## FLOURIDE SIDE EFFECTS

• cancer	<ul> <li>brain damage in unborn fetus</li> </ul>
<ul> <li>damages stomach</li> </ul>	• bone weakness
• joint problems and body inflammation	• dental fluorosis (discoloration, weakness)
• osteoarthritis and accelerates it	• skeletal fluorosis
• lower IQ	low estrogen and testosterone levels
• memory loss	• impairs immune system
• contributes/may cause ADD/ADHD	• calcifies pineal gland
• neurological issues	<ul> <li>kidney stones and kidney failure</li> </ul>
<ul> <li>causes lethargy, indifference, disregard</li> </ul>	<ul> <li>interferes with white blood cells</li> </ul>
<ul> <li>inhibits melatonin production</li> </ul>	<ul> <li>kills brain cells</li> </ul>
<ul> <li>accelerates aging process</li> </ul>	<ul> <li>lowers sex drive</li> </ul>
<ul> <li>attacks thyroid, hypothalamus</li> </ul>	• infertility
<ul> <li>promotes mental disturbances</li> </ul>	<ul> <li>contributes to autism</li> </ul>
<ul> <li>receding gums</li> </ul>	• DNA damage
<ul> <li>affects heart circulation</li> </ul>	Alzheimer disease
<ul> <li>increases blood pressure</li> </ul>	• Mottling - white/grey discoloration of teeth
• is considered hazardous waste by EPA	• same ingredient in rat poison and Prozac
• calcifies your third eye which has rods	• Hitler used fluoridation in concentration
and cones (same as your visible eyes do)	camps to sedate prisoners

## Crest/Colgate Toothpaste Warnings on back of box (including Kids toothpaste):

Keep out of reach of children under 6 yrs of age. If more than used for brushing is accidentally swallowed, get medial help or contact a Poison Control Center right away.

## Alternatives to fluoride toothpaste

It is a pharmaceutical myth that fluoride is needed to strengthen and protect teeth. It's also a myth that alcohol based mouth washes are beneficial.

A healthy diet along with proper gum and tooth maintenance is all that's required for strong healthy gums and teeth.

Many health food stores offer several types of non-fluoridated tooth cleansers.

A home made solution of baking soda, coconut oil and organic essential oils is effective and inexpensive.

Colloidal Silver is an excellent mouth rinse that will not destroy essential, healthy mouth bacteria balances.

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