

## Guillermou

Dr Mercola informs us about the dangers of fluorine: aging, arthritis, genetic damage, arthritis. Fluoride is an endocrine disruptor, mainly affecting the thyroid and pineal gland. It also damages the liver and kidney functions of children. Iodine deficiency: low fertility and infant mortality, mental retardation, ADHD.

[search.mercola.com/results.aspx](http://search.mercola.com/results.aspx) - [www.prisonplanet.com/.../230806Fluoride.htm](http://www.prisonplanet.com/.../230806Fluoride.htm)

1. Dr. Kenezy Gyula Kórház establishes that iodine chelates of heavy metals like mercury, lead, cadmium, aluminum, and halogens such as fluoride and bromide, thus decreasing their iodine-inhibiting effects. The mechanism behind the "halogen shift" was probably best described by Dr. JC Jarvis, who wrote: "The clinical activity of any of these four halogens is in inverse proportion to their atomic weight

[drsircus.com/.../iodine-protects-fluoride-toxicity](http://drsircus.com/.../iodine-protects-fluoride-toxicity)

2. Iodine deficiency database [www.who.int/.../en](http://www.who.int/.../en)

3. Fluoride inhibits the ability of the thyroid gland to concentrate iodine (Dr. David Brownstein). Iodine intake increases fluoride excretion by 89%. [www.drbrownstein.com/.../iodine.htm](http://www.drbrownstein.com/.../iodine.htm)

4. Iodine is the only option when it comes to eliminating these toxic haloids from the thyroid and even the pineal gland where fluoride is concentrated, especially when there is an iodine deficiency in the body. An iodine detox should include a nutritional plan, as well as unrefined sea salt, selenium, vitamin C and vitamin B complex. [iodineonmymind.com/weather.html](http://iodineonmymind.com/weather.html)

[www.greenmedinfo.com/search/google-cse#gsc.q=how%20detox%20fluoride](http://www.greenmedinfo.com/search/google-cse#gsc.q=how%20detox%20fluoride)

5. Maintaining a physiological concentration of selenium is a prerequisite for preventing thyroid disease and preserving overall health. [www.ncbi.nlm.nih.gov/.../PMC5307254](http://www.ncbi.nlm.nih.gov/.../PMC5307254)

[chriskresser.com/selenium-the-missing-link-for-treating-hypothyroidism..](http://chriskresser.com/selenium-the-missing-link-for-treating-hypothyroidism..)

[jeffreydachmd.com/hashimotos-selenium-and-iodine-part-two](http://jeffreydachmd.com/hashimotos-selenium-and-iodine-part-two)



**stanleybecker**

**PARENTS : - PROTECT YOUR CHILD FROM POISON!!**

Posted On 10/14/2017

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**Guillermou**

"As of September 2016, a total of 57 studies have investigated the relationship between fluoride and human intelligence, and over 40 studies have investigated the relationship fluoride and learning/memory in animals. Of these investigations, 50 of the 57 human studies have found that elevated fluoride exposure is associated with reduced IQ, while 45 animal studies have found that fluoride exposure impairs the learning and/or memory capacity of animals. The human studies, which are based on IQ examinations of over 12,000 children, provide compelling evidence that fluoride exposure during the early years of life can damage a child's developing brain". Fluoride & iq: the 50 studies [fluoridealert.org/.../brain01](http://fluoridealert.org/.../brain01)

Posted On 10/14/2017

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**nao3425**

All I can say, is if you are caught in the MATRIX, Please call the manufacturer of whatever company is supplying you with your products, be it dog food or cat food or Baby Formula and ask them to inform you about if they are using "Filtered Water" to make their products, and if not, tell them you would like a copy of the Water report the City makes EVERY YEAR identifying the ADDITIVES and what the RANGE of pollutants are in the water they are using for their products.

Posted On 10/14/2017

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## belizebeth

to Guillermo: Thank you for all these great links and tranquil day, Beth

Posted On 10/14/2017

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## Guillermou

Hi NAO, You are right. Addiction FAN'S GROCERY STORE GUIDE: 7 WAYS TO AVOID FLUORIDE IN BEVERAGES AND FOOD [fluoridealert.org/.../grocery\\_guide](http://fluoridealert.org/.../grocery_guide)

SOURCES OF FLUORIDE [fluoridealert.org/.../sources](http://fluoridealert.org/.../sources)

Posted On 10/14/2017

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## Guillermou

Hi Beth. Thank you very much. Tranquility and low fluoride. Only what is contained in organic foods Foods highest in Fluoride [nutritiondata.self.com/foods-00014600000000000000000000000000.html?categories=19,..](http://nutritiondata.self.com/foods-00014600000000000000000000000000.html?categories=19,..)

