

Sodium Floride

the

Deadly Poison



Why is Poisoning Especially Small Children Considered a Valuable Public Health Policy?

This book reveals the tragedy of how the U. S. government, industry, and trade associations protect and promote a policy known to cause harm to our country and especially small children, who suffer more than any other segment of the population. While the basis of their motivation remains uncertain, the outcome is crystal clear: it is destroying our nation.

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Fluoridegate



Why is Poisoning of Children Considered a Valuable Public Health Policy?

By Dr. Mercola

http://www.youtube.com/watch?v=zpw5fGt4UvI&feature=player_embedded

Fluoride is a toxic substance that is biologically active in the human body where it accumulates in sensitive tissues over time, wreaks havoc with enzymes and produces a number of serious adverse health effects —including neurological and endocrine dysfunction.

The Fluoridegate, places particular focus on how fluoridation harms young children, as they tend to suffer the greatest health effects.

25 human studies have linked fluoride with lowered IQ in children, including recent research from Harvard, and 100 animal studies linking it to brain damage. Water fluoridation came about as the result of a massively successful PR campaign, and was reportedly first suggested as a way to protect aluminum and steel producers from lawsuits against the fluorine pollution coming from their plan.

The debate over the dangers of fluoride has been ongoing for more than six decades. Study after study confirms that fluoride is a dangerous, toxic poison that bioaccumulates in your body while being ineffective at preventing dental decay.

Educate Others — Share the Film

FLUORIDEGATE AN AMERICAN TRAGEDY
(1 Hr. 5 Min.)

A DOCUMENTARY FILM By Dr. David Kennedy

http://www.youtube.com/watch?v=zpw5fGt4UvI&feature=player_embedded

WWW.FLUORIDEGATE.ORG

FLUORIDEGATE the movie is a new documentary film that reveals the tragedy of how the United States government, industry, and trade associations protect and promote a policy known to cause harm to our country and especially small children, who suffer more than any other segment of the population. While the basis of their motivation remains uncertain, the outcome is crystal clear: it is destroying our nation.

Dr. Kennedy gives full permission to anyone to share the film, in any way possible. Post it to your blog, web site, Facebook or Twitter. Link and embed code can be found here. I also join Dr. Kennedy in urging you to share the film with your government representatives. Their addresses can be found on the US House of Representatives website.

"By sharing the links with officials via email you are helping us increase awareness where it counts! You may even save the life of a child," he writes.

The fluoride added to water supplies is a toxic industrial waste product. It's not even pharmaceutical grade fluoride, which would be bad enough. At best, it could be viewed as forced medication, given without medical oversight or monitoring, and without regard for dosage or contraindicated health conditions. At worst, it can be viewed as poisoning.

There's no doubt about it: Fluoride should NOT be ingested. At least when it comes to topical application, you have a choice. You can easily buy fluoride-free toothpaste and mouthwash. But you're stuck with whatever your community puts in the water, and it's very difficult to filter out of your water once it's added. Many do not have the resources or the knowledge to do so.

Water fluoridation came about as the result of a massively successful PR campaign, and was reportedly first suggested as a way to protect aluminum and steel producers from lawsuits against the fluorine pollution coming from their plant.

In fact, what's being heralded as a safe and effective prophylactic against cavities is actually a toxic industrial waste product, and it's being added to water supplies because they have so much to get rid of, and toxic waste disposal is expensive. In a nutshell, a solution was devised in which hazardous waste could be eliminated at a profit.

Why is Poison Being Added to Drinking Water?

How Fluoride is Killing You and Your Children



It says: 'May be fatal if inhaled or swallowed'

http://www.youtube.com/watch?v=yHPeF-PoEAs&feature=player_embedded

Fluoride from water builds up over time in the human body, this reduction will not eliminate the dangers of fluoride-- which include risk of bone cancer, bone fractures, thyroid disorder, brain inflammation, lowered IQ and mental functions, sterility or reduced fertility and more. Our own government is deliberately poisoning us.

