



Let's Talk About Fluoride (and why you shouldn't use it)

Message from Milly

Greetings to all,

First, I'd to thank everyone for your kind words in response to last month's newsletter on my sailing trip to Bora Bora. I feel truly blessed to have such a caring community of clients!

This month, we're getting back to health topics with a bang!

We're talking about fluoride, one of the most controversial ingredients in history.

For years, people in the natural health and holistic dentistry field have been warning about the danger of fluoride as a neurotoxin (a substance that alters the structure or function of the nervous system which can negatively impact the brain and other parts of the nervous system).

In response, experts from the medical and dental fields have gone to great lengths to argue fluoride's safety. Saying anyone who questions it is a conspiracy theorist or heretic.

So, *is* fluoride good for you...or not?

As you can probably tell by this newsletter's title, I've been on the side of the "conspiracy theorists" & "heretics" on this topic.



Years ago, a large part of my practice was devoted to offering compatibility screenings for holistic/biological dentists. It was during this time I learned about the teeth-body connection and various dental toxins, including fluoride.

And, although health conspiracy theorists and heretics are not right about everything, new evidence has now proven they got this one correct.

In this newsletter, we'll look at the hard, published evidence proving fluoride is a neurotoxin, including a newly released suppressed report from the EPA and National Toxicology Program.

This report would not have been released had it not been for the legal efforts of grassroots organizations.

We'll also look at fluoride alternatives and other helpful oral health tips.

Blessings to all!

-Milly

Numerous Studies and Reviews Agree, Fluoride Is Toxic (especially to children and developing babies)

A few years ago, it would have been understandable to question rumors about fluoride's safety.

After all, there weren't many easily accessible published studies demonstrating negative effects.

Plus, every public health, dental, and medical organization endorsed it as a safe and effective way to prevent cavities (never mind the warning labels on toothpaste tubes).

Fluoride is even added to nearly all municipal water systems.



However, there is now published evidence that fluoride *is* a neurotoxin that has no place in our mouths, our water, or our bodies.

Let's take a look at the mounting evidence against fluoride.

In 2020, a 320-page report was released by the U.S. National Toxicology Program reviewing all the published studies on fluoride's potential neurotoxicity and side effects.

The report concluded: "Fluoride is presumed to be a cognitive developmental hazard to humans."^[1]

Several human and animal studies have shown fluoride can negatively impact:

Male fertility

Human research has shown fluoride can negatively impact male fertility by decreasing testosterone levels.^[2]

Fluoride has also been shown to negatively affect sperm quality and quantity in animal studies.^{[3] [4]}

Thyroid health

A large observational study published in the *British Medical Journal* found a link between levels of fluoride in drinking water and the prevalence of hypothyroidism.^[5]

This is a significant finding given the thyroid's role in fertility, hormonal health, a sustainable pregnancy, risk of pre-term birth, and metabolism.

Lower IQs in Children

A Canadian study of 601 mothers and children showed an association between substantially lower IQs in children and high urine fluoride levels in the mothers during pregnancy.^[6]

A study from Mexico City showed a similar result, with a 6.3-point decrease in IQ levels in children

whose mothers had fluoride in their urine.[7]

Those in favor of fluoride use in adults and children would tell you, "more research is needed before we make any conclusions".

However, I would recommend deciding for yourself what you feel is an acceptable risk-to-benefit ratio, instead of waiting for the experts (who have always pushed fluoride use) to agree it's not safe.

Plus, per a new suppressed report outlining a 6-year review of fluoride neurotoxicity from the National Toxicology Program and the EPA, the top scientists in the world have already concluded fluoride is neurotoxic and reduces children's IQ.

Yet, [Health and Human Service blocked the release of this report to the public.](#)

Thankfully, grassroots organizations led by the [Fluoride Action Network](#) sued for the release of these papers under FOIA (Freedom Of Information Act) and the report was released this March.

Their conclusions were the same as the 2020 report mentioned earlier, fluoride does indeed reduce IQ in children whose mothers were exposed.

You can [read the report for yourself here.](#)

The bottom line is this, fluoride is neurotoxic, especially to young children and babies in utero.

If that concerns you, don't let your dentist or doctor talk you into using it.

Especially with so many great alternatives now available. Let's explore those now.