Posted On 10/14/2017

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## caws

I feel there also needs to be more awareness of the insane amount of drugs that now contain fluorine. I had clean well water most of my life; but it was the drugs[ that carried no warnings] that destroyed my health. They are prevalent in every category from SSRIs to nasal sprays to antibiotics to anesthesia. Go to [www.slweb.org](http://www.slweb.org) & click on the FTRC[ Fluoride Toxicity Research Collaborative] link .All have safer, cheaper, effective alternatives.

Please remember to DONATE TO FAN to facilitate this lawsuit.

Posted On 10/22/2017

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## **farmercist**

The US also imports much of it's toxic fluoride from China.....so who knows what we are really getting.

Posted On 10/14/2017

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## **RobertSniadach**

Yes, in the minds of those with loads of toxic garbage on their hands that they need to get rid of... cheaply... the idea is to spread the severe pollutants around, esp if possible to spray it over large areas. One way it's done is to add heavy metals and similar crap to barrels of cheap paint that go to 3rd world countries. The locals paint their shacks with this extra-toxic paint. Viola, problem solved.

Posted On 10/14/2017

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## rrealrose

Yes farmercist, Annoying to note, over and over, often overlooked or omitted is that many of the 75% of US municipalities are doing a BIG FAVOR to China's waste disposal woes by purchasing and importing products gathered from industrial waste stacks, labeled as fluoride, shipped across the Pacific, and dumped into water supplies here. Not doing our balance of trade any favors either. Here's a few key paragraphs on this: [www.bibliotecapleyades.net/.../salud\\_fluor27.htm](http://www.bibliotecapleyades.net/.../salud_fluor27.htm)

And again, mom's fingers were so riddled with arthritis, over time these appeared long and twisted like the wicked witch in Hansel & Gretel...and highly painful. She had a dairy sensitivity, lactose intolerance, and the combined effects of food sensitivities and drinking fluoride-laced tap water for 40 or 50 years can be a horror show: crumbling teeth and brittle bones in old age, here a break, there a break, lost count of dental visits. "Welcome to Amerika?". Corrupted FDA and EPA, in cahoots with solely profit-oriented crooked corporations. The environmental pendulum needs to swing back the other direction, and fast; as this endless and expensive health care for the aging will just about disappear!!

Posted On 10/14/2017

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## solarincome

And now we have the plumbing all installed on all these thousands of water systems to inject fluoride, or who knows what, into the drinking water. The piping is all in place so Big Brother can fill a tank with SOMETHING?? and it goes right into the water. What could possibly go wrong?

Posted On 10/15/2017

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## caws

Since many of the phosphate fertilizer plants were wiped out during Florida's Hurricanes most of our sodium fluoride is coming from China. USA Fluoride used to be checked by law for excess arsenic by ASTM standard 61 but now this is no longer listed on package. Those who have independently tested Chinese product have found excessive contamination including many heavy metals.

Posted On 10/22/2017

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## **MalamuteGrl**

I remember having to sit with the other students in grade school and having to swish and hold fluoridated mouth wash in our mouths for a full minute while we watched the clock. Always thought it was totally bizarre at the time, now it seems like something out of a dystopian novel. Incidentally, I'm also wondering if there's any link between Transient synovitis / juvenile arthritis and fluoride?

Posted On 10/14/2017

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## **dude01**

Dr. Leonard Caldwell has some interesting points about fluoride and chlorine. You can go right to the 1:55 point to hear his comments on fluoride. Oh yeah, and so much for that nice soothing soak, or that relaxing shower. [www.youtube.com/watch](http://www.youtube.com/watch)

Posted On 10/14/2017

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## Guillermou

Hi Dude. Terrible, the action of chlorine and fluoride on Hitler's prisoner. In addition this quote: Quoting Einstein`s nephew, Dr. E.H. Bronner (a chemist who had also been a prisoner of war during WWII) in a letter printed in The Catholic Mirror, Springfield, MA, January 1952:

"There is a sinister network of subversive agents, Godless 'intellectual' parasites, working in our country today whose ramifications grow more extensive, more successful and more alarming each new year and whose true objective is to demoralize, paralyze and destroy our great Republic--from within if they can, according to their plan--for their own possession. "The tragic success they have already attained in their long siege to destroy the moral fiber of American life is now one of their most potent footholds towards their own ultimate victory over us. "Fluoridation of our community water systems can well become their most subtle weapon for our sure physical and mental deterioration. "As a research chemist of established standing, I built within the past 22 years, 3 American chemical plants and licensed 6 of my 53 patents. Based on my years of practical experience in the health-food and chemical field, let me warn: fluoridation of drinking water is criminal insanity, sure national suicide" [rense.com/.../hd3.htm](http://rense.com/.../hd3.htm)

Posted On 10/14/2017

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## 19beets

I greatly appreciate this reminder about the outrageous lies and harmful effects of fluoride. How can the people that allow this toxin in our water and food supply sleep at night?