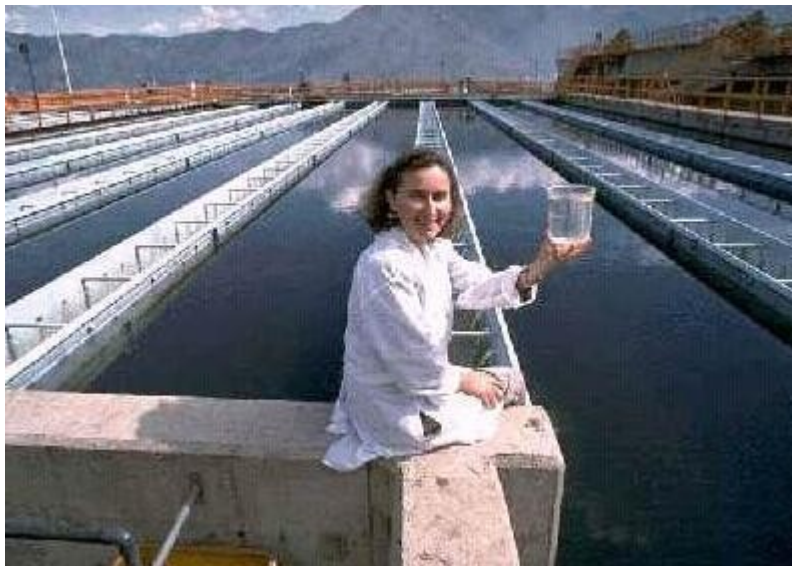
The Toxic Import from China Hidden in this Everyday Beverage...

<http://fluoride.mercola.com>

http://www.youtube.com/watch?v=bvjhdYRaeDc&feature=player_embedded

The Chinese don't consider this product safe to use in their own country - but they are more than willing to export it to gullible Americans to consume in this beverage every day. Amazingly,...

Water Fluoridation The Willful Destruction of Children's' Health



Dr. Kennedy, who produced and directed the film, is no scientific slouch. He has a BA in Comparable Biochemistry and Physiology, and is the past President of the International Academy of Oral

Medicine and Toxicology. He received his Doctorate of Dental Surgery from the University of Missouri in 1971. He has lectured about the safety of dental materials in the human body to dental professionals around the world, including before the World Health Organization (WHO). The film includes a number of distinguished professionals; scientists, doctors and academics — some of which have paid a very steep price for revealing the toxic truth about fluoride, such as Dr. Bill Marcus, who was the Chief Toxicologist for the Office of Drinking Water at the time.

The US government had completed a cancer study on fluoride, and Dr. Marcus discovered the raw data simply did not fit the final conclusion. He subsequently wrote a report calling for the study to be reopened and investigated. Robert Carton, PhD, a scientist at the EPA, received a copy of the report, and with Dr. Marcus' permission leaked it to the press. Dr. Marcus was subsequently fired and spent the next two-and-a-half years looking for another job.

"While the basis of their motivation remains uncertain, the outcome [of water fluoridation] is crystal clear: it is destroying our nation," the film states. The film places particular focus on how water fluoridation can harm young children, as they tend to suffer the greatest health effects. One important point to remember, which few pediatricians, dentists or other health professionals stress, is that you should NOT use fluoridated water when mixing infant formula. As Dr. Kennedy states on his website:

"One of California's highest paid and most prolific Fluoridation advocate admits that giving an infant a formula made with fluoridated tap water will overdose the baby and cause the teeth to come in spotted and fluorotic. One can only wonder why such insanity persists in our country when it has been banned in so many other more advanced democracies." While the CDC has hailed fluoridation as one of the top 10 public health achievements of the 20th century, the evidence is stacking up against such a proclamation. Scientists from the EPA's National Health and

Environmental Effects Research Laboratory have classified fluoride as a "chemical having substantial evidence of developmental neurotoxicity," and 25 studies have now reported an association between fluoride exposure and reduced IQ in children — including a recent study out of Harvard, in which the authors noted:

"The results support the possibility of an adverse effect of high fluoride exposure on children's neurodevelopment."

