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Facts and Dangers of Fluoride

Exposure to fluoride is everywhere. Not only is fluoride a common ingredient in toothpaste, many municipalities have fluoridated water supplies even though it has not been shown to prevent harmful oral bacteria. What is known → **fluoride is toxic**. In fact, the #1 reason for poison control calls concerning fluoride is for children who've eaten toothpaste. Long-term ingestion is harmful to the brain, digestive system, heart, bones... even the tooth enamel it's supposed to help.

Adverse effects from fluoride ingestion include:

- ❖ Weakened Skeletal Health
- ❖ Arthritis
- ❖ Thyroid Abnormalities
- ❖ Accelerates Female Puberty and Decreases Male and Female Fertility
- ❖ Harmful to the Brain, Cardiovascular and Lymphatic System

Fluoridated water is no longer recommended for babies.

Babies exposed to fluoride are at high risk of developing dental fluorosis - a permanent tooth defect caused by fluoride damaging the cells which form the teeth. Other tissues in the body may also be affected by early-life exposures to fluoride.

Using non-fluoride toothpaste can immediately reduce your fluoride exposure. Most water filters are not adequate for removing fluoride; instead look to a reverse osmosis water purification systems.

*Brands of toothpaste that have fluoride-free lines you can easily find are:
Tom's of Maine, Jason's, Hello, Burt's Bees, Kiss My Face, etc.*

If it doesn't clearly state "Fluoride Free" on the label, it's not.