

Fluoride

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Quick Facts & History:

- Fluoride has never been proven [to reduce cavities](#).
- Medical researcher Ty Bollinger talks about the disturbing [history of fluoride](#) use. He also says there are no studies that show it helps prevent tooth decay.
- Fluoride has been proven to increase an overall form dental of decay called [dental fluorosis](#).
- Toothpaste boxes often contain warnings to [call poison control](#) if even a "pea sized" amount of fluoride is ingested. We know that our gums (and our skin in general) are highly absorbent. This is why medications are sometimes given as under-the-tongue dissolvable tabs or as topical creams.
- If fluoride is spilled anywhere in the transportation process, a [hazardous material team](#) must be dispatched for the cleanup by law.
- Fluoride is proven to cause brain damage at 1 PPM. Fluoride gels at the dentist can [contain anywhere from 12,500 - 25,000 PPM](#). Toothpastes marketed to seniors for daily use [such as this one from Colgate](#) contain as much as 5,000 PPM.
- Fluoride was [used by the Nazis](#) to make prisoners in concentration camps more docile and compliant.
- [Fluoride fraud](#) and the American Dental Association.
- Fluoride is the key cognitive numbing ingredient in the [antidepressant drug Prozac](#) (and generic brands) and Sarin nerve gas. It's also the key ingredient in rat poison. That's why 98% of countries have banned fluoridated water.
- Fluoride causes brain damage, skeletal fluorosis, infertility, sleep disorders, cognitive impairments, kidney damage, genetic mutations, hypothyroidism, [cancers](#) (especially osteosarcoma; a rare form of bone cancer in young males), ADHD, Alzheimers and Dementia.

The Pineal Gland:

- This tiny organ regulates your daily and seasonal circadian rhythms, the sleep-wake patterns that determine your hormone levels, stress levels, and physical performance. It [produces melatonin](#), which regulates your sleep.

- Activating your pineal gland helps to regulate mood, sleep, and energy levels. Fluoride accumulates in the pineal gland more than any other organ and leads to the formation of phosphate crystals.
- Your pineal gland hardens ([calcification](#)) due to the crystal production, less melatonin is produced and regulation of your wake-sleep cycle is disturbed.

Resources:

- Dr. David Kennedy says there is [no such thing as a safe amount of fluoride](#). He states that even if you use it in toothpaste and spit it out, research shows that blood levels of fluoride increase.
- This brief literature review and bibliography presents evidence that Fluoride, through fluoridation of public drinking water, [causes diabetes](#) as well as injury to existing diabetics.
- [Israel has joined the ranks](#) of countries like Finland, Germany, Japan, the Netherlands, and Sweden, which have abandoned or outright banned water fluoridation altogether.
- In this prospective birth cohort study, fluoride exposure during pregnancy was associated with [lower IQ scores in children](#) aged 3 to 4 years.
- [PubChem](#), a US National Institutes of Health's chemistry database, considers fluoride toxic and lists over 20 diseases and disorders associated with fluoride, including learning disabilities, memory disorders, and sleep disorders.

Studies:

- In a meta-analysis, researchers from Harvard School of Public Health (HSPH) and China Medical University in Shenyang for the first time [combined 27 studies](#) and found strong indications that fluoride may adversely affect cognitive development in children.
- As of July 18, 2022, a total of [85 human studies](#) have investigated the relationship between fluoride and human intelligence. [National Institutes of Health](#): Fourteen recent cross-sectional studies from endemic areas with naturally high fluoride concentrations in groundwater supported the previous findings of cognitive deficits in children with elevated fluoride exposures.
- [Fluoride concentrations in the pineal gland](#), brain and bone of goosander (*Mergus merganser*) and its prey in Odra River estuary in Poland.
- [A cross-sectional study](#) to assess the intelligence quotient (IQ) of school going children aged 10-12 years in villages of Mysore district, India with different fluoride levels.

