

[Evidence Based](#)

10 Ways I Detoxed My Body From Fluoride (100% Scientific)

by Casey J Krol

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

Even though fluoride makes your bones weaker, lowers the IQ of children, calcifies your pineal gland and negatively effects thyroid function- it's still added to the water, toothpaste, and cookware of millions of people.

This forces health-conscious individuals like yourself and I, to make the right choices to protect ourselves and family. But the good news is that you're at the right place to take care of the issue. As all information here is science-based and most importantly, backed by real-life experience.

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Why Should I Detox My Body Of Fluoride?

On top of fluoride being NOT natural, 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 gets stored 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.

When someone says "my dentist told me fluoride is good for teeth and I believe it"



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?

At this point, you're probably wondering how you can remove fluoride from your body. Thankfully, a fluoride detox is very simple and follows **two** general steps.

1. Eliminate all fluoride exposure
2. Help your body remove accumulated fluoride

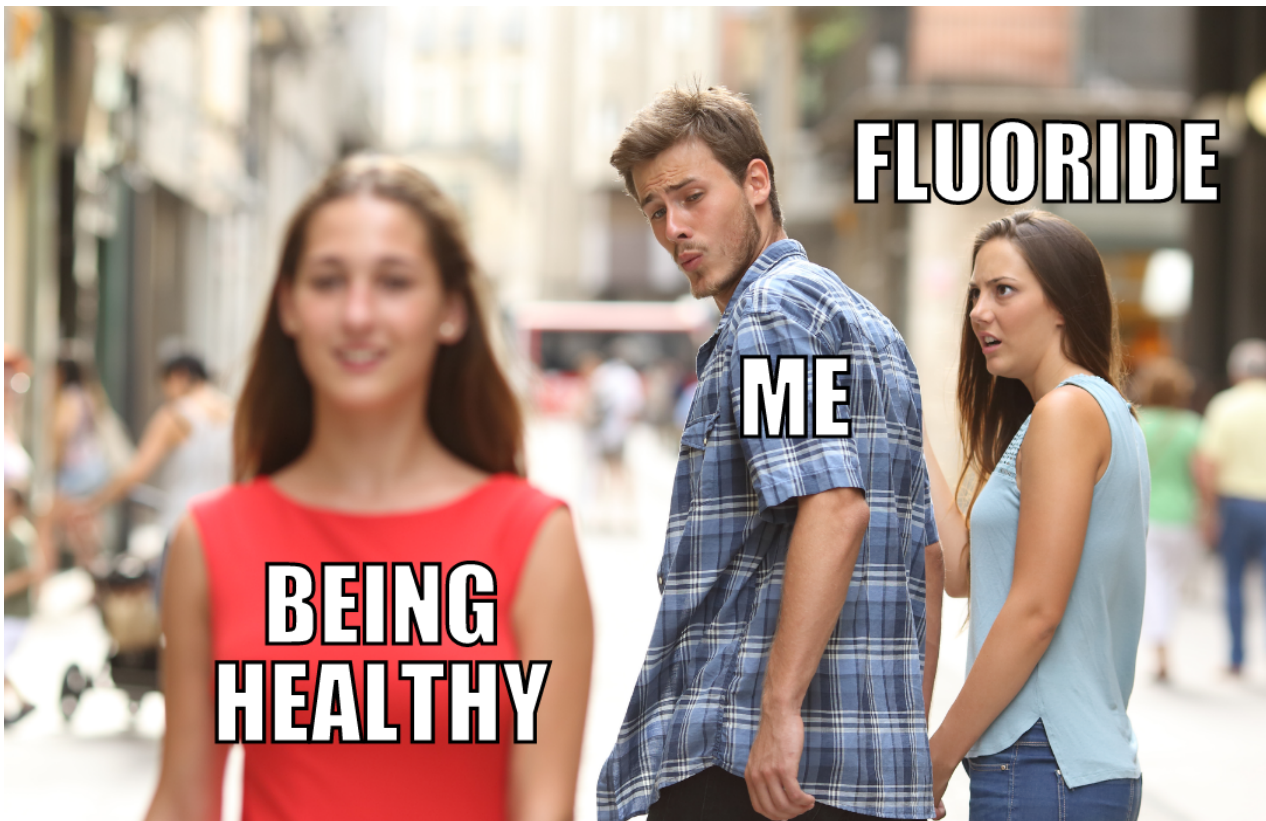
To make this as fast as possible, I'll briefly explain the step, tell you how to do it and if you'd like to read more about a certain step – click on the highlighted blue text.

