

✓ Evidence Based



What Does Fluoride Do To The Brain?

by Casey J Krol

Fluoride can cause brain damage.

In fact, fluoride's ability to damage the brain is one of the most active areas of fluoride research today. Making it easy to answer – what does fluoride do to the brain?

With 400+ studies labeling fluoride as a **neurotoxin** (a chemical that can cause damage to the brain) there is a lot to learn about the relationship between the two.

And it's not all negative... At the end we'll talk about how to easily protect the brain from fluoride + a big 2023 update.

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What Does Fluoride Do To The Brain?



Brain damage caused by fluoride is supported by lots of infant, children and animal research.

These studies have consistently shown fluoride, at widely different levels, is toxic to the brain.

With 3 main effects being observed:

1. Reduced intelligence (lowered IQ)
2. Neurobehavioral defects (ADHD)
3. Impaired capacity to learn & remember

With these kinds of characteristics, fluoride earned a place in the prestigious medical journal (The Lancet) as one of only 11 chemicals that are known to damage the developing brain.¹

The researchers from Harvard University commented on their findings, "Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain".²

5 Ways Fluoride Damages The Brain

1. Fluoride Lowers IQ

Once upon a time, saying something like "fluoride lowers IQ" was nothing more than a "conspiracy" theory.

However, times have changed.

Today there are more than 64 studies that have linked fluoride to reduced IQ in both children and adults.⁴⁷ However, until recently all of the research was correlational data.

That was until the Bashash study.

Fluoride in 1943



**Trust me,
I prevent cavities!**

Fluoride now



**I cause brain
damage**

This study was funded by the following U.S. agencies: National Institutes of Health, National Institute of Environmental Health Sciences and the EPA.

In this study, authors from several universities across Canada, the U.S, and Mexico, followed over 300 mother-child pairs in Mexico City for a 12-year period.

Uncovering a strong relationship between the mothers' exposure to fluoride (measured through their urine) and lowered IQ in their offspring at 4 and again at 6-12 years of age.



"This is a very rigorous epidemiology study. You just can't deny it. It is directly related to whether fluoride is a risk for the neurodevelopment of children(48)"

**- Dr. Howard Hu, Lead Author
of Bashash Study**

The fluoride urine levels found in pregnant women in the study are the same found in pregnant women in the USA (0.5 to 1.5 ppm).

At those levels the authors concluded a loss of **6 IQ points**.⁴⁹

This is bad enough but now imagine a pregnant woman was also a regular tea drinker. And since [fluoride in tea](#) can reach two, three or even SIX times the amount found in tap water...

It makes you think, how much more would the child's brain be affected?

Either way, it's clear that previous studies provided strong correlations but the Bashash study made it simple... If a young child was exposed to fluoride, it would damage the brain and result in reduced intelligence.

2. Fluoride Is A Developmental Neurotoxin

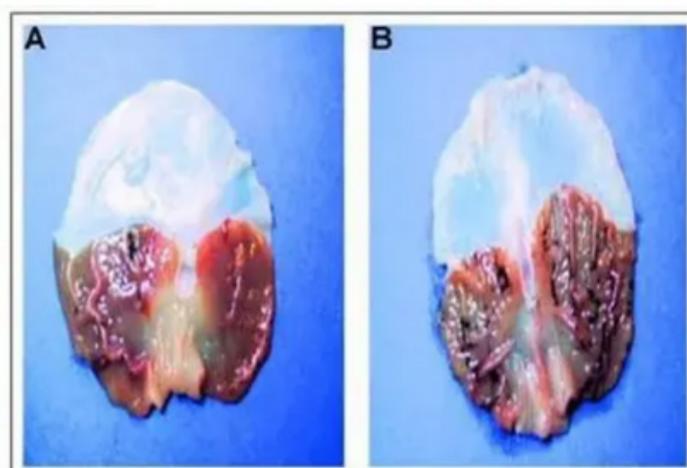
As briefly mentioned above, the study in the *Lancet* recommended that fluoride be classified as a developmental neurotoxin with the likes of lead, mercury, arsenic, PCBs, and toluene.¹

That's because recent and emerging research rightly puts it among developmental neurotoxins that are capable of causing various brain disorders such as autism, attention deficit hyperactivity disorder (ADHD), learning disabilities and other cognitive impairments.⁴⁶

3. Fluoride Impairs Pineal Gland Function

The tiny, pinecone shaped gland holds huge responsibility- it controls melatonin production throughout your body. And also believed by many as a gateway connection to spiritual life and God.

Now fluoride has been proven to cross the blood brain barrier, accumulate in the pineal gland and crystallize it – causing it to become in/underactive.⁵⁰



Once your pineal gland is calcified, it causes a domino effect in your body.

Most obvious effect is poor sleep.

For example, everyone knows how important melatonin is for sleep. Lots of people take

melatonin pills to fall asleep. So when the organ responsible for it is damaged, poor sleep is a likely first effect.

Besides that, melatonin is also a potent antioxidant that helps protect the brain.

With a properly functioning pineal gland, melatonin can offset damage that leads to serious brain disorders including dementia and Alzheimer's.⁵¹ Which means, if an individual has a pineal gland that does not work well, they are more likely to develop dementia and Alzheimer's...