- [A correlation](#) between Serum Vitamin, Acetylcholinesterase Activity and IQ in Children with Excessive Endemic Fluoride exposure in Rajasthan, India.
- [A comparative analysis](#) of the results of multiple tests in patients with chronic industrial fluorosis.
- [A Study of the IQ Levels](#) of Four to Seven-year-old Children in High Fluoride Areas.
- [Adverse Effects](#) of High Concentrations of Fluoride on Characteristics of the Ovary and Mature Oocyte of Mouse.
- [Alimentary fluoride intake](#) in preschool children.
- [A large observational study](#) of GP practice data and fluoride levels in drinking water.
- [Arsenic and fluoride exposure](#) in drinking water: children's IQ and growth in Shanyin county, Shanxi province, China.
- [Assessment of groundwater quality](#) with special reference to fluoride and its impact on IQ of school children in 6 villages of the Mundra Region, Kachchh, Gujarat, India.
- [Association of lifetime exposure to fluoride](#) and cognitive functions in Chinese children: a pilot study.
- [Comparative Assessment of Intelligence](#) Quotient among Children Living in High and Low Fluoride Areas of Kutch, India-a Pilot Study.
- [Chronic Fluoride Toxicity](#): Dental Fluorosis.
- [Community water fluoridation](#) predicts increase in age-adjusted incidence and prevalence of diabetes in 22 states from 2005 and 2010.
- [Decreased intelligence in children](#) and exposure to fluoride and arsenic in drinking water.
- [Dental fluorosis and urinary fluoride concentration](#) as a reflection of fluoride exposure and its impact on IQ level and BMI of children of Laxmisagar, Simlapal Block of Bankura District, W.B., India.
- [Developmental Fluoride Neurotoxicity](#): A Systematic Review and Meta-Analysis.
- [Effect of fluoride](#) in drinking water on children's intelligence in high and low fluoride areas of Delhi.
- Exposure to fluoridated water and [attention deficit hyperactivity disorder](#) prevalence among children and adolescents in the United States: an ecological association.
- [Effect of fluoride exposure](#) on the intelligence of school children in Madhya Pradesh, India.
- Effects of [endemic fluoride poisoning](#) on the intellectual development of children in Baotou.
- Effects of [high iodine and high fluorine](#) on children's intelligence and the metabolism of iodine and fluorine.

- Effect of [High Water Fluoride](#) Concentration on the Intellectual Development of Children in Makoo/Iran.
- Effect of [fluoride exposure on Intelligence Quotient \(IQ\)](#) among 13-15 year old school children of known endemic area of fluorosis, Nalgonda District, Andhra Pradesh.
- [Fluoride and aluminum release](#) from restorative materials using ion chromatography.
- Fluoride and Arsenic Exposure [Impairs Learning and Memory](#) and Decreases mGluR5 Expression in the Hippocampus and Cortex in rats.
- [Fluoride and IQ deficits](#) – A Research and Policy Review.
- Fluoride in drinking water and diet: the causative factor of [chronic kidney diseases](#) in the North Central Province of Sri Lanka.
- [Fluoride induces oxidative damage](#) and SIRT1/autophagy through ROS-mediated JNK signaling.
- High fluoride and low calcium levels in drinking water is associated with [low bone mass, reduced bone quality](#) and fragility fractures in sheep.
- Impact of fluoride on [neurological development](#) in children.
- Inferring the [fluoride hydrogeochemistry](#) and effect of consuming fluoride-contaminated drinking water on human health in some endemic areas of Birbhum district, West Bengal.
- Intelligence quotient ([IQ](#)) of [7 to 9 year-old children](#) from an area with high fluoride in drinking water.
- Intelligence quotients ([IQ](#)) of [12-14 year old school children](#) in a high and a low fluoride village in India.
- Investigation of Intelligence Quotient ([IQ](#)) in [9-12 year old children](#) exposed to high and low drinking water fluoride in West Aerbaijan Province, Iran.
- Modifying effect of COMT gene polymorphism and a predictive role for proteomics analysis in [children's intelligence in endemic fluorosis](#) area in Tianjin, China.
- Physiologic Conditions Affect [Toxicity of Ingested Industrial Fluoride](#).
- Reducing [Exposure to High Fluoride Drinking Water](#) in Estonia—A Countrywide Study.
- Relationship Between [Dental Fluorosis and Intelligence Quotient](#) of School Going Children In and Around Lucknow District: A Cross-Sectional Study.
- Relation between [dental fluorosis and intelligence quotient](#) in school children of Bagalkot district.
- Risk Assessment of [Fluoride Intake from Tea](#) in the Republic of Ireland and its Implications for Public Health and Water Fluoridation.
- The effects of comprehensive control measures on intelligence of school-age children in [coal-burning-borne endemic fluorosis areas](#).

- The Effects of High Levels of Fluoride and Iodine on Child Intellectual Ability and the [Metabolism of Fluoride and Iodine](#).
- The relationships between low levels of urine fluoride on children's intelligence, [dental fluorosis in endemic fluorosis](#) areas in Hulunbuir, Inner Mongolia, China.
- Water Fluoridation: A Critical Review of the [Physiological Effects of Ingested Fluoride](#) as a Public Health Intervention.