Posted On 10/14/2017

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## Guillermou

Criminals have no conscience. Those who are depressed because of fluoride are the ones who suffer, and do not sleep well

Posted On 10/14/2017

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**nao3425**

Yesterday, President Trump signed an "Executive Order" for Health Care Reform. "is why, in a few moments, I will sign an executive order taking the first steps to providing millions of Americans with Obamacare relief. It directs the Department of Health and Human Services, the Treasury, and the Department of Labor to take action to increase competition, increase choice, and increase access to lower-priced, high-quality healthcare options. And they will have so many options. This will cost the United States government virtually nothing, and people will have great, great healthcare. And when I say people, I mean by the millions and millions. we aim to allow more small businesses to form associations to buy affordable and competitive health insurance. This would open up additional options for employers to purchase the health plans their workers want." [www.whitehouse.gov/the-press-office/2017/10/12/remarks-president-trump..](http://www.whitehouse.gov/the-press-office/2017/10/12/remarks-president-trump..)

Not that I agree with or applaud any Executive Order, as only one Branch of our Supposed Government is EMPOWERED to write laws, and even those are SUPPOSED TO BE Constitutionally Correct or compliant. but what the hell, this has been going on for long, what is one more????? Apparently this is the BS it takes to get some semblance of Sanity from our "Fearless" Leaders. Anyway, I would suggest everyone print this Executive Order out and see if you can make it work for you, maybe you get coverage for something you need, and if not, you will know what you need to do to get it. God Luck out there in La La LAND

Posted On 10/14/2017

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**pesticides**

Thank you Dr Mercola for another excellent article on fluoride and for your continued generous support to end the outdated practice of water fluoridation. We are so lucky to have your commitment to educate the public on this issue and so many others. You put many environmental groups to shame. Please take good care of yourself so that you can take care of so many of us. Together we will prevail!

Posted On 10/16/2017

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## grulla

I'll repeat this recent post for those forum members that missed it: Looks like both the city of Albuquerque and Bernalillo County, NM are going to proceed with the (re)introduction of fluoride in their drinking water: [www.kob.com/albuquerque-news/albuquerque-bernalillo-county-water-utili..](http://www.kob.com/albuquerque-news/albuquerque-bernalillo-county-water-utili..)

Posted On 10/14/2017

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## Guillermou

Hi grulla. Bad news. Conversely: the state of texas is leading the fight against water fluoridation According to the Fluoride Action Network, 145 communities have rejected water fluoridation since 2010. The growing number of cities and towns questioning the safety and economic efficiency of water fluoridation has been sparked by community activism efforts around the world. These efforts have come as a response to a variety of studies looking at possible health dangers.

[fluoridealert.org/news/this-state-is-leading-the-fight-against-water-f..](http://fluoridealert.org/news/this-state-is-leading-the-fight-against-water-f..)

Communities that have rejected fluoridation since 2010. Most developed nations, including the vast majority of western Europe, do not fluoridate their drinking water. Cities that do not fluoridate their water include: Amsterdam, Barcelona, Basel, Berlin, Copenhagen, Florence, Frankfurt, Geneva, Glasgow, Helsinki, London, Montreal, Oslo, Paris, Rome, Stockholm, Tokyo, Vancouver, Venice, Vienna, and Zurich.

Since health authorities in North America have refused to let go of the fluoridation paradigm, local communities are doing the work for them. Since 2010, over 150 communities have rejected the practice, including large communities like Calgary, Alberta , Windsor, Ontario , Portland, Oregon, Wichita, Kansas , and Albuquerque, New Mexico, Bucks County, Pennsylvania, and in 2014, Israel. Then Albuquerque, gets into the well of the intoxicated by fluor.

[fluoridealert.org/.../communities\\_2010](http://fluoridealert.org/.../communities_2010)

Posted On 10/14/2017

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## breathoflife

Always playing Defense always loses the game. Dicamba has now been given the green light by the EPA, with guidelines to control the drift, the same guidelines that totally failed in AK, the last couple years. Remember the great salt march, only a peaceful approach is successful.