<http://articles.mercola.com/sites/articles/archive/2011/08/12/fluoride-and-the-brain-no-margin-of-safety.aspx>

<http://articles.mercola.com/sites/articles/archive/2012/08/07/effects-of-fluoride-to-children.aspx>

Facts About Fluoride



You can review some of the documentation gathered together by Dr. Kennedy on the film's website. This includes Dr. Marcus' memorandum, surveillance data for dental fluorosis, and more. No matter which scientific studies you examine or which population trends you view, the only rational conclusion you can come to is that fluoride's health dangers far outweigh the marginal dental benefits it might offer. The science is very clear about the following:

Fluoride is a toxic industrial waste product that is a poison to your body and in no way a "nutrient," offering no benefits at all to the human body. The fluoride added to water supplies can be contaminated with lead, arsenic, radionucleotides, aluminum and other industrial contaminants. Additionally, the fluoride added to municipal water supplies is not pharmaceutical grade. Fluoride exposure comes from tap water, most toothpaste and many antibiotics, including ones given to farm animals.

There is a large variation in exposure levels, making it impossible to accurately predict these variables for any person, family or community. Fluoride exposure for many can easily reach toxic levels. For example, poison control should be called if you swallow a quarter milligram of fluoride from toothpaste. Meanwhile just ONE glass of water can contain this amount of fluoride.

Fluoride is a cumulative poison that has been proven to cause wide-ranging, serious health problems, such as damage to your bones, brain and endocrine system.

http://www.youtube.com/watch?v=Ys9q1cvKGk&feature=player_embedded

<http://articles.mercola.com/sites/articles/archive/2009/04/07/warning-never-swallow-regular-toothpaste.aspx>

The Many Health Hazards of Long-Term Fluoride Exposure

It's important to realize that fluoride is a cumulative toxin, which over time can lead to more serious health concerns than dental fluorosis (spotting on your teeth). Skeletal fluorosis from fluoride toxicity can be crippling and even deadly. The neurological effects are also quite disturbing.

As previously mentioned, there are now 25 studies showing fluoride is associated with diminished IQ, even at levels as low as 0.3 to 3 parts per million, which overlaps the range of fluoride added to the water supply in many American communities (0.7 to 1.2 ppm). About 100 animal studies have also linked fluoride to brain damage. Studies have shown fluoride toxicity can lead to the wide-ranging problems listed below.

Increases lead absorption. / Disrupts collagen synthesis.

Hyperactivity and/or lethargy.

Crippling skeletal fluorosis and bone fractures.

Genetic damage and cell death. / Increased tumor, cancer growth.

Disrupts immune system. / Inhibits antibody production.

Brain damage, and lowered IQ. / Dementia / Arthritis.

Severe eye problems, including blindness.

Impaired thyroid function. / Bone cancer (osteosarcoma.)

Inactivates 62 enzymes. / Muscle disorders.

Fluoride Foods List

<http://www.livestrong.com/article/258560-fluorine-foodslist/#ixzz26Mi0DFjk>

Fluorine, which forms the fluoride compound found in many toothpastes, has been linked to many health risks. According to the Fluoride Action Network, a coalition dedicated to educating the public about the dangers of fluoride, ingesting fluoride may cause adverse effects to vital body parts, such as the kidneys, bones, brain and thyroid. Although fluoride has been shown to benefit the teeth, there are no known benefits to ingesting fluoride. But fluoride is still present in many foods and beverages.

Wine

Wines originating from California vineyards have been found to contain high amounts of fluoride, according to the Fluoride Action Network. This is attributed to the use of a pesticide called cryolite, which contains sodium fluoride, writes Dr. Paul and Ellen Connett. To protect the grapes from destruction from insects, they are sprayed with cryolite, leaving behind high amounts of fluoride in the grape supply, which remains throughout the wine-making process. In some cases, one glass of wine produced from grapes treated with cryolite contains as much fluoride as one full liter of fluoridated water, according to the Connetts.

