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4 Places Fluoride Is Stored In The Body

by Casey J Krol

By now you probably know fluoride is toxic and accumulates in the body, but where is fluoride stored in the body?

A simple way to remember what you will learn here is to think back to the Greek king Midas...

Everything he touched turned to **gold**.

But in regards to the [truth about fluoride](#), everything it touches is worse off.

Now, let's look at what fluoride touches within the body.

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4 Places Fluoride Is Stored In The Body

As a cumulative toxin, fluoride is known to **accumulate** in the body(1).

When fluoride is ingested, the kidneys only remove a fraction.

While the rest is free to roam in the body.

And as explained in [what is fluoride](#), this amount depends on several factors such as; age, kidney function, gender, and calcium intake(2).

Either way, it's a good idea to be aware of all potential sources of fluoride, so here are a few other resources at your disposal:

- [Fluoride In Tea](#) (Search 329+ Teas)
- [Fluoride In Kombucha](#) (Search 32+ Brands)
- [Foods That Contain Fluoride](#) (Search 504+ Foods)
- [Bottled Water Without Fluoride](#) (Search 114+ Brands)

Now once fluoride is ingested and roaming within the body, it's eventually stored into 4 main areas:

- Teeth
- Bones
- Brain
- Pineal Gland

As fluoride accumulates within these specific parts of the body, it causes lots of damage and leads to several health effects.

1. Teeth



Excess accumulation of fluoride leads to a condition called [dental fluorosis](#).

This is typically the first sign of fluoride toxicity and occurs when teeth are forming.

Dental fluorosis is a tooth defect, easily seen through white streaks, brown spots, or even pitting.

While the stage of dental fluorosis depends on the amount and duration of fluoride exposure.



As both factors increase, more fluoride is stored in teeth, resulting in greater visual changes.

While the greater the tooth discoloration, the more damage has been done to the enamel.

The good news is that the visual effects of dental fluorosis can be cosmetically treated.

However, the damage done to the enamel is permanent.

2. Bones



The majority of fluoride is stored in the bones, ranging upwards and over 95% of all stored fluoride(3).

This is a result of fluoride's highly reactive nature, that loves to react with the calcium found in bones.

This leads to unhealthy bones, as fluoride's presence **negatively** alters the natural process of bone formation and resorption.

Eventually leading to a chronic bone and joint disease, called [skeletal fluorosis](#).

Signs of skeletal fluorosis:

- Stiffness and pain in joints
- Weaker and brittle bones
- Lower back pain
- Reduced flexibility

However, if fluoride exposure continues, these early signs of the disease will only get worse.

Transforming into more serious health conditions.

Health effects of skeletal fluorosis:

- Osteomalacia (softening of bone)
- Osteoporosis (weaker bones, greater risk of fractures)
- Osteoarthritis (arthritis in hands, knees, hips or spine)

Thankfully skeletal fluorosis is a preventable disease.

However, as it stands there are no treatments that can cure skeletal fluorosis.

3. Brain



As it stands, there are over 400 studies that classify fluoride as a **neurotoxin** (a chemical that can cause damage to the brain).

Through these hundreds of studies, fluoride has been shown to cross the blood brain barrier and store in the brain.

Among several other effects, fluoride increases oxidative stress, alters protein expression, and degrades neurons.

What's worse is these effects are **multiplied** in young children, who have fragile and developing brains:

- Impaired capacity to learn and remember
- Reduced intelligence (lowered IQ)
- Neurobehavioral defects (autism and ADHD)

To learn more, refer to [what does fluoride do to the brain?](#)

4. Pineal Gland



Building upon the brain, the pineal gland, is a tiny, pinecone-shaped gland and is arguably the most affected by fluoride accumulation in the body.

When fluoride is stored in the body and circulates throughout blood, unique features of the pineal gland set it up to be fluoride's number one victim:

- Large amounts of blood flow
- Located outside the blood-brain barrier
- High calcium concentrations

Now, when the pineal gland is directly exposed to fluoride, it starts to store fluoride.

This interaction and accumulation of fluoride forms phosphate crystals that create a thick shell around the pineal gland.

This crystallization process is known as [pineal gland calcification](#) and causes the pineal gland to become in/underactive.

Resulting in several health consequences:

- Lowered melatonin production
- Problems sleeping
- Increased risk for breast cancer
- Increased risk for Alzheimer's

However, it's not all bad news here at [Truth About Fluoride...](#)

How To Detox The Body Of Stored Fluoride?

When it comes to fluoride, it's simple...

The greater and longer one is exposed to fluoride, the more **serious** the health effects.

Thus the first step of any plan should be to eliminate all fluoride exposure.

Only then should you focus on detoxing your body of accumulated fluoride.

Thankfully, both eliminating fluoride exposure and detoxing, are outlined in **8 steps** found in the [fluoride detox guide](#).

Anyways, that's all for this post, I'll see you at the other one!



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.

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