Posted On 10/14/2017

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## Calli14

Does any of it get filtered out with a water filter?

Posted On 10/14/2017

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## Guillermou

Articles by Dr. Mercola In addition to fluorine, also in water we have DBPs, produced by chlorination of water, include trihalomethanes, Haloacetic acid, and volatile organic compounds (VOCs). - Trihalomethanes and Haloacetic Acid, are carcinogenic, and alter liver function. - Volatile compounds, produce depression and drowsiness, in the central nervous system - Others may contain a number of hormonally active chemicals, which are indicated in the following article:

1. "The Breakthrough That Could Change How You Protect Yourself from Toxic Tap Water Forever"  
[waterfilters.mercola.com/whole-house-water-filters.aspx](http://waterfilters.mercola.com/whole-house-water-filters.aspx)

2. Why Filtering Your Water Is a Necessity  
[articles.mercola.com/sites/articles/archive/2016/01/13/filtering-house..](http://articles.mercola.com/sites/articles/archive/2016/01/13/filtering-house..)

Also: 3. Filtration Methods That Will Remove Fluoride [reactual.com/home-and-garden/kitchen-products-2/best-filters-remove-fl..](http://reactual.com/home-and-garden/kitchen-products-2/best-filters-remove-fl..)

Posted On 10/14/2017

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## pesticides

The typical carbon-based water filter (like Brita) will not remove fluoride. You need to have either a reverse-osmosis filter or use distillation. There are also alumina-based filters that do the job but the question is whether it increases the aluminum in the water. My family lives in a fluoridated city but we are lucky to live near a natural spring and go there every two weeks or so to get our water (and its free). You can look online for locations of these springs which are across the country. Good luck to you.

Posted On 10/16/2017

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## caws

An RO system from a reputable company [some have cheap membrane filters that decay & actually grow bacteria in warmer climates] such as Culligan will run you around \$850 with hookup to your icemaker/ water dispenser in fridge. This can be bought on time & saves a lot in \$[about 5 cents a gallon] and time lugging water. Five gallon tank under sink will make 5 gallons every 8 hrs which can be used for food prep, drinking, pets, plants, & even bathing for the really sensitive. Pets have been the canaries in the coal mine as there is rampant kidney disease, seizures, arthritis, diabetes in our pets today often at fairly young age from drinking F water [and too many vaccines]. The damage to 72 years worth of children is incomprehensible. Thyroid medicine, sleep aids & arthritis drugs clutter the landscape because of F preventing iodine uptake, conversion of T4 to T3, calcification of pineal gland, and making our bones APPEAR denser on an Xray but are really making them brittle. Huge study of elderly in nursing homes showed that those on SSRIs [Prozac etc. ] were 50% more likely to have hip fractures.

I have thankfully had a well most of my life [ health destroyed by fluoride drugs & Hg] but for those who are still forced to bathe in this & breathe the steam from chloramines/fluoride; there is finally a new shower filter that has INDEPENDENT testing to prove that it does remove fluoride. The company is [www.propurUSA.com](http://www.propurUSA.com) & filter is about \$80. It has triple filtration system with patent pending . I am not affiliated with them.

Posted On 10/22/2017

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**cwc0000**

I went 17 years without using fluoride toothpaste- an ZERO cavities at my latest checkup! :)

Posted On 07/21/2021

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## JohnDohe

(continuation)

From "Propaganda": 1st page, paragraph one:

"THE conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government which is the true ruling power of our country."

Can you think of a more patronizing position?

And Bernays makes this statement in his opening line!

Its important to understand that "propaganda" originally didn't have the negative reputation it has today.

Propaganda is a modern Latin word of "propagare" meaning to spread or to propagate, so propaganda means that which is to be propagated. It came from a new administrative body of the Catholic church created in 1622 called the "Congregatio de Propaganda Fide" (Congregation for Propagating the Faith), or informally just "Propaganda" & was aimed at "propagating" the Catholic faith in non-Catholic countries.

The word earned its negative connotation after World War 2 when Nazi propaganda methods were made known to the world.

So when Bernays wrote in 1928 the word did not carry with it the negativity of Nazism, persecution, militarism, brainwashing, death, etc. that it now "enjoys" (Hitler came to power in 1933.)

When Bernays wrote his magnum opus "Propaganda" the word just meant spreading an opinion; relatively innocent.

But the power that Bernays' work wields cannot be underestimated.

