

***Abstract***

**Image Awareness Wellness Institute Healthletter**

**Fluoride Toxicity**

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The potential toxicity of fluoride is commonly underestimated due to the fact that fluoride is commonly considered a preventative to tooth decay by the dental profession. Fluoride is more toxic than lead and less toxic than arsenic. Fluoride is not only used by the dental profession, but is also added to water supplies, pesticides, post-harvest fumigants, and medications. About 30% of children in areas with fluoridated water manifest mottling of the teeth—the formation of brown or white patches on the teeth characteristic of early exposure to toxic levels of fluoride.

Fluoride given to animals at common levels of exposure results in attention-deficit symptoms. It also appears to reduce IQ scores. High levels of fluoride cause an arthritic bone disease called fluorosis which is easily mistaken for osteoarthritis.

Fluoride, and the related compound bromine which is commonly added to white bread and fruit juices, are antagonistic to iodine. High intake of either or both can induce an iodine deficiency leading to symptoms of low thyroid function such as weight gain and fatigue.

A number of nutrients protect against fluoride toxicity including vitamin C, calcium and magnesium, zinc and iodine.

*This is an abstract of the full length article which is available by logging into the Image Awareness Member site. The subscription to this site is \$40.00 a year. You can subscribe by calling Image Awareness at (530) 823-7092.*