

## Is Fluoride Killing You?

Have you ever asked your dentist why they use fluoride to prevent cavities? Does it really work? Is it safe to add fluoride to your drinking water? Why are so many people angry that fluoride is added to their drinking water? The international Academy of Oral Medicine and Toxicology (IAOMT) has issued a well researched policy and position paper on the safety and effectiveness of ingested fluoride. We finally have some concrete evidence that may cause you to think twice before allowing your family to drink fluoridated tap water in the future.

The IAOMT has completed very thorough research in order to write their public health guidelines. A summary of their research and policy suggestions are highlighted below:

1. Ingested fluoride that is placed into municipal tap water has been shown to be ineffective in preventing dental cavities from forming.
2. Topical administration of fluoride to teeth, similar to fluoride treatments at a dentist's office, has been shown to be somewhat effective in preventing cavities from forming.
3. The major form of fluoride that is placed into drinking water is silicofluoride, hydrofluosilic acid, and a small percentage of sodium fluoride. These are byproducts of manufacturing aluminum, steel, glass, enamel, brick, tile, cement, fertilizer, welding, and metal casting.
4. Fluoride naturally occurs at high levels in drinking water in many states, including Texas.
5. The IAOMT has recommended the safe limit of ingested fluoride is 0 PPM, which means you should not ingest any levels.
6. The US EPA levels for fluoride ingestion are 60 micrograms per kilogram of body weight, which is exceeded by many children who drink tap water and use fluoridated tooth pastes.
7. Ingested fluoride has been shown to lower I.Q.'s in children and cause neurological impairment in rats.
8. Ingested fluoride has been shown to cause skeletal fluorosis, which has symptoms of stiffness and pain in small joints of the body. The symptoms mimic many forms of arthritis and can be crippling.
9. Ingested fluorides have been shown to bind to and cause deficiencies of calcium, magnesium, selenium, boron, vitamin C, Iodine, and other minerals.
10. Populations with higher exposure to ingested fluorides had higher rates of bone cancers, liver cancers, oral cavity cancers, osteoporosis, and chronic illnesses.
11. Cities that have used fluoride in their drinking water for years have seen increased rates of water pipe corrosion.

Are you getting the picture yet? It appears that we should not ingest fluoride if we can help it. So now that we know the dangers, what do we do about it? Listed below are recommendations that will help you to minimize your risks of ingesting excess fluoride.

1. Use toothpastes that don't contain fluoride. There are many brands located at every grocery store.

2. Avoid mouth washes and rinses that contain fluorides. As an alternative, rinse with a mixture of warm water and iodine salts. This will help to neutralize acids that erode teeth enamel.
3. Use a water filter. Reverse osmosis filters can remove an estimated 90% of fluorides, distillation systems, and activated alumina defluoridation filters can remove 100% of fluorides according to my own research.
4. Consume a good multi vitamin and mineral daily to replace the minerals that are filtered from your tap water.
5. Breast feed your children for at least one year as breast milk contains 100 times less fluoride than tap water treated with fluoride.
6. Avoid bottled or canned juices or drinks such as colas, beers, fruit juices, and wines if they used sources of fluoridated water in their bottling processes.
7. Read the backs of labels as many processed foods have fluorides in them as preservatives.
8. Avoid black and red teas as they have high levels of fluorides in them.
9. Check the labels of prescription drugs as many of them use fluorides as preservatives.
10. Purchase organic produce that is pesticide free if possible. Many common pesticides use forms of fluoride in their mixtures.
11. Test your mineral, vitamins, fatty acids, and heavy metal levels once a year as a part of your routine physical examination. I personally use Metametrix or Genova labs to conduct these tests. If mineral deficiencies appears because fluoride has bound to them then supplementing those minerals in the diet may offset the symptoms of having mineral deficiencies.
12. Although there are not well-established guidelines for removing fluorides from humans, I encourage people to eat iodine salts on their food in small portions. Iodine outcompetes fluoride for binding sites in bones, organs, etc. The more iodine available to the body, the less room for fluoride, chlorine, bromine etc. Iodine also helps to stimulate the production of thyroid hormone, which can be good or bad depending on an individual's health status. If you have thyroid problems, you should consult your physician prior to adding iodine salts to your diet on a daily basis.

Ingested fluorides appear to be harmful to the body, contributing to multiple conditions and diseases. Many municipalities fluoridate drinking water as they claim it helps to prevent cavities. We know this is not the case, yet the practice of water fluoridation is still occurring, despite evidence of health risks. All researchers will agree that high levels of fluoride will cause cancers and other diseases, but many researchers cannot agree to the definition of high levels. If you want to give yourself and family members the best chance of obtaining optimal health I encourage you to follow the guidelines listed above. If you would like to read the original article from the IAOMT please visit the link below:

<http://www.chiropracticnutritionalsolutions.com/Latest-Updates.html>

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