The idea that a "ruling class" must both exist AND has the duty of deliberately manipulating our (the masses) opinions (for their own good) as being NECESSARY to a democratic society is a most corrupt definition of democracy. It implies that we are forever children to be disciplined & told what to do.

"Democracy": the word has ancient Greek roots but the "democracy" practiced today is more roman in origin when only a minority of Romans were citizens with votes in elections for representatives

Watch "The Century of Self" & read "Propaganda".



## JohnDohe

The selling of the public on the "benefits" of fluoride was indeed facilitated by Edward L. Bernays, as noted.

However, few know that Bernays was the nephew of Dr. Sigmund Freud, inventor of psychoanalysis, nor of Bernays' massive employment by the government, military, and corporations to sell each of their ideas on us, to the end of enriching their pockets at our expense.

Bernays used his Uncle's discoveries into how to degrade a person to the level of a reactive animal incapable of independent thought and reasoning power down to the level of something that "wants" all that corporations, governments and the military are selling on the basis of perception: perceiving those things as being necessary to his/her survival.

Which is so far from the truth.

Upwards of 90% of what is on supermarket shelves should be labelled "unfit for human consumption" yet, those processed foods with their chemical additives (and harmful effects on humans, especially infants and growing children), massive carbohydrate content, sugars, GMO's and so much more have been sold to us as being not only desirable, but necessary to our survival using the tactics Bernays perfected in the early 20th Century.

For a great series to see how this was done, and how Bernays earned the reputation as the Father of Modern Advertising, see, "The Century of Self":

[www.youtube.com/watch](http://www.youtube.com/watch)

This YouTube is almost 4 hrs long, but worth the investment in your time.

In addition, Bernays published his ideas in a work called "Propaganda" in 1928.

See this; scroll down to a pdf link:

[duckduckgo.com/?q=download+Propaganda+by+bernays&t=ffsb&ia=web](http://duckduckgo.com/?q=download+Propaganda+by+bernays&t=ffsb&ia=web)

Quote from "Propaganda": first page, paragraph one:

"THE conscious and intelligent manipulation of the organized habits and opinions of the masses is an important element in democratic society. Those who manipulate this unseen mechanism of society constitute an invisible government which is the true ruling power of our country."



Posted On 10/29/2017

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## **wariormom**

As a former dental hygienist who never supported artificial fluoridation it is validating to read this research. What I learned in college was that the teeth and bones need calcium fluoride, a natural substance, not stannous fluoride the by-product of aluminum production. I sought out those sources when my children were born as I knew I would never give them fake fluoride including in their water supply. You can buy cell salts with calc. fluor. or Bioplasma cell salts and supplement your diets. There are many foods that have natural fluoride and some teas. Again, avoiding added chemicals. Ask your hygienist to use fluoride free paste when polishing your teeth. Use tooth powder to brush your teeth. Refuse fluoride rinses and topicals. Zero sugar diet is also key and not impossible. If sugar is ingested brush immediately however, dental caries also occur because of an imbalance in the body chemistry as well from the sticky plaque formed from bacteria in your mouth. That plaque is acidic and that is why it eats through the enamel. If you have cavities and/or gum disease there is something serious going on in your body and that needs to be addressed also. It's all connected! Also, surprised no one has mentioned that sometimes fluoride is used as a preservative in vaccinations. Another reason to avoid!

Posted On 10/22/2017

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## **caws**

There is no RDA for fluoride. In India which has endemic fluoride ; everyone living close enough who had early arthritis pain or acid reflux was sent to Dr Shusheela's clinic where she cured them in a fortnight by instructing them to use filtered water & stop drinking the tea. She was so successful they are rewriting medical books related to this. There is no good fluoride. Naturally occurring calcium fluoride is slightly less toxic than the industrial crap but is still easily overdosed. Like mercury there is no nontoxic form AND they are cumulative & synergistic poisons. Many of the foods that contain fluoride are highly processed & have levels way exceeding MCL according to EPA. Powdered milk & eggs, grapes,raisins,tea, mechanically deboned chicken [Mcnuggets] are good examples.

There is NO evidence that fluoride is used as a preservative in vaccines. Go to [www.cdc.gov](http://www.cdc.gov) and type in Vaccine Excipients & Media Summary for list of ingredients in all approved vaccines. If you have a reputable source for your statement please provide link. The highly toxic & morally suspect stuff CDC ADMITS to is bad enough; but I have Been a FAN member & activist for ten years & seen no evidence of this. However if you would like to see an extensive list of fluorinated pharmaceuticals [that have product package inserts with F in the chemical compound info] then go to [www.slweb.org](http://www.slweb.org) and click on the FTRC link. 300+ drugs with F to avoid that all have safer, cheaper, effective alternatives.