Meat

Some types of meat contain fluoride. According to the Fluoride Action Network, most mechanically separated chicken contains fluoride. Mechanically separated chicken is put through a high pressure sieve, removing the meat from the bone and grounding it into a paste-like substance. Chicken put through this process is often used to make chicken nuggets and infant foods. High levels of

fluoride are also found in some seafood products, according to the Fluoride Action Network. Shellfish and canned fish are among the highest seafood sources of fluoride.

Water



Fluoride is used in public water supplies across the United States and in many other parts of the world, according to the Fluoride Action Network. More than half of the public water supplies in the United States contain fluoride. Fluoride cannot be removed from water by boiling and, in fact, can increase in concentration during the boiling process.

Therefore, foods cooked in fluoridated water contain fluorine. Infants are also exposed to high amounts of fluoride when they are fed baby formula that has been mixed with fluoridated water. Women who are unable to breast feed can reduce this exposure by mixing baby formula with distilled water or bottled water that contains lower concentrations of fluoride.

Fluoride-Free Toothpaste. www.Orajel.com/ToddlerTraining

Pelican Fluoride Filter. www.PelicanWater.com

The Best Fluoride Filters. www.PureWaterFreedom.com

Pesticides

Due to its high toxicity, fluoride has long been used as a pesticide. In the United States, there are currently two fluoride-based pesticides that are allowed to be sprayed on food.

These are: cryolite and sulfuryl fluoride.

5 Facts About Fluoride Exposure from Cryolite

1) The main way people are exposed to fluoride from the pesticide cryolite is through consumption of grape products, particularly white grapes, grown in the U.S. This is because cryolite use is widespread among U.S. vineyards.

2) According to data from the USDA (2005), the average fluoride levels in grape products are as follows:

* White grape juice = 2.13 ppm / White wine = 2.02 ppm

* Red wine = 1.05 ppm / Raisins = 2.34 ppm

3) Many juice drinks that are not labeled as “grape juice” use grape juice as a filler ingredient. The use of cryolite thus contaminates many juices with fluoride.

4) Cryolite is also allowed to be added to the following products (although it is unclear how many producers actually do so, and what the resulting fluoride levels are):

Apricot, Broccoli, Brussels Sprout, Cabbage, Cauliflower, Citrus fruit, Collards, Eggplant, Kale, Kiwifruit, Kohlrabi, Lettuce, Melon, Nectarine, Peach, Pepper, Plum, Pumpkin, Squash

(summer & winter), Tomato, and a number of Berries (Blackberry, Blueberry (huckleberry) Boysenberry, Cranberry, Dewberry, Loganberry, Raspberry, Strawberry, Youngberry).

The key way to avoid exposure to fluoride from cryolite is to avoid buying non-organic grape products, particularly beverages made out of white grapes.

Fluoride Exposure from Sulfuryl Fluoride

In 2005, the U.S. EPA granted a request from Dow AgroSciences to use sulfuryl fluoride as a fumigant in food-processing facilities as a means of killing bugs, rodents, and reptiles. As it currently stands, sulfuryl fluoride is still being sprayed on food products made in the U.S. The EPA allows sulfuryl fluoride as both a fumigant of food-processing facilities (while food is still on the premises) and as a direct fumigant of food. Both forms of fumigation result in the contamination of food with fluoride.

Fumigation of Food Processing Facilities

1) Structural fumigation is done for the purpose of killing pests in the facility where the food is stored. It usually is performed twice a year in a given facility.

2) Unlike virtually every other western country, the EPA does not require that food processors remove food prior to the fumigation. As a result, any food that is being stored in the facility during a structural fumigation will be contaminated with fluoride.

3) The level of fluoride contamination that EPA allows for wheat flour (125 ppm) and dried eggs (900 ppm) is sufficient to cause symptoms of acute fluoride toxicity (e.g., nausea, vomiting, etc) in children.