Part 1: Eliminate All Fluoride Exposure

Logically, it makes sense to start with eliminating the substance that causes all the damage.

If you don't, you'll be wasting your time no matter what you do. You can't expect your body to get rid of accumulated fluoride if you're giving it more to deal with. So this is the most important

part of any fluoride detox and thankfully it's also the easiest.



All you have to do to eliminate the different sources of fluoride is **make a choice**. A choice to drink different water, use different toothpaste, switch to fluoride-free tea and so on...

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

IMPORTANT: FREE FLUORIDE FREEBIE

In this guide you're reading right now, I'll be telling you the MAIN things to do to detox fluoride from your body. This includes 6 sources of fluoride to eliminate from your life.

But the truth is there are way more sources of fluoride I can not talk about here, the article will just be too long. So I decided to give step 1 of my "5 Step Fluoride Detox Program" that helps you EASILY eliminate 25+ different sources of fluoride, for free.

And all you have to do is enter your email below and I'll send it to you ASAP.

**Enter your email below to receive a FREE guide on how to EASILY remove
25+ different sources of fluoride!**



Name

Email

Submit

But make sure you finish reading this article since there's a lot of important information that I don't talk about in the email. Like the 9 vitamins & minerals you need for a fluoride detox and common mistakes to avoid.

Anyways, let's get back to the article!

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

Making this the most **urgent** step out of the entire fluoride detox.

Unfortunately fluoride is hard to remove from water and most do-it-yourself methods like boiling water fail to remove fluoride. So the best way to get fluoride-free water is to use a [fluoride water filter](#) (link to my guide that helps you choose the right one).

However, the sad truth is that many water filter brands LIE about their filters being able to remove fluoride. So to help you avoid being tricked, those who signed up to the get the email I talked about about will also get fluoride test results on 33+ water filters.

This will allow you to double check if the current filter you have can or can't remove fluoride or check a brand's performance before buying it.

And speaking of buying filters, if you're looking for a quick recommendation, the most popular choice would be a water filter pitcher from [Clearly Filtered](#) (best brand of all the pitchers I've tested). But if you can, I'd definitely recommend buying and installing a reverse osmosis system. That would provide you with the most reliable and cheapest source of fluoride-free water.



Now I don't recommend bottled water but for the times you drink it, I've put together a list of [bottled water without fluoride](#) (link to article).

This is where you'll be able to search the fluoride levels of 298+ brands of bottled water sold across the world from countries like the USA, Canada, UK, Thailand, Poland, Germany and even Costa Rica. Most of which was independently tested by yours truly.

2. Use Fluoride-Free Toothpaste



Toothpaste is an extremely potent source of fluoride that contains anywhere from **1000 ppm** to **1500 ppm** of fluoride.⁹

So what seems like a little “pea-sized” amount of toothpaste is actually a lot of fluoride. Easily putting many children OVER their “recommended” daily fluoride intake from toothpaste alone.¹⁰

Now considering there are literally 100s of toothpastes to choose from and many fluoride-free toothpastes contain toxic ingredients. I put together an article on the [best fluoride-free toothpaste](#) (link to article) where I bought and tested over 33+ brands.

Helping you choose the right fluoride-free toothpaste for your fluoride detox.

