

Fluoride Toxicity

I would like to alert all my patients on a toxin that is causing a great deal of health problems among most of our population that is unrecognized by most health authorities.

For many decades the government and health officials have recommended and continue to recommend the use of fluoride for the prevention of tooth decay. However scientific data increasingly show that fluoride is a severe toxin. And most other countries are banning fluoride.

Here are some facts:

- 97% of Western Nations have rejected active fluoridation of the water.¹
- 67 human studies and many more animal studies link fluoride to decreased intelligence²
- Studies show that fluoride damages the pineal gland which is a crucial gland that regulates your sleep³
- Causes early puberty in girls⁴
- Increases incidence of various cancers
- Increased diabetes
- Many other health problems

Hidden cause of insomnia:

It is well established that fluoride causes the pineal gland to become calcified. The pineal gland is an important organ that lies just under the brain and secretes melatonin and regulates sleep. We believe that the damage caused by fluoride is underrecognized and may eventually become recognized as one of the leading causes of insomnia.

Insomnia is estimated to occur in one of three adults. Twenty per cent of adults who have significant insomnia do not even recognize that they have the problem. For example, they blame getting up in the middle of the night to urinate as a natural ageing phenomenon. Or getting up at five AM and sleeping only 6 to 7 hours a night to be normal as they age.

Insomnia is correlated with an increase in most of the major illnesses such as cancer, heart disease, strokes, diabetes, depression, Alzheimer's. Good quality sleep is one of the most important factors in maintaining health and recovering from any type of illness.

How to reverse fluoride toxicity:

1. Avoid fluoride toothpaste: We like the brand "Schmitt fluoride free toothpaste", Burt's Bees Fluoride-Free Toothpaste, and for babies and children: Rain's Fluoride-Free Toothpaste
2. Avoid water that contains fluoride: go on-line and you can find out whether your township adds fluoride to the water and also what the natural fluoride content of the

water is. If there is any fluoride in the water, you should filter your drinking water with a filter that has been shown to remove fluoride from the water. Some good brands: “Clearly Filtered” or Epic water filter both available on Amazon.

3. Avoid other sources of fluoride:
 - a. Tea is one of the largest sources of fluoride. Black tea in particular has a great deal of fluoride and should be avoided. Certain brands of Kombucha which has black tea. For a list of safe teas go to: <https://truthaboutfluoride.com/fluoride-in-tea/>
 - b. Medications that contain fluoride: Xanax, Prozac, Lipitor, Celebrex
You can obtain a larger list from <https://truthaboutfluoride.com/drugs-that-contain-fluoride/>
4. Reversing pineal gland damage: Currently there is no known conventional method of removing fluoride and reversing the damage on the pineal gland. However, we at the Chung Institute are actively attempting to reverse the damage through the following safe means:
 - a. Iodine supplementation: iodine and fluorine are both halides and belong in the same family of elements. We have found that individuals who have evidence of longstanding iodine deficiency have greater degree of fluoride toxicity. Patients who are given iodine supplements have been demonstrated to increase the excretion of fluoride in their urine.
 - b. Homeopathic Iode/ Low dose immunotherapy to enhance removal of fluoride
 - c. Tenscan laser therapy directed at the pineal gland to enhance healing
 - d. Auricular (Ear) acupuncture to treat the pineal gland.So far, we are beginning to see significant results using these modalities.

Recommended sources of information:

<http://fluoridealert.org/> : This site is produced by a non-profit team of scientist who support their statements with hard core scientific peer reviewed research papers,

<https://truthaboutfluoride.com/>: a private website which has some useful specific information on fluoride content of many food and drugs.

¹ <http://fluoridealert.org/> :

² Same as above

³ Luke J. (1997). The Effect of Fluoride on the Physiology of the Pineal Gland. Ph.D. Thesis. University of Surrey, Guildford.

⁴ Farkas G, et al. (1983). The fluoride content of drinking water and menarcheal age. Acta Univ Szeged Acta Biol. 29(1-4):159-168.