

Metabolic Solutions Report

Terry Chamberlin B.Sc., C.N.C., Bioanalyst

Nova Scotia, Canada

msibio@yahoo.com

902-584-3810

6 Ways To Detox Fluoride – A Known Neurotoxin – From Your Body

By Amanda Froelich

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Sodium fluoride is classified as a neurotoxin - in the same category as arsenic, lead, and mercury, but it's still prevalent in the United States' water supply. Here are six ways to detox the substance from your body.

For years, health experts have been debating about whether or not sodium fluoride is toxic to the human body. Small amounts applied topically may prevent tooth decay, but there is little evidence suggesting that fluoride improves health when it is ingested.

In fact, according to the world's oldest and most prestigious medical journal, The Lancet, the additive is actually a neurotoxin and is classified in the same category as arsenic, lead, and mercury. Because it is commonly ingested through fluoridated water, certain foods, and commercial toothpastes, researchers believe that the additive is contributing to a worldwide "pandemic of developmental neurotoxicity" that results in disabilities such as attention-deficit hyperactivity disorder, dyslexia, and other cognitive impairments.

The report coincides with 2013 findings by a Harvard University meta-analysis which was funded by the National Institutes of Health. The researchers concluded that children in areas with highly fluoridated water have "significantly lower" IQ scores than those who live in areas with low amounts of fluoride in their water supply. In addition, the Harvard website states that "extremely high levels of fluoride are known to cause neurotoxicity in adults, and negative impacts on memory and learning have been reported in rodent studies." In addition, "little is known about the substance's impact on children's neurodevelopment."

Despite these findings, fluoride is still added to approximately 60% of the United States' water supply. This is especially concerning, considering that sodium fluoride was once used as rat poison.

Because the cumulative toxin accumulates in the human body and can manifest in problems over time, including dental fluorosis – or far worse health issues, it's important every individual follows the steps below to eliminate the additive from their body.

Note: You might experience detox symptoms at first – such as headaches, sluggishness, or aches and pains, but this is a sign foreign agents are leaving your body. Drink plenty of water and follow the six steps listed below to naturally eliminate fluoride from your system.

1) Get Adequate Iodine

Iodine is an important element for the normal metabolism of cells, especially thyroid hormones. It pushes the fluoride from your body via urine. Some good sources of iodine include seaweed (nori, dulse, wakame, etc...), cranberries, organic yogurt, potatoes, organic strawberries, and organic navy beans.

2) Consume More Boron

Boron is a natural element that helps flush fluoride from your body. Boron-rich foods include most nuts, dates, prunes, honey, broccoli, bananas, and avocado.

3) Eat Some Tamarind

This African fruit and spice is used extensively in Ayurvedic medicine. It can be used in a tincture or tea to cleanse the body of fluoride.

4) Increase Magnesium/Calcium Intake

Most people are deficient in magnesium because the soils have been depleted of this mineral through modern agricultural methods. It plays an important role, however, in the metabolism and synthesis of nutrients within your cells. It also inhibits the absorption of fluoride into your cells. Along with magnesium, calcium seems to help attract fluoride away from bones and teeth, allowing the body to eliminate it.

Both should be taken together, and this can easily be accomplished by consuming dark leafy greens, nuts, seeds, fish, beans, whole grains, avocados, organic yogurt, bananas, dried fruit, and dark chocolate.

5) General Liver Cleanse

The most important step to detoxify from excess fluoride may be to cleanse your liver. The liver is responsible for over 400 functions in the body, and when it gets overburdened, a number of symptoms may manifest. Because fluoride isn't a product found naturally in the body, some sources claim that it may get stuck in the liver.

If you drink lemon water upon rising and eat liver-friendly foods, such as garlic, turmeric, lemons, limes, and avocado, your body will have an easier time removing heavy metals and toxins.

6) Sit In A Sauna

Saunas are great for ridding your body of toxins, as they inspire the body to sweat them out. The penetrating heat feels good, as well. Just be sure to drink plenty of water before and after to prevent dehydration. If you have any medical conditions, consult your healthcare provider first.

By adopting a wholesome, plant-based diet, getting plenty of exercise, receiving 15-20 minutes of sunlight per day, thinking positive thoughts, and taking time off to keep your stress levels in check, you'll find that you feel better and have more energy than before. These additional tips will improve your body's ability to detox fluoride and other toxins from your system, as well.

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