring which at the time, I was tremendously impressed with. Not so my parents!

One that seems to be the rite of passage for any 'modern primitive' today seeking 'body modification' is to have a tongue piercing. This practice dates back to the Aztec and Mayan cultures who carried out ritual tongue piercings for spiritual purposes. Navel piercings are increasingly popular with women today but again, this isn't anything new under the sun. Ancient Egyptians pierced their navels to signify royalty. As for nose rings, well they seem to have originated in India around the 16<sup>th</sup> century. In the main it appears that some people pierce for cultural or religious reasons, others do so for ornamental or even sexual reasons (those 'down under' folk again).

**However, has anyone looked at this from a 'health' perspective?** Some people seem to cope with metal in their bodies without any problems, but for the rest of us there is a different story to be told. Here's why:

A simple electric current is very easily generated when there are two dissimilar metals in an electrolyte. The mouth is an example of where this can happen – the electrolyte would be the saliva as it is a very good conductor of electricity. Dental amalgams, for one example, are invariably composed of several metals. Studies have shown that people with at least 2 or 3 amalgam fillings are generating measurable, albeit very small, electric currents in their mouths –

only the electrical output involved is a thousand times greater than that generally used by the body in nerve conduction.<sup>1</sup> Eek – doesn't that scare you? Small electric currents they may be, but it does appear that with some people it is enough to interfere with their neural activity, contributing to headaches, behavioural problems, an inability to focus or concentrate, or an inability to think or remember clearly. One wonders then about dental braces – they are often made with different metals – how might they be negatively affecting the wearer in ways that we've never even considered.

Anecdotal evidence appears to indicate that body piercing can have serious side effects for some people, particularly when there are bodily fluids involved as in the case of a tongue or genital piercing (both of which lie directly on two major body meridians). A navel piercing could be a problem in that I have known them to interfere with the workings of the central meridian, an energy circuit that runs from the pubic bone to the bottom lip. Eyebrow and nose piercings seem to be less likely to cause a problem but this very much depends on the positioning of the stud, and the professionalism of the studio offering the piercing. The eyebrow can be a risky area because it harbors skin and hair bacteria, and it has a rich blood supply that connects to the eye. A bad infection can develop very quickly and spread into the eye area ("periorbital cellulitis"), and could worsen to cause blindness or deeper infection into the brain.

Ear piercings have been known to be problematical in some people – there are a great many acupuncture points on the ear and if you were unfortunate enough to have a hole made directly onto one, you will discover that you have endless problems with that particular piercing in that the wound will often take months to heal, will be constantly sensitive to particular types of metal, and will often get inflamed for no apparent reason. This case in point happened to my daughter – we finally managed to sort it out with copious doses of tissue salts and she now takes her earrings out at night. In instances where the wound does not heal, the best course of action would be to allow the hole to close naturally and perhaps consider a slightly different position for the piercing. Aside from that, the traditional ear-piercing, if accurate, happens to be right on the eye points! A report published in the Journal of American Medical Association (JAMA) (25<sup>th</sup> February, 2004) linked the inherently more risky practice of ear cartilage piercings to an increase in bacterial infections of *Pseudomonas Aeruginosa*.

Hayley\* (not her real name), was referred to me by her mother as they had been unable to get to the root of her extreme lethargy and lack of motivation. On the recommendation of her mother, Hayley had been taking copious quantities of Kali Phos (a tissue salt) to try to raise her energy levels, but to no avail. She had gone from being an exercise fiend to a couch potato in the space of a few months. During the kinesiology session, we quickly pinpointed the possible cause – her belly ring was interfering with the functioning of the central meridian. Upon taking it out, a subsequent kinesiological test revealed that the meridian had immediately returned to its' normal flow. I suggested she remove the ring for a week and see what happened. Two days later I received a call from her mother to say the transformation was incredible – she had her old daughter back. Hayley has chosen not to wear the belly ring as in her case, it definitely affected her quality of life. My advice to women who enjoy their belly rings is to remove them at night to allow the meridian to flow correctly whether or not they perceive there to be a problem. This could be one explanation as to why some navel piercings can take as long as nine to twelve months to heal.

How can this be you might ask? It was Dr George Goodheart, the respected father of Applied Kinesiology, who discovered one possible explanation and he wrote about this in an article entitled "*Chinese lessons for modern chiropractors*". He called this phenomenon the **Antenna Effect**. He found that by just taping a small metal ball onto an acupuncture point, this point was continually stimulated. This important discovery led him to believe that any metal that was constantly on a given point on the human body could eventually cause problems for that person. What happens when anything is continually stimulated? Eventually it wears out, not so?! This is when exhaustion and fatigue sets in. As we have previously noted, it is really critical to know where these points are located on the

body, and how to avoid them but your local piercing parlour practitioner is unlikely to possess this knowledge.