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. In fact, even pro and anti-fluoride groups would agree that many teas contain unsafe fluoride levels.

For example, the World Health Organization recommends drinking water to be between 0.5 to 1.0 ppm of fluoride to avoid dental and skeletal fluorosis.⁸ However, many teas contain two, three, and even six times what’s typically found in tap water across North America.

So to help you choose a fluoride detox friendly tea, you can search the fluoride levels of 329+ brands of tea at [fluoride in tea](#) (link to tea database).

On the other hand, information on fluoride levels in coffee is very limited.

Knowing this, I couldn't help myself and decided to go out and test 238+ types of coffee. And I found out coffee is very low in fluoride (nothing to worry about) but you do have to watch out for fluoride-based pesticides. So buy organic and look for brands that are pesticide-free. Otherwise your coffee may contain a lot of fluoride.

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



Every kitchen you've stepped foot in, probably has at least one of these bad boys laying around.

The problem is non-stick cookware like Teflon contains fluoride in the form of PFC's (Per-fluorinated compounds) which has been shown to have a leaching effect during cooking.¹¹

Here are some quick facts about PFCs:

- Man-made compounds that did not exist prior to industrial civilization.¹²
- Does not break down, accumulates in the environment and in the human body.¹²
- Found in the blood of 95% Americans.¹³
- Increases the likelihood of cancer and infertility, weakens the immune system and disrupts thyroid hormone production.¹³

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

Avoid Teflon and other non-stick pans, and use cast-iron or stainless steel. Good news is that with a little effort, a similar non-stick effect can be achieved. While if you'd like to read more, please refer to the [fluoride in cookware](#) article.

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.¹⁵

Now, I'm not saying don't take your medication.

However, since drugs containing fluoride can be a **high** source of daily fluoride intake, it's best to know if your medication contains it. At that point you can consult with your doctor on alternatives or options in lowering or getting off of it completely.

To help you figure this out, you can search your medication at [drugs that contain fluoride](#).

6. Go To Fluoride-Free Dentists



Fluoride treatments used by traditional dentists are extremely hazardous (pictured above).

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.

And you can find these types of dentists by searching for “fluoride-free dentists near me” using Google. But always ask because even some of these “holistic” dentists still use fluoride.

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**. So if you did nothing more than part 1, for the most part 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.

But to go above and beyond in your fluoride detox, part 2 will help you do exactly that.

7. Fluoride Detox Diet

Obviously, avoid eating fluoride.

Unfortunately this is easier said than done since there are many [foods high in fluoride](#).

This is due to how the food is packaged (non-stick material), if fluoridated water was used for preparation and if the soil is polluted with fluoride from industries or tap water. But most

importantly, the sneakiest source definitely has to be fluoride-based pesticides used on vegetables and other crops.

"YOU NEED VEGTABLES TO BE HEALTHY" THE VEGTABLES:



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

- **Stick to whole foods:** generally contain much less fluoride
- **Eat nutrient dense foods:** superfoods like eggs, liver and bone marrow
- **When possible eat organic:** pesticides & insecticides commonly contain fluoride
- **Eat natural:** let's just say, mother nature got it right
- **Avoid foods high in anti-nutrients:** phytic acid, gluten, & lectins

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 or vegetarian make sure the products you eat are grown in good quality soil.

8. Exercise

You can't go wrong with exercise.

Sweating is one of the best ways to remove toxins from the body. Now whether you want to do this through free-weight training, CrossFit, yoga, or running, is up to you.

But most importantly, in regards to this fluoride detox. Exercise helps stimulate bone growth which is what we want. Considering our goal is to replace fluoride in our bones with better built

bone. This is exactly what happens when you exercise and give your body the right nutrients (next step).

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. Even something like regularly walking in the sun will help you out a ton.

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.

