THE FLUORIDE DETOX GUIDE

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Introduction

Each and every day, you are exposed to deadly toxins and chemicals in the food you eat, the air you breathe, and the water you drink. Among those deadly chemicals is fluoride, or sodium fluoride to be specific.

Fluoride is added to toothpaste, certain foods, and even the water you drink to help prevent dental decay. What most don't realize is that it's also an ingredient in rat poison. That fact alone should raise a red flag. But unless you eat a whole tube of toothpaste, you aren't really ingesting a significant amount of fluoride – at least, that's what most people believe to be true.

Your body doesn't automatically flush fluoride and other heavy metals away through urine like it can for other toxins. This means that the small amounts of fluoride you ingest from fluoridated water and toothpaste can actually accumulate in your body over time, contributing to some serious health problems. Long-term ingestion of fluoride can damage your brain, your bones, your digestive system, your heart, and even your teeth – the very things that fluoride is supposed to protect.

Your liver is responsible for filtering toxins out of your bloodstream and flushing them from your body through urine, but it is unable to process fluoride. As fluoride accumulates in your body, it can lead to a condition known as skeletal fluorosis, which occurs when the fluoride in your bloodstream combines with the calcium that has been leached from your bones, and it leaves your bones weak and brittle.

Fluoride has also been shown to cause calcification of cartilage, which can lead to arthritis as well as toxic levels of fluoride in the thyroid. Even more dangerous is the calcification that occurs in the pineal gland in your brain. Because the body can’t flush excess fluoride on its own, it is up to you to detox your body from fluoride to restore your health.
Methods for Cleansing and Detoxing from Fluoride

The liver is the most important detoxifying organ in the body. It filters wastes and toxins from your blood, separating out the useful nutrients, and flushing the rest from your body through urine. But there are certain substances which are more difficult for the liver to process or that cannot be processed at all – fluoride is one of them. If you want to detox your body from fluoride, there are a number of different things you can try. Below you will find an overview of the most effective fluoride detox methods.

1. STOP INGESTING FLUORIDE

The first step in any detox is to eliminate the offending substance from your life. In order to detoxify your body from fluoride, you have to stop ingesting it so that the accumulated fluoride can be flushed out. This means that you need to stop drinking fluoridated public water and you may need to switch to a fluoride-free toothpaste. If you can’t find one, try brushing your teeth with coconut oil. You may also want to rinse your mouth out after eating or drinking to prevent cavity-causing bacteria from accumulated on and between your teeth.

In order to avoid fluoridated water, you need to stop drinking public tap water – your best bet is to switch to non-fluoridated bottled water. Most filtering systems utilize carbon filtration methods that do not work to remove fluoride. Reverse osmosis filters and ionizer filters are a little more effective, but they don’t remove all of the fluoride. Keep in mind that not all bottled water is fluoride-free. You may have to do a little research of your own to find a brand that offers non-fluoridated bottled water.
2. **TRY A TAMARIND DETOX**

Tamarind is a type of tropical hardwood tree native to Africa, which can also be found in India, Pakistan, and other tropical regions. Though technically a fruit, tamarind produces bean-like pods – if you open up a pod you will find several seeds surrounded by fibrous pulp. The undeveloped fruit of the tamarind tree is usually green and has a sour taste, but it sweetens as it ripens and the fibrous pulp thickens into a sweet paste. For these reasons, tamarind is sometimes called the “date of India”. You can usually find tamarind at Indian and Middle Eastern markets – you may also be able to find it at your local health food store.

Though it can also be used for cooking, tamarind has a long history of use in various forms of Ayurvedic medicine. It has been used to treat diarrhea, constipation, peptic ulcers, and fever. The leaves and bark of the tree have also been used to aid with wound healing.

It contains a number of potent polyphenols that offer both anti-inflammatory and antioxidant properties, making it a useful treatment for protecting against diabetes, cancer, and heart disease. An extract made from the seeds of the Tamarind tree has also been used to regulate blood sugar and an extract made from the fibrous pulp can help to reverse fatty liver disease and may aid weight loss.

As you have already learned, fluoride is a substance that the liver has trouble processing, which means that instead of being excreted through urine, it accumulates in the body. When used medicinally, tamarind actually helps to increase the excretion of accumulated fluoride in the body by drawing it out of the bones and mobilizing it for excretion through urine.