Posted On 10/22/2017

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## **robc71**

How do you know if your tap water has fluoride in it for sure.call the local water company and expect them to tell me the truth?

Posted On 10/20/2017

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## **alejandra\_marquez**

Fluoride was introduced when Hitler had the \*\*\* pour fluoride into the water as a way to supposedly purify the Jews. The actual purpose was to slowly kill them. Yes mothers do not buy those gallons of water that have a cute baby on it, it's called nursery water made with added fluoride for newborns so sad.

Posted On 10/17/2017

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## **caws**

It is a crime that pediatricians not only do not warn moms about this & that "infant water" has not been removed from market; but if you are on a non fluoridated water system or well they insist you give your baby supplements. But then they are also pushing toxic vaccines because the medical schools are funded by drug industries, the doctors practice gets bonus of \$400 per kid if they achieve 95% vaccination rate & if they have low rate they are investigated by medical board. Keep in mind most dental schools are also funded by Colgate & fluoride/Hg industries.

Posted On 10/22/2017

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## **Chaiwallah**

[www.bibliotecapleyades.net/.../salud\\_fluor06.htm](http://www.bibliotecapleyades.net/.../salud_fluor06.htm)

Fluoridation is a big part of the globalist one-world agenda controlled by the anti-Christ. Educate yourselves, people. [themurkynews.blogspot.com](http://themurkynews.blogspot.com)

Posted On 10/13/2017

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## **alejandra\_marquez**

Is Monsanto the anti-Christ? Maybe one of many :)

Posted On 10/23/2017

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## Guillermou

This review analyzes the action of fluoride on enzymes. Evidence is presented that fluoride is an enzymatic poison that induces oxidative stress, hormonal alterations and neurotoxicity. Fluoride in synergy with aluminum in hormonal and neuronal regulations- More than 500 million people live in fluorosis endemic areas with an elevated level of fluoride in drinking water and biosphere with public health problems. The symptoms of fluorosis range from mild effects on tooth enamel, headaches, dizziness, loss of appetite, to serious pathological disorders. These include dental and skeletal fluorosis, hypothyroidism, sleep disorders, inflammations, IQ deficits, and suspected autism.

Fluoride inhibits the activity of antioxidant enzymes such as catalase, glutathione peroxidase (GPx), GSH reductase (GR), and superoxide dismutase (SOD). Fluoride affects calcium homeostasis, protein phosphorylation, cytoskeletal proteins, ion transport, metabolism and functions of all blood elements, endothelial cells, blood circulation, immune system function, bone cells, fibroblasts and lung cells, liver metabolism, neurotransmission processes, brain functions including cognition and mental acuity.

[www.mdpi.com/.../7100](http://www.mdpi.com/.../7100) (2020).---- The high prevalence of autism spectrum disorder (ASD) in countries with community water fluoridation (CWF), as well as in countries with endemic fluorosis, supports our view that fluoride is an important environmental factor in the etiopathogenesis of ASD.

These studies evaluated the role of chronic fluoride exposure with respect to mitochondrial dysfunction, oxidative stress, immunoexcitotoxicity, and decreased melatonin levels.

[www.fluoridresearch.org/522/files/FJ2019\\_v52\\_n2\\_p105-115\\_sfs.pdf](http://www.fluoridresearch.org/522/files/FJ2019_v52_n2_p105-115_sfs.pdf) (2019).----

[fluoridealert.org/.../strunecka-2019.pdf](http://fluoridealert.org/.../strunecka-2019.pdf) (2019).-- [www.ncbi.nlm.nih.gov/.../PMC5909100](http://www.ncbi.nlm.nih.gov/.../PMC5909100) (2018)

Posted On 02/23/2024

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## Guillermou

The pharmaceutical industry distorts medicine and politics, fuels disease and pollutes the planet. It is a shame. We have an agri-food industry that together with doctors advises the fluoridation of water and salt, toothpaste, all friends and hostages of the pharmaceutical industry, not only with regard to the practice of medicine, but also in teaching and research. . Doctors and universities have allowed themselves to be bribed. We will all end up poisoned and the corrupt will enjoy nature on a paradise island bought with the money of those who suffer illnesses and deaths. To the costs of water fluoride treatment we must add other higher costs: those of the treatment of the diseases they cause. Suffering and wasting taxpayers' money are two shameful events.

