

9 Ways to Detox the Body from Fluoride (100% Scientific)

A fluoride detox is one of the best things you can do for your health.

Even though fluoride is a known neurotoxin, makes your bones weaker, and lowers the IQ of children- it's still added to the water, toothpaste, and cookware of millions of people.

This forces health-conscious individuals like yourself and I, to take the right precautions to protect ourselves and family.

Why Should I Detox My Body Of Fluoride?

On top of fluoride being NOT natural, it is toxic and industrial waste that damages your bones, brain and hormones. It's also NOT an essential nutrient and not a SINGLE biological process requires fluoride.^{1,2,3}

This means your body does not need fluoride to function.

To make things worse, fluoride is a cumulative poison which means it accumulates in the body. In fact, in adults only 50% get's removed by the kidneys – while the rest stays in your body. While in young children, close to 80% remains in the body.⁴

A huge health issue when you consider the Centers for Disease Control and Prevention (CDC) has stated that any benefit fluoride has on cavity prevention is through contact with teeth and NOT through ingestion.^{5,6} This means there is zero reason to swallow fluoride in order to protect teeth.

Or in other words, swallowing fluoride to prevent cavities makes as much sense as swallowing sunscreen lotion to prevent sun burns.

And as a result, any fluoride you have put into your body throughout your life (water, tea, toothpaste, foods high in fluoride, and etc.) has not only done nothing for your teeth but may currently be affecting the health of your brain, bones, and hormones.

So that's why you should consider doing a fluoride detox...

How To Detox From Fluoride?

Two parts: Eliminate and Detox

Part 1: Eliminate All Fluoride Exposure

A choice to drink different water, use different toothpaste, drink fluoride-free tea and so on...

Best part is once you eliminate all fluoride exposure, your body will naturally start to remove accumulated fluoride (in step 2 of the fluoride detox, you'll learn how to multiply this effect).⁷

1. Drink Fluoride-Free Water

Since we drink water (including tea and coffee) and cook with it everyday, fluoridated water is the largest source of fluoride you'll most likely be exposed to throughout your entire life.⁸

Use Water Filter.

2. Use Fluoride-Free Toothpaste

Toothpaste is an extremely potent source of fluoride.

Containing anywhere from **1000 ppm** to **1500 ppm** of fluoride.⁹

3. Drink Fluoride-Free Tea And Coffee

After testing 329+ teas, it's clear that tea is one of the largest sources of ingested fluoride worldwide.

Tea Type	Age of Leaves	Fluoride Content	Notes
Black	mature	high	oxidized after harvest for unique flavors
Green	mature	high	not oxidized, preserves healthy substances like flavonoids, catechins and polyphenols
Oolong	mature	high/medium	oxidized half way between green and black tea
White	young + buds	medium/low	more antioxidants than green, black or oolong teas
Herbal	not made from tea leaves	low/ none	made from dried fruit, flowers, roots, spices, and herbs

4. Avoid Using Teflon Coated Cookware (Non-Stick)

Probably every kitchen you've stepped foot in has at least one of these bad boys laying around.

The problem is non-stick cookware (i.e, teflon) contains fluoride in the form of PFC's (Per-fluorinated compounds) which has been shown to have a leaching effect during cooking.⁹

So the next time you start cooking, what should you use?

Avoid Teflon and other non-stick pans, and use cast-iron, stainless steel, or pure ceramic. Good news is that with a little effort, a similar non-stick effect can be achieved.

5. Try To Avoid Medication Containing Fluoride

I was surprised to realize how many medications contain fluoride...

Anesthetics, antacids, anti-anxiety, antibiotics, antidepressants, antifungals, antihistamines, cholesterol-lowering medications, anti-malarial, chemotherapy, arthritis medications, psychotropics, and steroids.¹⁰

6. Go To Fluoride-Free Dentists

Fluoride treatments used by traditional dentists are extremely hazardous.

Even though these fluoride gels are meant to be applied topically (a.k.a directly to teeth), a significant amount of fluoride is absorbed into the body during treatment.

In fact, even when dentists follow safety precautions, significant ingestion can still take place.

Enough to produce toxic spikes in blood fluoride levels.^{16,17}

But thankfully there are alternatives that are just as effective and most importantly, not toxic for your health. So next time you go to the dentist, pass on the fluoride treatment or better yet – find a dentist that is fluoride-free.

Part 2: Help Your Body Detox Fluoride

The previous steps were easy because all you have to do is buy something and use it as normal (i.e, drinking water, using a different pan, using fluoride-free toothpaste).

Good news is the first part is the most **important**.

Thus if you did nothing more than part 1, you'll be safe from fluoride's toxicity. As not only have you stopped adding more fluoride to your body but your body will naturally start to detox from fluoride. Lowering your body's fluoride levels over time.

7. Fluoride Detox Diet

Unfortunately there are many foods high in fluoride. This is due to how the food is packaged (non-stick material) and if fluoridated water was used for preparation. But most importantly, soil is oftentimes polluted with fluoride from industries or tap water.

So to ensure you're eating a fluoride detox friendly diet, follow these general rules:

Foods high in antioxidants: animal products, vegetables, bone broth, spices

Use herbs and leafy greens: parsley, cilantro, spinach

Stick to whole foods: generally contain much less fluoride

When possible eat organic: pesticides & insecticides commonly contain fluoride

Eat natural: let's just say, mother nature got it right

It's important to note, animal products are generally very low in fluoride (eggs, meat, etc.) while vegetables have a higher chance of containing fluoride. So if you're vegan/vegetarian make sure the products you eat are grown in good quality soil.

8. Exercise

Sweating is one of the best ways to remove toxins from the body.

Just keep in mind, the best gym routine is one you enjoy and can do consistently.

The goal here is to be and stay active.

9. Supplements For A Fluoride Detox

Now that you've stopped sending your body fluoride, it's time to send the resources it needs to remove stored fluoride, repair any damage it may have caused, and function at an optimal level.

Calcium

Foods high in calcium: seeds, cheese, yogurt, almonds, leafy greens (spinach, kale, collard greens), sardines, salmon and any other fish where the bones are edible.¹¹

Vitamin D

The sunshine vitamin is hands down the most important nutrient on this list.

And when it comes to detoxing from fluoride, vitamin D among many other things, helps your body effectively absorb calcium. **Foods high in vitamin D:** wild salmon, herring, sardines, liver, grass-finished animal products.²²

Vitamin C (Ascorbic Acid)

Vitamin C is an important substance that helps heal damage caused by fluoride.

Acting as an essential substance to the body's production of proline, one of the most important amino acids of collagen. Which is important, as collagen is the base material for bone and tooth matrix.¹²

Foods high in vitamin C: pepper, parsley, kale, kiwis, broccoli, lemons, strawberries, citrus fruit.¹³

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