



# Mercury and Social Anxiety: Why Limiting Your Exposure to Mercury Can Ease Shyness, Anxiety and Depression

*Mary Hammond*

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Is your social anxiety no more than a form of modern mad hatter's disease which you are experiencing as a result of excessive fish in your diet? Mad hatter's disease is long term exposure to small amounts of mercury over time. Hatters were exposed to small amounts of mercury that built up in their bodies over time, and their earliest symptoms were strikingly similar to those of social anxiety. The first symptoms were sleeplessness and irritability. The hatters were easily upset, and easily angered or embarrassed, especially if spoken to quickly. They had increasing shyness, anxiety, embarrassment at being noticed, loss of self-confidence, and nervousness in the presence of strangers. Some hatters had to give up work because they could not take orders without losing their tempers. Others were timid, full of vague fears. Mad hatter's disease is long term exposure to small amounts of mercury. There are still many ways today that people can be exposed to small amount of mercury over time, including and especially mercury ingested as a part of your healthy diet. If you have had long term problems with a treatment resistant social anxiety, it may be time to explore whether a change in your diet may be your answer. It was mine.

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