As a teenager I was a serious student of karate. We were taught that the source of our power is located around our navel or “hara” area. Prior to hitting 10 bells out of our opponent, we had to focus on this area to feel strong and centered. Before breaking wood, we were told to visualize our ki energy coming from our hara, and vocally express the energy out of our core.

Try this exercise (and if you have a belly ring in, take it out first): Stand with your feet apart slightly and ask a partner to push you firmly on one shoulder. Notice how this affects your balance. Are you forced to step back to maintain your equilibrium? Do you fall to one side? Now ask your partner to repeat the test again only this time, YOU must focus on your navel – and notice the difference! You are far more grounded right? Putting a metal stud there can really distort and short circuit your body energy over time.

Dental Associations are no doubt concerned about the increase of tooth fractures as a direct result of trauma incurred from barbells inserted during tongue piercing, and the incidence of more and more chipped molars and worn teeth. Associated risks with intra-oral piercings include nerve damage, damage to dentition, infection and obviously speech impediments. A research group from the Ohio State University in Columbus conducted a survey wherein it was found that receding gums were significantly greater among subjects with lip piercings (41.4%). One hopes that people receive adequately sufficient ‘after-care instructions’ after a piercing thus reducing the risk of post-operative (for want of a better word) complications.

Women who have had a nipple pierced may consider removing the nipple jewelry if when considering breast-feeding. During sucking, the jewelry could become loose and lodge in the baby’s throat. Baby’s gums and tongue as well as the soft and hard palate could be injured by the jewelry. Breastfeeding problems can and do occur with women who refuse or who cannot remove their nipple jewelry – poor latching, milk leaking and gagging being the common issues which stop the minute the nipple jewelry is removed. So this goes without saying – don’t have a nipple pierced if you are also thinking of becoming pregnant and want to breast feed. Nipple piercings can also take months to heal.

So all this metal fatigue got me to thinking about underwired bras! It is a very real fact that the under-wires in your favourite bra could also be affecting your health as they fall directly onto two very important Neuro-Lymphatic Reflexes. John D. Andre, D.C., N.D. of the Delta Clinic in Kansas City states that *“these reflexes, like all AcuPoints, follow the Law of Stimulation. In the beginning of stimulating a point, it is stimulated - often causing an increase in associated function. Later on, this continued stimulation causes sedation of that point and a subsequent decrease in its associated function. It’s a mechanical thing. If a woman keeps the metal underwires on top of those reflex points, over time that WILL mess up the functioning of the associated circuits”*.

An article in the New York Times of 20 October 1998 described the dermatological problems that so many fans of body piercing encounter. Dr. David Cohen, a New York dermatologist has found that many people are also allergic to their jewelry, specifically, to nickel, which is often used in inexpensive costume jewelry. Nickel is the metal most likely to provoke allergic reactions, followed by chrome, cobalt and palladium, also often found in costume jewelry. If you are concerned about the absorption of metals, you might want to consider chelation therapy to help your body detox from the negative effects of metal poisoning. Jewelry for all body piercing should be made of surgical steel, niobium, titanium or 14 carat gold.

Whether we like it or not, piercing is probably here to stay. For anyone considering piercing their body (or having a tattoo for that matter) they would do well to consider both the energetic and even spiritual ramifications they are setting into motion that might one day affect their health. Dr Masaru Emoto has become quite a worldwide celebrity due to his groundbreaking discovery on how water

molecules are affected by intention. Using high-speed photography, Dr Emoto captures images of the crystals formed from frozen water after specific thoughts, words or feelings have been directed at it. Loving words create the most beautiful images. Negative feelings or thoughts do not create crystals at all. Our bodies are composed of around 65% water. One might wonder how a tattoo with a negative thought form might impact on our body's water content and thus our general health over time. This is just on a small scale; what then if we consider the impact of the collective thoughts of humanity upon the earth's oceans? You can answer that question yourself – that is the scope of another article altogether!

Whilst many piercings proceed uneventfully, complications can and do set in and this cannot be ignored. Body piercers are unlicensed and are not necessarily members of the medical profession. If the practitioner is not scrupulous about hygiene and maintaining a sterile environment, many potentially life-threatening diseases can be spread e.g. Hepatitis B or C, tetanus, TB, syphilis, HIV or blood infections, blood poisoning, skin cysts, scars and other disfigurements. I asked a few people I knew with piercings and in all instances, no health histories were taken at the time of the piercing, they were not informed of what emergency procedures were in place in the event of something going wrong, no antibiotics were obviously prescribed post-piercing, and no detailed post-operative advice was offered, other than being advised to keep the area clean.