4) Although less than 0.1% of wheat flour and dried eggs will be contaminated with sulfuryl fluoride (due to the infrequency of structural fumigations), several hundred, if not thousands, of children will be exposed each year to doses of fluoride from these products that can induce temporary food poisoning-type symptoms.

5) There are hundreds of other food products that EPA allows to be contaminated with sulfuryl fluoride.

6) The EPA also allows food processors to use sulfuryl fluoride as a direct fumigant of certain foods. This means that food processors can purposely spray sulfuryl fluoride directly onto certain foods.

7) Unlike structural fumigation (which takes place once or twice a year), direct fumigation is a routinely performed procedure. Thus, foods that can be directly fumigated with sulfuryl fluoride will consistently have elevated fluoride levels.

8) According to EPA's estimates, some of the foods that will be most commonly fumigated are cocoa powder, dried beans, walnuts and dried fruits.

9) EPA estimates that, if the current regulations are not rescinded, 100% of cocoa powder, 100% of dried beans, 99% of walnuts, 69% of dried fruits, 10% of walnuts, 10% of tree nuts, and 3% of rice will be fumigated.

10) When fumigated the average fluoride levels in fumigated food is:

* *Brown rice = 12.5 ppm / Cocoa powder = 8.4 ppm*

* *Almonds = 5.3 ppm / Tree nuts = 5.3 ppm*

- * *Dried beans = 4.5 ppm / White rice = 4.5 ppm*
- * *Walnuts = 2.4 ppm / Dried fruits = 1 ppm*