So it may be small but it's so important and easily affected by fluoride that we have an article dedicated just to the [pineal gland and fluoride](#).

4. Fluoride, Alzheimer's and Dementia

Once the pineal gland goes...

The dominos start to fall.

Without the protection of the pineal gland's melatonin production, the likelihood of brain diseases like Alzheimer's and dementia skyrocket.

Which is why pineal gland calcification is thought to contribute to dementia and Alzheimer's as it's found in significantly higher rates in patients with these diseases.⁵²

However, let's not forget about the relationship between aluminum, fluoride and Alzheimer's.

First off, it's well known aluminum is a neurotoxin and has been found in the brains of Alzheimer's patients at higher than normal levels. Since fluoride is extremely reactive and compatible with aluminum, the two react when possible- forming aluminum fluoride.



When this happens, it makes it easier to bypasses the blood-brain barrier and finds a home in the brain. Furthermore, the presence of aluminum fluoride in the brain has been linked to Alzheimer's.⁵³

If you're wondering how you'd ever come across aluminum, look at your water, deodorant or even your "natural" toothpaste.

5. Fluoridated Drinking Water Doubles The Risk of Hypothyroidism

This might sounds crazy...

But fluoride has been prescribed as a drug to **reduce** the activity of the thyroid gland. In fact, until the 1950's doctors across Europe and South America used fluoride to help patients with HYPERTHYROIDISM (OVER-active thyroids).

As fluoride binds with iodine receptors in the thyroid, displacing iodine. Which is essential in making the thyroid hormone.

Oddly enough...

The second most prescribed medication in the USA in 2018 was Levothyroxine. Which is a drug used to treat an **underactive** thyroid gland (HYPOthyroidism). With 105,773,990 total prescriptions and 19,448,097 total patients.⁸⁴



Now I'm not a scientist...

So correct me if I'm wrong.

They add fluoride to our water, making our thyroid glands UNDER-active. Then sell us medication to help our thyroid gland become MORE active.

Amazing business model.

But how does it affect the brain?

Well when there isn't adequate iodine available, the thyroid can't make thyroid hormones.⁵⁴ This is bad news for the entire body, as thyroid hormones act on nearly every cell in the body. Including the brain, where thyroid hormones are crucial for brain development, and influence brain function throughout life

When this happens, an individual may experience the following symptoms:

- brain fog
- lack of focus
- anxiety
- memory loss
- depression

This is why, when fluoride is added to drinking water, it nearly doubles the risk of developing hypothyroidism (underactive thyroid).⁵⁵ While if an individual is deficient in iodine, the toxic effects of fluoride on brain cells are significantly worse.

How To Protect The Brain From Fluoride?



You might be scared but all of this is so easy to avoid. And requires you to do one thing...

Eliminate fluoride from your life.

But after helping thousands of people, I've noticed it's not as easy as not drinking tap water and using fluoride-free toothpaste. Many people make mistakes like buying an expensive filter that does NOT remove fluoride even if it's advertised to do so, use fluoride-free toothpaste that is just as toxic as fluoride toothpaste, and in general, miss many hidden sources of fluoride.

So I have good news.

To help you out, I've summarized everything you have to do to completely eliminate fluoride from your life into 10 easy to follow steps.

Just enter your email below and I'll send the 10 steps directly to you.

10 easy steps to completely remove fluoride from your life! Just enter your email and first name below



Submit

This way I can explain each step in detail. Saving you hours of research.

Besides that, that basically wraps up this article. If you have any questions or concerns, feel free to reach out to me using the contact buttons below this post.

Cheers!

Fluoride Reaches Federal Court (2023 Update)

There is some good news.

A big step was taken to taking fluoride out of our water, as the issue has reached a US Federal court. On top of that, a 6-year report by the NTP that was recently blocked from the public by the Justice Department & EPA was finally released ([link to report](#))

This review considered all human studies of fluoride's effect on the developing brain. In this review by the NTP it reported 52 of 55 studies found decreases in child IQ associated with increased fluoride exposure, an astounding 95% consistency.

And of the 19 higher quality studies,

18 found lowering of IQ.



"Overall, the report provides strong evidence that fluoride is associated with a substantial loss of IQ at levels of exposure common in people drinking fluoridated water."

In other words,

The government report found no safe levels of fluoride in water, which in a normal world would threaten the policy of fluoridation (adding fluoride to water).

And why is this important?

Well, the report stated...

"[R]esearch on other neurotoxicants has shown that subtle shifts in IQ at the population level can have a profound impact on the number of people who fall within the high and low ranges of the population's IQ distribution. For example, a 5-point decrease in a population's IQ would nearly double the number of people classified as intellectually disabled."

Now imagine what that has done to countries like the USA? Canada? UK? Australia?

Imagine if we had half the number of "intellectually disabled" people... what the country would be like? How would this affect voting? How would it affect policy? How would it affect the general culture?

Something to think about.

Not many people are aware how toxic fluoride is to the brain. Which is a shame since this affects millions of people across the world. So if you have a moment, use the blue buttons below to share this article on Twitter, Facebook, Email or Pinterest. Thank you.

► References

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