My advice to any considering a body piercing is to learn as much as they can about the process and potential side effects before taking the plunge. If one is aware of all the pitfalls, one can make an informed decision whether to have the procedure done or not.

Some people have chronic medical problems that just make piercing a bad idea. If you've got diabetes, any bleeding disorders or even heart problems, you should always consult your doctor first. If a bacterial infection sets in, *Houston – you have a problem*. Just ask the right questions at the beginning and research all the pro's and con's BEFORE you make that final decision.

## **STOP PRESS**

On the 10<sup>th</sup> October, 2005 Pravda ran this article. QUOTE:

**The Slavs used to wear wedding rings for not more than four hours a day not to lose their sexual power.**

**A wedding ring, which many men constantly wear on the fourth finger, may initiate a variety of sexual disorders and eventually end up with partial or even complete impotence. A recent research work conducted by Belarussian scientists revealed that widespread beliefs of losing strong virility after many years of wearing the wedding ring on the ring finger are based on certain scientific reasons.**

**A well-known bio-therapist, healer Sergei Gagarin, commented on the latest scientific discovery to Pravda.Ru.**

**"Any educated person probably may remember the so-called right hand screw rule from the course of physics: when the electric conductor moves into a closed circuit, the self-induction EMF (electromotive force) with a certain vector occurs in it. Similarly, the nerves in human fingers can be compared to the conductor, while the wedding ring acts like a closed circuit.**

**"If a finger is placed in the ring circuit, the latter intensifies the flow of specific energy in the finger. Some people may probably know that the so-called triple warmer meridian passes the fourth finger. The energy flows to the Swadhishtana chakra (Self or Own Abode) which supervises the urogenital system and the sexual sphere to a certain extent.**

"If a man takes his wedding ring off periodically, the positive effect of the energy current on the sexual sphere manifests itself explicitly. However, if a man wears the ring all the time, the situation may change for the worse. Constant dropping wears away the stone, as they say.

"The Slavs used to wear wedding rings for not more than four hours a day. Their sexual powers were rather strong, which can be seen in ancient Slavic tales. Slavic families traditionally had a lot of children.

"I would like to emphasize at this point that it is a rather complicated problem – my explanation embraces only a small part of it. One may continue talking about the subject and dwell upon the qualities of metals – silver and gold – and which influence the metals have on human organisms. On the whole, one may come to the following conclusion: those who do not wear wedding rings 24/7 may have a lot fewer problems in their sex lives."

UNQUOTE

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**Shayne Niehaus is a registered Specialised Kinesiologist in private practice in the northern suburbs of Cape Town. Contact (021) 930-4162 or visit [www.ki-solutions.co.za](http://www.ki-solutions.co.za).**

The Safety of Dental Amalgams; Two views ... one truthful one a lie you decide!  
by Robert Wiley Wednesday, Sep. 27, 2006 at 9:43 AM

The Safety of Dental Amalgams is the question. Health Canada to the rescue or the ambush. you decide!

Home > About Health Canada > Media Room > News Releases > 1996

News Release  
1996-63  
August 21, 1996

The Safety of Dental Amalgam: Health Canada states position

OTTAWA – Health Canada today released its position statement on dental amalgam "The Safety of Dental Amalgam." The position statement follows two years of assessment and consultation with scientists and governments both within Canada and abroad and provides guidance on the use of dental amalgam.

The statement states that current evidence does not indicate that dental amalgam is causing illness in the general population. It also says that a ban is not justified, and neither is the removal of existing sound amalgam fillings.

The Department recommends that dental amalgam not be used in people allergic to mercury, those with impaired kidney function, or in contact with existing metal devices, such as braces. The Department also recommends, that whenever possible, amalgam fillings should not be placed in or removed from the teeth of pregnant women and that alternatives should be considered for use in the primary teeth of children. It also makes a number of recommendations to dentists about technique and handling of dental amalgam. The statement emphasizes that dentists should be providing their patients with sufficient information to make an informed choice regarding the material used to fill their teeth.

The Department issued these guidelines to all Canadian dentists and doctors today.

Media Inquiries:

Monette Haché  
(613) 957-1803

Public Inquiries:

(613) 957-2991

Read the following proven facts (below) and decide for yourself... Perhaps you'll arrive at the same conclusion I did. Health Canada can no longer be trusted. Perhaps your dentist can no longer be trusted? Perhaps, certain people want to harm you friend?

