

Defluoridate to Rejuvenate

Introduction

Fluoride is a chemical element that has been added to public water supplies in the United States and other countries for decades, in an attempt to reduce tooth decay. However, there is growing evidence that fluoride may actually be harmful to human health.

In this book, I will explore the dangers of fluoride and provide you with the information you need to make informed decisions about your health and the health of your family. I will discuss the scientific evidence linking fluoride to a variety of health problems, including cancer, thyroid dysfunction, skeletal fluorosis, and neurotoxicity. I will also provide information on how to avoid fluoride in your diet and how to filter fluoride from your water.

The fluoride debate is a complex one, with strong arguments on both sides. However, I believe that the evidence clearly shows that fluoride is a dangerous chemical that should not be added to public water supplies. I urge you to read this book and learn more about the dangers of fluoride. Then, you can make your own decision about whether or not you want to continue drinking fluoridated water.

Fluoride is a neurotoxin that can damage the brain and nervous system. Studies have shown that fluoride can accumulate in the brain and cause a variety of problems, including memory loss, learning disabilities, and attention deficit hyperactivity disorder (ADHD). Fluoride can also damage the thyroid gland, leading to thyroid dysfunction and a variety of health problems, including fatigue, weight gain, and depression.

Fluoride can also cause skeletal fluorosis, a condition in which fluoride accumulates in the bones and causes them to become brittle and weak. Skeletal fluorosis can

lead to pain, stiffness, and an increased risk of fractures. In severe cases, skeletal fluorosis can be disabling.

Book Description

Fluoride is a chemical element that has been added to public water supplies in the United States and other countries for decades, in an attempt to reduce tooth decay. However, there is growing evidence that fluoride may actually be harmful to human health.

In this book, Pasquale De Marco explores the dangers of fluoride and provides readers with the information they need to make informed decisions about their health and the health of their families. Pasquale De Marco discusses the scientific evidence linking fluoride to a variety of health problems, including cancer, thyroid dysfunction, skeletal fluorosis, and neurotoxicity. Pasquale De Marco also provides information on how to avoid fluoride in your diet and how to filter fluoride from your water.

The fluoride debate is a complex one, with strong arguments on both sides. However, Pasquale De Marco

believes that the evidence clearly shows that fluoride is a dangerous chemical that should not be added to public water supplies. Pasquale De Marco urges readers to read this book and learn more about the dangers of fluoride. Then, readers can make their own decision about whether or not they want to continue drinking fluoridated water.

This book is a must-read for anyone who is concerned about the health effects of fluoride. Pasquale De Marco provides a comprehensive overview of the scientific evidence on fluoride, and Pasquale De Marco also offers practical advice on how to avoid fluoride exposure. If you are looking for a book that will help you make informed decisions about your health and the health of your family, then this is the book for you.

Chapter 1: The Fluoride Delusion

Fluoride: The Toxic Truth

Fluoride is a toxic chemical that has been added to public water supplies in the United States and other countries for decades, in an attempt to reduce tooth decay. However, there is growing evidence that fluoride may actually be harmful to human health.

Fluoride is a known neurotoxin, and studies have shown that it can accumulate in the brain and cause a variety of problems, including memory loss, learning disabilities, and attention deficit hyperactivity disorder (ADHD). Fluoride can also damage the thyroid gland, leading to thyroid dysfunction and a variety of health problems, including fatigue, weight gain, and depression.

In addition, fluoride can cause skeletal fluorosis, a condition in which fluoride accumulates in the bones and causes them to become brittle and weak. Skeletal

fluorosis can lead to pain, stiffness, and an increased risk of fractures. In severe cases, skeletal fluorosis can be disabling.

The evidence linking fluoride to these and other health problems is growing, and it is clear that fluoride is a dangerous chemical that should not be added to public water supplies.

The Fluoride Deception

The fluoride industry has spent millions of dollars on marketing campaigns to convince the public that fluoride is safe and effective. They have also lobbied government agencies to approve the addition of fluoride to public water supplies.

The truth is that fluoride is a toxic chemical that has no place in our water supply. The fluoride industry has deceived the public about the dangers of fluoride, and it is time for us to wake up and demand that fluoride be removed from our water.

The Fluoride-Free Future

We can create a fluoride-free future by educating ourselves about the dangers of fluoride and by demanding that our government agencies take action to remove fluoride from our water supply. We can also choose to drink bottled water or use a water filter that removes fluoride.

By working together, we can create a fluoride-free future for ourselves and for our children.

Chapter 1: The Fluoride Delusion

Debunking the Myths of Fluoridation

Fluoridation is the process of adding fluoride to public water supplies in order to reduce tooth decay. It is a controversial practice that has been the subject of much debate for decades. Proponents of fluoridation argue that it is a safe and effective way to improve dental health, while opponents argue that it is a harmful practice that can lead to a variety of health problems.

One of the most common myths about fluoridation is that it is necessary to prevent tooth decay. However, there is no scientific evidence to support this claim. In fact, studies have shown that fluoride is only effective in reducing tooth decay by a small amount, and that this benefit is outweighed by the potential health risks.

Another common myth about fluoridation is that it is safe. However, there is growing evidence that fluoride

can be harmful to human health. Studies have linked fluoride to a variety of health problems, including cancer, thyroid dysfunction, skeletal fluorosis, and neurotoxicity.

Despite the evidence of harm, fluoridation continues to be practiced in many communities across the United States. This is largely due to the efforts of the fluoride lobby, which is a powerful group of industries and organizations that profit from the sale of fluoride products.

The fluoride lobby has been very successful in spreading misinformation about fluoride. They have convinced many people that fluoride is safe and necessary, even though the evidence clearly shows otherwise.

It is important to be aware of the myths about fluoridation and to understand the potential health risks of this practice. If you are concerned about the safety of fluoridated water, you can choose to drink

bottled water or filtered water instead. You can also contact your local government and ask them to stop fluoridating the public water supply.

Chapter 1: The Fluoride Delusion

The History of Fluoride in Public Water

Fluoride has been added to public water supplies in the United States and other countries for decades, in an attempt to reduce tooth decay. The practice of water fluoridation began in the early 20th century, when dentists and public health officials became aware of the benefits of fluoride in preventing cavities.

In 1901, a Colorado dentist named Frederick McKay noticed that children in Colorado Springs had fewer cavities than children in other parts of the state. McKay eventually determined that the difference was due to the high levels of fluoride in the local water supply.

In the 1930s, researchers began to study the effects of fluoride on tooth decay in more detail. These studies showed that fluoride could help to strengthen teeth and prevent cavities, even at low levels.

In 1945, the American Dental Association (ADA) endorsed the fluoridation of public water supplies. The ADA stated that "fluoridation is a safe and effective way to prevent tooth decay."

In the years that followed, many cities and towns across the United States and other countries began to fluoridate their water supplies. By the 1960s, fluoridation was common in most major cities in the United States.

Today, fluoride is added to the public water supplies of over 70% of Americans. Fluoridation is also common in many other countries around the world.

However, there is growing controversy over the safety of fluoride. Some studies have linked fluoride to a variety of health problems, including cancer, thyroid dysfunction, and skeletal fluorosis.

As a result of these concerns, some cities and towns have stopped fluoridating their water supplies. Others are considering doing so.

The debate over fluoride is likely to continue for many years to come.

This extract presents the opening three sections of the first chapter.

Discover the complete 10 chapters and 50 sections by purchasing the book, now available in various formats.

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