[www.thelancet.com/journals/laneur/article/PIIS1474-4422%2813%2970278-3..](http://www.thelancet.com/journals/laneur/article/PIIS1474-4422%2813%2970278-3..) .----- One of the studies they evaluated was conducted by the National Cancer Institute's most famous scientist, Dr. Dean Burk. Dr. Burk conducted the largest study in the history of medical science resulting in deaths from fluoride-induced cancer in 10 major cities in the United States. He testified before the United States Congress on April 6, 1975, fluoridation at that time would cause more than 40,000 necessary cancer deaths in the United States each year. He said Congress' fluoridation "socially imposed large-scale mass murders unexpectedly involving tens of miles of American cancer deaths each year."

[www.youtube.com/watch](http://www.youtube.com/watch) .-----

Posted On 02/23/2024

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## corn677

I was born in 1936 and have been drinking untreated water my whole life that we pump from the Ogallala aquifer in far Western Kansas. We have been told our water contains the ideal amount of fluoride for good teeth. I still have my teeth that are in excellent condition. When I went to a college in Central Kansas I had to have my first tooth filled, I was told by the dentist there that typically people from Western Kansas had better teeth because of the natural fluoride in our water. The town where the college was located was known for the bad water that was untreated at that time.

Posted On 02/23/2024

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## bowgirl

Naturally occurring fluoride is a different than the fluoride often added to the water supply which is often the by product of manufacturing fertilizer and perhaps other things. Not the same formula as neutrally occurring fluoride.

Posted On 02/23/2024

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## SanDiegoGirl

There is a fascinating book called "The Hidden Cause of Acne" by Melissa Gallico. She is an ex military intelligence officer who suffered from acne her entire life. She was serving on board ship in the Navy when she noticed that her acne would wax and wane. The situation intrigued her because of her research background. She began digging and discovered that her acne would improve when the ship pulled in to cities that did not fluoridate their water. She couldn't believe that the solution was that simple, but as an experiment, she eliminated all fluoride from her life. Toothpaste, mouthwash, cosmetics, medication, etc. and drank only the purest bottled water. Her acne cleared up completely. Now the only time she has a flareup is when she has been inadvertently exposed to fluoride. The book is very readable. I can't recommend it highly enough.

Posted On 02/23/2024

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## warriormom

As a dental hygiene student in the late 70's I became curious about fluoride since articles discussing controversies surrounding its use started to appear in newspapers and magazines. We were being brainwashed daily about all the benefits but when I questioned an executive from P&G who came to lecture on it about toxicity he assured us that many tests had been run on rats to insure the safety of the product. He said you would need to ingest several tubes of toothpaste on a daily basis to have any adverse effects.

Of course I didn't believe him but I was the only one in my class that even questioned! I recently read that if you question the status quo and are a critical thinker you are now a conspiracy theorist! Well, that's ok by me. I have avoided fluoride all my life. Cavities happen from inside and outside the tooth. If you want to avoid them do not eat refined sugar in any form, avoid sugar sweetened sodas particularly colas and drinks with phosphoric acid added which eats through the enamel.

Use baking soda and hydrogen peroxide in a paste to clean your teeth or tooth powders. Massage your gums with a rubber tip. Floss daily. Get enough Vitamin C with bioflavonoids. Brush your tongue or use a tongue scraper. If you have periodontal disease with pockets check for osteoporosis. It is one of the first signs. If your gums bleed get your teeth cleaned, use a Water Pik, take Vitamin C and zinc. Massage with a rubber tip. You do not need fluoride to have healthy teeth and gums!

Posted On 02/23/2024

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## bowgirl

Thank you warriormom for sound advice. We have avoided fluorinated water for cooking and drinking for 35 years- when our muni water added it. Recently I have been reading about the effect of most toothpaste, mouthwash and other oral cleaning products on gut health. The Man already called me a domestic terrorist and spreader of disease because I have immunity to the elephant in the room. Might as well be a conspiracy theorist too. I am avoiding people more and more. The powers that be are more envious all the time of my lifestyle

Posted On 02/23/2024

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## Antoninpius

Wariormom, that P&G rep must have been so full of horse hockey his eyes must have been brown! Look on any fluoridated tube of toothpaste and read the warning: "If more than used for brushing is accidentally swallowed, get medical help or contact a Poison control center." I raised two children without using fluoridated toothpaste and they both have beautiful, healthy teeth. Parents should take the time to teach their children good oral hygiene, along with feeding them healthy nutritious food without drowning them in high sugar beverages.