Overall you should make sure you're getting ALL essential vitamins and minerals since they're all important. But to start off your fluoride detox, the main focus should be on 5 specific nutrients. Which have been shown to reverse the effects of dental and skeletal fluorosis.¹⁸

If you don't see a nutrient/supplement here but have seen it on other websites, there's a reason for that which is addressed below (i.e, Borax, Iodine supplements, Tamarind).

Calcium

Calcium is one of the biggest known substances in fighting fluoride. To the point where people who accidentally ingest a large amount of fluoride are told to immediately drink cups of milk.¹⁹

Now considering I'm lactose intolerant, my favorite source of calcium is grass-fed and raw dairy, specifically milk. I don't experience any of the negative effects associated with dairy that would otherwise be grain-fed or pasteurized.



My guess is that the grains the cows are fed are toxic and/or the pasteurization process damages the milk, especially the delicate nutrients found within it.

Best part about this, is that the cows that produce grass-fed and raw dairy are treated with respect, live happy lives eating grass all day and you support small farmers instead of the huge and corrupt milk industry.

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.²⁰

Percentage of Americans that do not meet daily requirement: 44.1%²¹

Vitamin D

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

Almost everyone does not get enough, regardless if they're doing a fluoride detox. This is especially true if you live in parts of the world where the sun is not strong all year around or if you don't get much sun in general.

And when it comes to detoxing from fluoride, vitamin D among many other things, helps your body effectively absorb calcium. So if you don't have enough vitamin D (likely) the calcium you consume will go to waste and not do what it's supposed to do.



Of course, getting out in the sun is the best source of vitamin D. And the more skin you expose to the sun, the better (shoutout to Carnivore Aurelius).

But if you can't get sun, make sure you eat foods that contain natural vitamin d, and worst case

scenario, supplement. Just keep in mind you may need more than what's generally recommended to get to healthy levels of vitamin D.

Foods high in vitamin D: wild salmon, herring, sardines, liver, grass-finished animal products.²²

Percentage of Americans that do not meet daily requirement: 88.5%²¹

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.²³ But if you're getting all the other nutrients talked about here, it's very likely you'll already get enough vitamin C.

Foods high in vitamin C: pepper, parsley, kale, kiwis, broccoli, lemons, strawberries, citrus fruit.²⁴

Percentage of Americans that do not meet daily requirement: 38.9%²¹

Combo-Pack Vitamins and Minerals

Almost every single essential vitamin and mineral is connected one way or another with your body detoxing fluoride. In fact, this even applies to any other detox's or function your body does.

With that being said, other vitamins and minerals that are key to a fluoride detox include vitamin K2 (helps with calcium metabolism), phosphorus (bone and teeth health) and vitamin A (important to building strong, healthy bones).

And without taking 25+ different pills every day, my favorite way of getting all these vitamins and minerals is by eating grass-fed liver a few times a week or a little every day.



Of course, I don't officially recommend you eat raw liver. I personally do it but you should research for yourself and the best people to learn from are Paul Saladino (aka Carnivore MD) and Brian Johnson (aka Liver King).

However, the point is whichever way you eat liver it'll provide you plenty of vitamin K2, phosphorus, vitamin A along with several other key nutrients like choline, copper, vitamin B, iron and many others.

Worst case, if for whatever reasons you can not eat liver or don't want to, consider supplementing with liver pills or cutting up liver into small pieces and swallowing it with water.

Iodine

Last but not least, let's talk about iodine.

Iodine helps flush fluoride from the body. So when you don't get enough iodine the body is left with more fluoride which has been shown to interfere with thyroid function. But fluoride also easily displaces iodine in the body. So in order to see benefits, you need to reduce fluoride exposure and make sure you're getting enough iodine.

However, I don't recommend supplementing with iodine, but instead through real food.

Foods high in iodine: seaweed, fish, shellfish, dairy, eggs, liver, shrimp.

Important Note About Supplements

I understand people like the idea of taking a pill to get their nutrients. It sounds very easy...

You pop a pill and you're good, right?