#### Scientifically Proven Facts About Mercury & Dental Amalgam

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1. Dental Amalgam contains about 50% Mercury.
2. Mercury has been scientifically demonstrated to be more toxic than Lead, Cadmium, or even Arsenic.
3. Mercury leaves dental amalgam continuously throughout the lifetime of the filling.(7)
4. Mercury vapour is the main way that mercury comes out of amalgam.(31)
5. Mercury vapour is absorbed at a rate of 80% through the lungs into the arterial blood. (31, 55)
6. Mercury is cytotoxic. Ie. It kills cells
7. There is NO harmless level of Mercury Vapour Exposure. (63)
8. Mercury from amalgam binds to -SH (sulphydryl) groups. These exist in almost every enzymatic process in the body. Mercury from amalgam will thus have the potential of disturbing all metabolic processes. ( 25, 33,60).
9. Mercury from amalgam is transported freely via the blood.(19,34,35,)
10. Mercury vapour is absorbed directly into the brain. (34, 55a)
11. Mercury from amalgam will result in a slow build up of mercury in body tissues. (20,26, 34)
12. Mercury crosses the blood brain barrier. (34,55a)
13. Mercury is implicated in the pathogenesis of Alzheimer's Disease. (67,68)

14. Mercury from amalgam is stored in the foetus and infant before the mother. (20,61)
15. Mercury from amalgam is stored in the breast milk and the foetus up to 8 times more than the mother's tissues. (18,19)
16. Mercury (Mercury Vapour / Methylmercury) crosses the placenta.(18, 31)
17. Mercury Crosses into breast milk.(18,31,61)
18. Mercury will severely reduce reproductive function.(2, 3, 4, 20, 22, 24, 31, 37,38, 39, 40, 41, 49)
19. Mercury rapidly depletes the immune system.(27,34,35,42,43,44,45,46,47,48,60)
20. Mercury will induce a number of Auto Immune Diseases.(27,34,35,42,43,44,60)
21. Mercury will cause an increase in number and severity of allergies.(1,34,60)
22. Mercury from amalgam is stored principally in the kidneys, liver and brain. (1,20,31)
23. Mercury from amalgam (shown in animal experiments) causes kidney damage.(59)
24. Mercury from will cause a 50% reduction in Kidney filtration as shown in a study of sheep after amalgam placement.(59)
25. Methyl Mercury is more toxic than elemental Mercury.
26. Mercury from amalgam is methylated in the mouth.(51,53,54,)
27. After chewing, Mercury Vapour levels will remain raised for at least another 90 minutes. (1,15,16,18,47)
28. Mercury from amalgam will migrate through the tooth.(25,27,30)
29. This rate of migration is increased if a gold crown is placed over a tooth filled with amalgam. (27,30)
30. Teeth are living tissue and are a part of our bodies.
31. Teeth have a massive communication via blood, lymph and nerves with the rest of the body.(34)
32. Mercury from amalgam is absorbed into the body at a rate of 3 to 17 mcg / day. ( WHO 1991 Criteria 118)
33. Mercury release is increased by; increases in temperature, friction & increase in electrical currents.(28,31,56)
34. Mercury from amalgam will enter the body as;  
Elemental Mercury, Inorganic Mercury, Vapour, charged Mercury ions.
35. In the Brain, Mercury from amalgam is stored preferentially in the Pituitary Gland and Hypothalamus. (20,34)
36. Micro-Mercurialism is principally characterised by Neurological symptoms.(34)
37. Mercury is transported along the axons of nerve fibres.(33,34,50)
38. Mercury from amalgam may be stored in every other cell in the body. Each area affected will produce its own set of symptoms.
39. Mercury binds to haemoglobin in the red blood cell thus reducing oxygen carrying capacity.(1,16,17,21,26,35)
40. Mercury damages blood vessel reducing blood supply to the tissues (micro-angiopathies).(34)
41. Amalgam fillings produce electrical currents which might be injurious to health. These currents are measurable in Micro Amps. The Central Nervous System (Brain) operates in the range of Nano-Amps this is One Thousand times less than a Micro Amp.(28)
- 41A. Dissimilar metals in the mouth [eg Gold & Amalgam] will produce higher electrical currents.(19,30)
42. Mercury from amalgam (shown in animal experiments) will induce Antibiotic Resistance and Mercury resistance in bacteria in the mouth and Gastrointestinal tract.(58)
43. Brain levels of mercury are in a direct linear proportion to the number of Surfaces of amalgam fillings in the mouth.(1,19,25)
- 43A? The level of Mercury, in brain tissue of foetus's, new born, and young children, is proportional to the number of amalgams in the mother's mouth.(61)
44. Mercury will cause single strand breaks in DNA.(41,42)
45. Mercury levels in the body can not be assessed by either blood or urine levels. (26)
46. Mercury from amalgam fillings is the single  
greatest source of dietary mercury for the general population. (W.H.O. Criteria 118., 1991).
47. Dental personnel are severely effected by exposure to mercury. (3,13,49)

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Mercury is Poisonous.

There is NO safe form of Mercury in living tissue.