References:

1:

<https://ehjournal.biomedcentral.com/articles/10.1186/s12940-019-0551-x>

2:

https://www.researchgate.net/publication/10659635_Fluoride-induced_disruption_of_reproductive_hormones_in_men

3:

<https://link.springer.com/article/10.1007/s10534-005-0336-2>

4:

<https://link.springer.com/article/10.1007/s12011-016-0753-9>

5: <https://jech.bmj.com/content/69/7/619>

6:

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2748634>

7:

<https://ehp.niehs.nih.gov/doi/10.1289/ehp.655>

What To Use Instead Of Fluoride

Over the years I've watched people remove fluoride from their oral care routines with mixed success.

Some people do great with all-natural toothpastes and flossing, and others start having problems with cavities.

This is why I believe in replacing fluoride with a safer option.

Now, if you have strong teeth and gums, a great diet, and excellent oral care habits, you may be fine switching to the most natural, fluoride-free toothpaste you can find (or even going toothpaste-free) and flossing daily.

However, if you're leery about living without fluoride, I'd highly recommend using toothpaste with hydroxyapatite.

Also known as HAp, hydroxyapatite is a form of calcium similar to what your teeth are made of.

HAp has been used in Japan for decades as a fluoride alternative and has an excellent



safety record.

Studies have shown it is on par with fluoride for preventing and reducing cavities and remineralizing teeth without the risks of fluoride.[1] [2]

It's also a natural teeth whitener.

There are many brands of natural toothpaste with HAp, including:

- [Risewell](#)
- [Dr. Brite](#)
- [Boka](#)
- [Himalayan Botanique](#)
- [Bite](#)

And more.

A quick search of "hydroxyapatite toothpaste" will yield several results.

I'd also recommend looking for brands that are free from:

- Artificial colors, flavors, and sweeteners (xylitol is OK)
- Parabens
- Sodium lauryl sulfate (SLS)
- Triclosan

Finally, challenges with oral health that do not resolve from changing your oral care routine, can often be traced back to an issue with diet, gut health, and other causal factors.

A [BioEnergetic Assessment](#) may be useful in helping to get to the energetic causal factors behind persistent oral care challenges.

References:

1:

<https://www.biorxiv.org/content/10.1101/306423v1>

2:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8930857/>

Additional Holistic Oral Care Tips

If you're new to natural oral care, here are some tips to help maintain healthy teeth, gums, your oral microbiome, and in some cases, to prevent dental interventions:



As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.

All the links to products are provided for educational purposes and are not affiliate links.

1: Find a good biological dentist: Biological dentists are trained in various areas of holistic, non-toxic/less toxic dentistry (including mercury-free and fluoride-free practices) and oral health.

Visit the [International Academy of Oral Medicine & Toxicology \(iaomt.org\)](http://iaomt.org) to find a biological mercury-free dentist in your area.

2: Tend your oral microbiome

Did you know you have an oral microbiome that can significantly affect your dental health?

Care for it as you care for your gut microbiome by eating a healthy diet and avoiding too much sugar and processed foods.

Plus, avoid using alcoholic mouthwash, antibacterial toothpaste, or too much peroxide for whitening.

3: Just say "heck no" to mercury fillings

This is another topic I've been educating about for years.

Thankfully, once again, the truth is coming out.

The [FDA now warns against the use of mercury/silver fillings](#) for:

- Pregnant women and their developing fetuses;
- Women who are planning to become pregnant;
- Nursing women and their newborns and infants;
- Children, especially those younger than six years of age;
- People with pre-existing neurological disease;
- People with impaired kidney function; and
- People with known heightened sensitivity (allergy) to mercury or other components of dental amalgam.

Unfortunately, many dentists still recommend mercury amalgams because of their longevity and low-cost.

However, you can simply ask for a porcelain, ceramic, or composite filling instead.

Note: If you're interested in having your mercury amalgams removed, please only do so under the expert care of an IAOMT-trained dentist.

Do not attempt amalgam removal if you're pregnant, nursing, or plan to become pregnant within 6 months.

I also highly recommend working with an integrative health practitioner trained in heavy metal detox (like me) to support you before, during, and after amalgam removal.

I've seen too many people injured by bad amalgam removal procedures---there's a lot to this! So, although amalgam removal can be life-changing, please go about it carefully.

4: Address gum health issues

Gum health issues can increase your risk of various chronic conditions, such as heart disease.

In addition to regular brushing, flossing, and hydro flossing, changes in diet, addressing microbiome health, and supplementation of vitamin C, vitamin D, CoQ10, and some herbs can support gum health.

5: Get regular fluoride-free cleanings

Great news! You can ask for fluoride-free cleanings at nearly any dentist's office.

Regular cleanings are important for preventing bacteria build-up, which can negatively impact the oral microbiome.

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