But the vitamins you find in pills come nowhere close to the vitamins you find in real food. On top of that, not every brand of vitamins is good quality, some could even be harmful to your health, and some artificial supplements are not bioavailable. Which means they may be doing nothing but increasing your credit card bill.

But there's an easy solution.

Eat superfoods high in vitamins and minerals. For example, just 3 foods give me almost all the nutrients I need for the day and a fluoride detox. But for those that have a hard time eating healthy or "nasty" foods like liver. I'd recommend you supplement with pills that are made from the real thing (liver, bone marrow, seaweed, and other organs).

10. Avoid Common Mistakes & Traps

Most people waste their time and put their health at risk following many other fluoride detox "tips".

Usually this happens when someone hopes a "quick fix" like a certain supplement or product can do all the work. When in reality, there's no magic bullet. Instead, all you have to do is keep it simple... Stop all fluoride exposure and give your body specific essential nutrients.

Your body will take care of the rest.

Me after reading about fluoride for 3 hours straight



Giving you 99% of the results.

That's why the goal of this article is to recommend products, food and techniques you NEED. Not tell you about 12 different things that "could" help you. So here's a list of a few things I recommend you AVOID:

- Borax
- Supplementing with fake iodine
- Sauna for detoxing, instead get some sun
- Tamarind & Turmeric
- Melatonin supplements

But if you are looking for a "quick fix" I'd try the following things; grass-fed liver, raw and grass fed dairy, plenty of sunshine, quality sleep (try using blue light blocking glasses a couple hours before bed and a sleep mask at night – will help your pineal gland) and get rid of vegetable oil in everything you eat.

Benefits Of A Fluoride Detox

By completing this fluoride detox you essentially dodged all the health effects of fluoride.

Worrying about dental fluorosis, skeletal fluorosis, lowered IQ for your children, calcified pineal glands and thyroid problems are now a thing of the past... Talk about hitting not 2 birds, but multiple birds with one stone.

But the benefits don't stop there...

1. What People Are Experiencing

At this point I've had 75,000+ people read this fluoride detox and a few hundred have shared their personal stories with me through email or Instagram. The type of stories that you won't see any mainstream news outlet cover. Or a matter of fact, see anywhere else.

I. Arthritis and Bone Pain GONE

Several people have shared that their bone and joint pains have disappeared immediately or in a matter of days after they stopped drinking fluoride and using fluoride toothpaste. Elimination of tea or switching to herbal tea has also given similar benefits.

sarah

27 Mar 2021, 20:25



to me ▾

No, he eats Walmart's organic brand or Whole Foods organic brand.
Thanks!

I appreciate all the information you are providing! I'm 42 and have had rheumatoid arthritis for almost 20 years. I also have hypothyroidism. I read a book about iodine that lead to another book about fluoride and acne (which I don't have, but my teens do) and I'm experimenting with going fluoride free and adding iodine. So far, even though the detox has been tough, I'm not taking thyroid medication and feeling amazing. I also have not had any joint issues since I changed my toothpaste and water. I'm amazed that I am feeling so well with my joints!! I am usually swollen even while taking enbrel shots. I haven't had a shot in 3 weeks and my swelling continues to decrease. I think it is all fluoride poisoning. I can't believe all that I've learned in the past 2 months!!

Thanks again!!

Sarah

II. Headaches and Migraines Disappeared

Fluoride is a neurotoxin (substance that causes damage to the brain) so many brain benefits have been observed especially when people quit drinking tea high in fluoride.

Heather [REDACTED]

1 Dec 2020, 19:59



to me ▾

Hi Casey,

I once thought green tea was healthy and I was drinking 4 mugs of tea per day with double bags. I was getting really bad headaches in my right temporal lobe and occasionally when I would get the pain I would also smell something rotten. So I began researching temporal lobe pain and symptoms, and I read that when the temporal lobe seizes that a symptom is smelling false smells like something rotten. This caused me to wonder why I might be having brain seizures, so I began to consider my dietary habits. I noticed that the headaches began around the time I began drinking tea. So then I began researching about green tea and neurotoxicity, which is how I stumbled across your fluoride blog. I have stopped drinking tea for two weeks now and the headaches have recently disappeared. I also juice a lot and drink green smoothies, so hopefully I can detox. I also switched to fluoride-free toothpaste and aluminum-free underarm deodorant. Thank you for helping me save my life.