The most effective way to detox with tamarind is to prepare a tea. Take two tamarind pods and place them in a small saucepan. Cover the pods with water and bring to a boil, then reduce the heat and simmer on low heat for 15 to 20 minutes until the water turns brown and the pod shells have softened. Remove the pods from the water and carefully extract the seeds. Place the seeds back in the water and let them steep for another 10 to 15 minutes. Strain the mixture then serve hot as a detox tea.
3. INCREASE IODINE INTAKE

The accumulation of fluoride in the pineal gland of the brain can contribute to a number of neurological problems – it has also been linked to thyroid issues. When it comes to detoxing from fluoride, the use of iodine is particularly effective in displacing fluoride from the thyroid gland. In order to understand how this really works, you need to understand the concept of halogen displacement. The term halogen applies to a group of five non-metallic elements that can be combined with hydrogen to create various types of salt – they include fluorine, bromine, chlorine, astatine, and iodine. Of the five, fluorine is the lightest element and astatine is the heaviest.

The theory of halogen displacement states that elements with lighter atomic weight can displace elements with heavier atomic weights. Given this information, you might assume then that iodine would not be able to displace fluoride because it is the heavier of the two. However, scientific evidence shows that there are other factors at work which enable this displacement to occur. This information is based on a research study in which participants were given iodine tablets, after which their urine was tested for various halogens.

The results of the study clearly showed that iodine was able to successfully displace fluoride, removing it from the body through urination. Thus, increasing your iodine intake is a simple way to detox your body from fluoride. Natural food sources of iodine include sea vegetables like kelp, wakame, dulse, arame, nori, and hijiki. You can also supplement with nascent iodine to jump-start your detox, but should eventually move to natural sources of iodine.
4. DETOX WITH BORON

In the same way that iodine helps to detox fluoride from your thyroid, boron helps to detox fluoride from your bones and joints. Excess fluoride in the body can lead to a condition called skeletal fluorosis, which can not only make your bones brittle, but can also cause pain in both the bones and joints. Boron is a natural element that can be found in various food sources and in the environment. In the body, it is used for strengthening bones, building muscles, and for improving muscle coordination. Medicinally, boron has been used to treat yeast infections and it may also help to remedy osteoarthritis.

According to a study conducted in 1942, boric acid (a compound derived from boron) is an effective antidote for fluoride toxicity. Rather than displacing the fluoride like iodine would, however, the boric acid actually combined with the fluoride molecules to form fluoroborate, a substance that the body is able to excrete through urine.

The study revealed that the most effective dose of boron (in the form of borax) was 1,100 mg/day for a period of 15 days. To jump-start a boron detox, take 1/8 to ¼ teaspoon of borax per 1 liter of water and sip it throughout the day. It is best to start with the lower dose and work your way up to ¼ teaspoon. For the best results, however, you should also increase your consumption of boron-rich foods such as avocados, almonds, dates, prunes, hazelnuts, and raisins.
5. SUPPLEMENT WITH SELENIUM

If you are looking for a detox solution that not only helps to flush fluoride from the body, but also helps to guard against the negative effects of fluoride as it does so, consider supplementing with selenium. Selenium is a trace element and it plays a role in many essential functions within the body. It helps with thyroid hormone metabolism, DNA synthesis, reproduction, and protect your cells against oxidative damage, one of the most hazardous effects of fluoride.

Similar to iodine, increasing your intake of selenium can help to flush excess fluoride from the body. Natural sources of selenium include Brazil nuts, oysters, tuna, sunflower seeds, pork, beef, lamb, and mushrooms.

Just be careful not to pair these foods with high doses of vitamin C or zinc because these substances can actually inhibit the proper absorption of selenium in the body.

In addition to these five methods for detoxing from fluoride, there are a few other simple things you can do. One option is to partake in a sauna session for no more than 30 minutes. The heat of the sauna will help to increase circulation, sending more oxygen to your tissues and muscles, which helps to enhance metabolic processes. When your cells receive more energy, it promotes faster healing and can help your body to detox from toxins and wastes more efficiently. For maximum benefits, enjoy a 30-minute sauna once a day and rest sitting or lying down for 10 minutes afterward. Following your sauna, you should also drink plenty of water.

Another thing you can do to boost the results of your fluoride detox is to cook with spices that contain curcumin. Curcumin is a polyphenolic compound and the active ingredient in turmeric, a spice derived from the rhizomes of the Curcuma longa plant (a member of the ginger family). Turmeric has long been used for medicinal purposes, primarily in Asian countries, and it is valued for its antioxidant, anticancer, and anti-inflammatory properties.

Curcumin is also a neuroprotective compound in that it helps to improve cognitive performance and slows cognitive decline. It has also been shown to help protect against the brain-damaging effects of fluoride toxicity.
Conclusion

In the same way that small amounts of fluoride accumulate in your body over weeks, months, or even years, it takes time to flush it out. You cannot detox your body from fluoride overnight, but you may be surprised at how quickly you begin to feel the positive effects of your detox. If you want to remove fluoride from your body so you can start anew with a clean slate, consider employing all of these methods together to maximize your results. Not only will you enjoy the benefits of reduced fluoride toxicity, but you’ll enjoy the rejuvenating benefits of detoxing your body from all kinds of other toxins and chemicals as well.

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