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## Guillermou

Chronic exposure to fluoride has been linked to a wide variety of human diseases, including bone and dental fluorosis, diabetes, atherosclerosis, cardiovascular disease, and hyperkeratosis. The results show that natural antioxidants exhibit a promising antidote against fluoride-induced toxicity in different mammalian systems. Previous studies have demonstrated fluoride-induced abnormal function in the liver of rats, sheep, mice, etc. Especially, superoxide dismutase (SOD), catalase (CAT) and glutathione peroxidase (GPx) decreased with the increase of lipid peroxidation product, which causes damage to hepatocytes that can also lead to severe damage to the structure and functions of hepatocytes.

nephrons and also in biomacromolecules, such as proteins and nucleic acids and decrease the weight of the reproductive organs of the ovary, uterus and adrenal gland decreased significantly due to the overproduction of reactive oxygen species with increased lipid peroxidation. Various functional and structural changes may be associated with fluoride ingestion, such as increased mucus secretion, followed by patchy or generalized loss of the mucus layer, hyperemia, edema, and hemorrhage. The most fundamental adverse effect of fluorides on the respiratory system is the inhibition of Krebs cycle enzymes in the lungs by subsequent production of ROS.

Additionally, several studies have shown that the interaction of the pulmonary immune system and oxidative stress could be associated with the development of other lung or respiratory diseases. Fluoride can stimulate Nox expression and its activity has implications for endothelial dysfunction and vascular disorders that coexist with atherosclerosis. Several studies have reported the effects of fluoride in drinking water on cognitive abilities, and reductions in IQ were observed at water fluoride concentrations of around 1 mg/L and above. [www.intechopen.com/.../80947](http://www.intechopen.com/.../80947) (2022)

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## **BicycleBoy**

Nano Hydroxyapatite toothpaste is suppose to replace fluoride tooth paste because it also strengths teeth. The Boka brand which outsells all other Nano Hyd. toothpaste on Amazon \$11.70 for 4 oz, indicates on the tube "For best results donot rinse after use. This paste is nontoxic and works with contact time on the enamel" Note my dentist recommends both as good for building up tooth structure. He does not talk about any harmful effect of fluoride when taken internally.

Posted On 02/23/2024

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## **helpothers**

I recently watched "fluoride on trial" at chd.tv. I already didn't trust mainstream medicine but this was criminal. They mention that cataracts are also a side effect of fluoride and I have read other articles maintaining that fluoride can calcify the pineal gland which leads to problems with the body making melatonin. Two issues that affect older people who likely didn't have filtered water back in their time. I haven't used fluoride for years - and didn't let my kids use it either. None of them have had any cavities(26,28,30). While I had cavities when I was 5 and was given fluoride "drops" for that. They had a vote to remove this in Phoenix back in 2012 but it was vetoed. Grrrrr.

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## **wariormom**

More likely the Brits eat too much sugar, smoke too much, and culturally okay to have rotten teeth. Also government run dental care so no incentive for prevention.

Posted On 02/23/2024

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[anna.c6@hotmail.com](mailto:anna.c6@hotmail.com)

wariormom - your 1st sentence may be correct, but as for gov run dental care...yes again (should you not be able to afford private) but there still is a cost, just subsidised. Actually, in the UK right now there are not enough dentists to go round! There are people standing inline for literally hours if a new dentist comes to their area! Also, as a child & young adult, we were always told to go for check-ups every 6 months or so, now they say - come back in a year to 18 months! Yup - standards declining here too! Maybe in line with the recent medical practices, they intend for us all to go downhill in any which way!

Posted On 02/23/2024

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**markone64**

The UK may shortly be adding Fluoride to their water supply since expert in infectious diseases and tropical medicine, Professor Chris Whitty who is the government's Chief Medical Adviser suggested it.

Posted On 02/23/2024

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**grulla**

Perhaps all those silly stereotypical jokes about the Brits having bad teeth is gnawing at Prof. Whitty, who's taking it too seriously, so he's grasping at straws. :-)

[grin.deltadentalins.com/archive/2018/summer/2-word-answers-british-tee..](http://grin.deltadentalins.com/archive/2018/summer/2-word-answers-british-tee..)

Posted On 02/23/2024

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**Eevee**

Water in parts of the UK has been fluoridated for decades, unfortunately we live in an area that is fluoridated.

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**badboy2**

Just an FYI; You cannot filter out fluoride with normal filtration, so those sodas and beers that many are drinking, may be made with fluoridated water, for they don't say on the bottles one way or the other.

Posted On 02/23/2024

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