III. Cured Skin Conditions & Acne

Several people have been able to completely get rid of their acne, eczema and other skin conditions.

In fact, one woman was able to completely get rid of her autoimmune skin disease called psoriasis that she had for 12 years by simply switching from drinking water from a Brita (improperly filtered tap water) to bottled water that was low in fluoride and lead.

Christina [REDACTED]

30 Aug 2021, 02:42



to me ▾

Hi Casey,

I recently found out this year about how fluoride is dangerous. In February, I stopped drinking tap water (filtered with a Brita) and I wanted to see what difference it would make switching to fluoride free water. I've been drinking filtered tap water literally my entire life. I started drinking [REDACTED] water that has no fluoride, chloride, lead, etc (supposedly). For reference, I have an autoimmune disease called psoriasis. The very next day, I noticed that my psoriasis was literally going away on some parts of my skin. I was shocked!

[REDACTED]

I've been drinking [REDACTED] water everyday since then and I barely have psoriasis on my skin now! But now that I've learned about microplastics (from your page), I've been trying to switch to water that comes in glass. I actually started buying and drinking Evian water because of your recommendation! :) It's also been super hard to find [REDACTED] water in stores where I'm from. I've been looking to switch to another water brand because of this. Anyways, I just thought you should learn about my experience with fluoride free water and how it basically cured my autoimmune disease I've had for 12 years of my life. Your website definitely helps me out a ton. Have a great day/night!

IV. Spiritual Improvements

Due to a healthier pineal gland people have reported feeling more conscious and other benefits related to opening their "third eye". People have also reported experiencing more vivid dreams.

V. Elimination of Menstrual Cramps

Dozens of women have written and told me once they've greatly reduced fluoride exposure, their menstrual cramps have either gotten much better or completely disappeared.

Lauren [REDACTED]

24 Jul 2021, 15:59



to me ▾

Hey Casey! I'm so grateful to have come across your content! At the beginning of this year, my family switched over to a Clearly Filtered water filter and immediately I noticed some improvements. However, I also started drinking green tea daily, thinking it was helping me detox. (I was also letting it steep wayyy too long!) Since coming across your site two weeks ago, I've stopped drinking green tea and feel great! I have so much energy and had zero cramps during my cycle for the first time ever! I bought the Fluoride Detox Program and have been reading through it, and yesterday I came upon the section about [REDACTED]. I had started drinking [REDACTED] years ago and loved it, but not a month later, the state of Texas made it illegal to sell and that was that. Until reading your article, I was still under the impression it was illegal here. I had looked into it occasionally to see if they'd amended the law, but eventually forgot about it. Turns out it just became legal again last year, and I have you to thank for that discovery! Next week I'll be picking up my first gallon of [REDACTED] in years! Can't wait!

VI. Thyroid Improvements

People have reported better natural thyroid function, one woman reported not taking her thyroid medication and feeling great after stopping fluoride exposure. Which should be expected considering fluoride was once used as a drug to suppress thyroid function. So logically, removing fluoride would boost thyroid activity.

Just realize, it's not a guarantee you will experience all or any of these effects. Everyone is different and there may be other things in your life that need to be fixed. I'm also not saying you shouldn't take your medication, that's something you and/or your doctor should decide.

2. Healthy Newborns and Babies

Eliminating and detoxing from fluoride can be the difference between a baby having the opportunity to grow up with excellent health or a life filled with health problems.

Since the placenta can not block environmental toxins, during pregnancy the baby is directly exposed to fluoride within the body. Considering the size and lack of development of unborn, newly born or young children, fluoride's effects are much worse the younger you are. Especially on vulnerable and developing brains:

- **Neurobehavioral Defects:** leads to autism, ADHD and other cognitive impairments²⁵
- **Reduced Intelligence:** lowered IQ²⁶
- **Hippocampus Damage:** impaired ability to learn and remember²⁷

And if you're a young woman that is planning on having children just keep in mind fluoride accumulates in your body so you should give yourself some time to detox of any stored toxins including fluoride.

3. Enhanced Mood, Energy & Sleep

Lastly, by eliminating fluoride, you begin to optimize the activity of the pineal gland.

This small, pine-cone shaped gland is responsible for the production of melatonin in the body. When exposed to fluoride, the [pineal gland calcifies](#) and its overall function decreases. While a fluoride-free diet stimulates the growth and function of the pineal gland.

With less melatonin the following effects start to emerge:

- poor sleep,
- anxiety,
- depression,
- increased oxidative brain damage

However, you'll experience the opposite; great sleep, positive mood, focused concentration. And if you want to optimize your pineal glands function, wear blue light blocking glasses and wear a sleeping mask while you're asleep (pictured below).



Join 407,039+ Readers

Follow us on social media for the most up to date fluoride news, advice and content.



wear blue light blocking glasses 2 hours before bed, and wear a sleeping mask).

TRUTH ABOUT
FLUORIDE

#1 Resource For Reliable and Useful Fluoride Information

Providing you the tools and information you need to avoid a classified neurotoxin with ease.

- ✓ **Evidence Based:** information is based on scientific literature.
- ✓ **Independently Tested:** tests are independently tested (water filters, teas, bottled water, etc.) to ensure unbiased results.
- ✓ **Self Funded:** the website is solely funded by the owner + donations made by readers. Keeping the information pure and objective.

sharing buttons found below (Twitter, Facebook, Email & Pinterest)

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This way they also get the opportunity to improve their health and you get to help me expose the [truth about fluoride](#).

Cheers!

Fluoride Detox FAQ's

1. How Long Does Fluoride Stay In The Body?

When a healthy adult ingests fluoride, only around 50% gets removed by the kidneys while the rest is free to travel through blood and accumulate in calcifying tissues such as the pineal gland and bones.⁴ And contrary to the lies fed to us, the teeth contain less than 2% fluoride so none of it is going to where it's "supposed" to go.²⁹

But in regards to detoxing fluoride, it depends what body part we are talking about. For example, the pineal gland will improve and heal quickly due to its constant contact with large amounts of blood. While bones will take years to completely remodel themselves.

However, the most important thing is lowering your total fluoride serum levels (level of fluoride in your blood and urine) which is mainly influenced by your daily fluoride intake. So once you do step 1 of this fluoride detox, you'll start to experience the majority of positive effects.

2. Are There Any Fluoride Detox Symptoms?

You will most likely not experience any negative side effects from detoxing fluoride from your body.

Remember, you're getting rid of a toxin. This will make you feel better.

But this is only true if you do it the way outlined in this article. I can see how someone could experience negative symptoms or side effects following other advice. Which mainly has to do with the products and supplements being used.

3. What Function Does Fluoride Have In The body?

As mentioned above, there is not a SINGLE biological process that requires fluoride.^{1,2,3}

This means fluoride does NOT help your body do one single positive thing. So any fluoride you ingest is only going to increase the risk of harm but provide you zero benefits. In other words, a fluoride detox is you removing garbage from your body.

► References



Casey J Krol

The guy exposing the truth about fluoride, one great article at a time. Now if you'd like to support what I do, click the "donate" button below. While for any questions, use the other buttons to get in touch with me (IG or Twitter). Better yet, sign up with your email on the website and get access to my personal email.



[Home](#) » [Blog](#) » **10 Ways I Detoxed My Body From Fluoride (100% Scientific)**