Children Get Too Much Fluoride

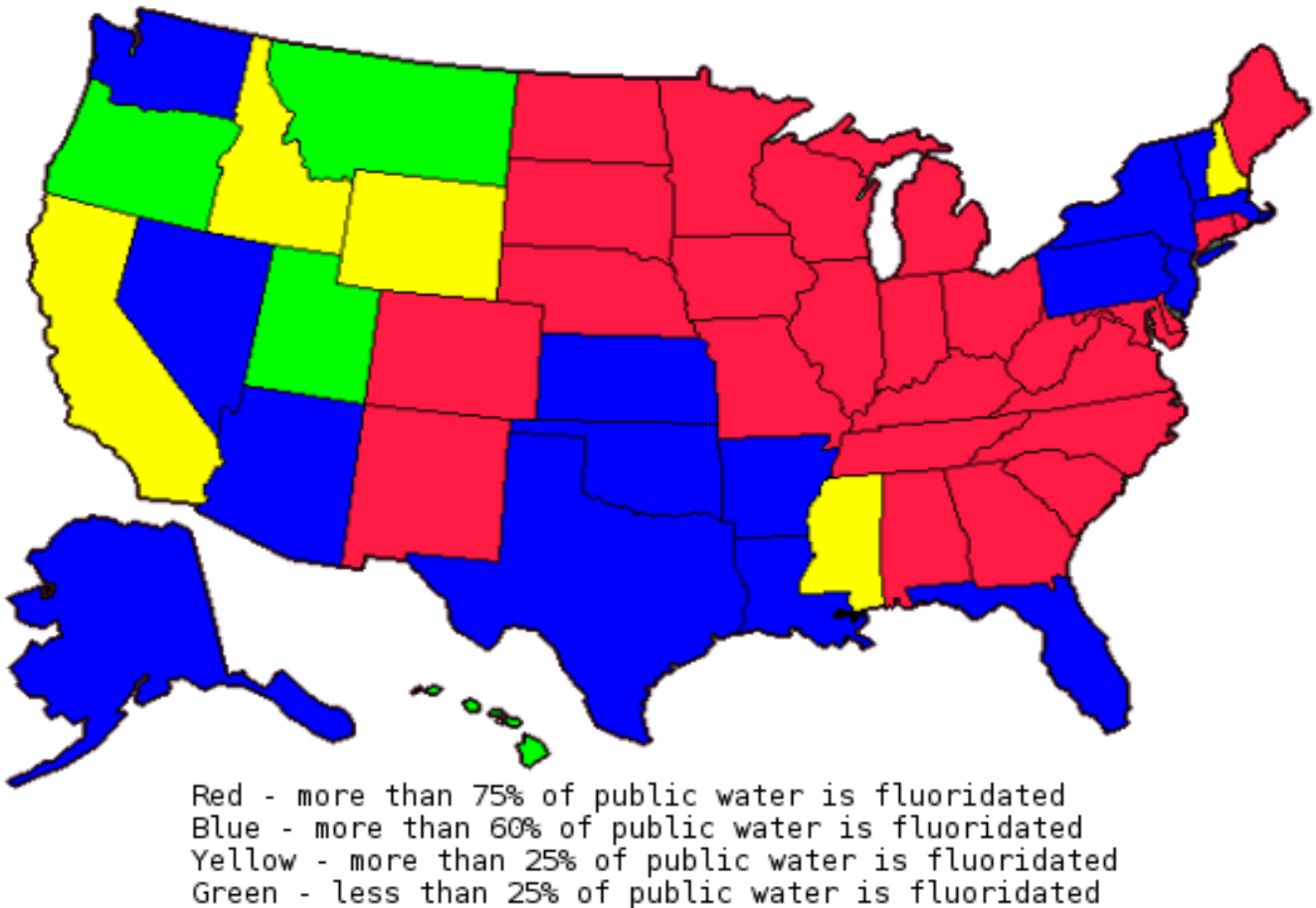


THE FLUORIDATION of public water systems in the U.S. since 1945 is often hailed as one of the great public-health advances of the century. Today, many children reach adulthood without a single cavity. But now health researchers are questioning whether Americans, particularly children, may have too much fluoride in their diets.

Fluoride Levels and Fluoride Contamination of Fruit Juices

"43 ready-to-drink fruit juices were examined for fluoride ion concentration. It was found that 42% of the samples had more than 1 ppm of fluoride. It was also determined that "pure" fruit juices, often grape juices, contained high levels of fluoride. . . . Since it is common practice to use fluoride-containing insecticide in growing grapes, it is believed that contamination of these juices is occurring."

City's Fluoride Levels



You will be shocked to know the Fluoride put into our water supply is not medical grade Sodium Fluoride, rather it is a toxic byproduct, HydroFluorosilicic Acid (H_2SiF_6), produced from the manufacturing of aluminum, steel, cement, phosphate fertilizer and nuclear arms. Fluoride is the active toxin in rat poisons, cockroach powder, and many agricultural pesticides.

Fluoride is more toxic than lead and slightly less toxic than arsenic. This is why a poison warning is now required on fluoridated toothpastes sold in the U.S. Yet, it is systematically added to the drinking water of tens of millions people. WHY is this chemical mass-medication program taking place ?

Fluoride Facts

David C. Kennedy, D.D.S.

FACT #1 Fluoride is more toxic than lead, and just like lead, even in minute doses, accumulates in and is damaging to brain/mind development of children, i.e. produces abnormal behavior in animals and reduces IQ in humans.

FACT #2 Fluoridation is cancer-causing, cancer-promoting, and is linked to increased cancer rates in rats, mice, and humans . Dr. William Marcus, Senior Science Advisor at the Office of Drinking Water, stated unequivocally in his May Day Memo that fluoride is a carcinogen. Full text of the memo available 800-728-3833.

FACT #3 Numerous studies, including four published in the Journal of the American Medical Association since 1990, have found that hip fracture rates are substantially higher in people residing in fluoridated communities .

FACT #4 Dental fluorosis, the first visible sign of fluoride poisoning affects from 8% to 51% of the children drinking fluoridated water and has substantially increased over the last 40 years . Dental fluorosis is more than cosmetic damage with psychological harm. It is also indicative of neurological impairment.

FACT #5 All of the recent large-scale studies on fluoridation and tooth decay show that fluoridation does not reduce tooth decay . Studies from New Zealand, Canada, Europe, and the US have confirmed no difference in decay rates for permanent teeth of residents of fluoridated vs. non-fluoridated communities.

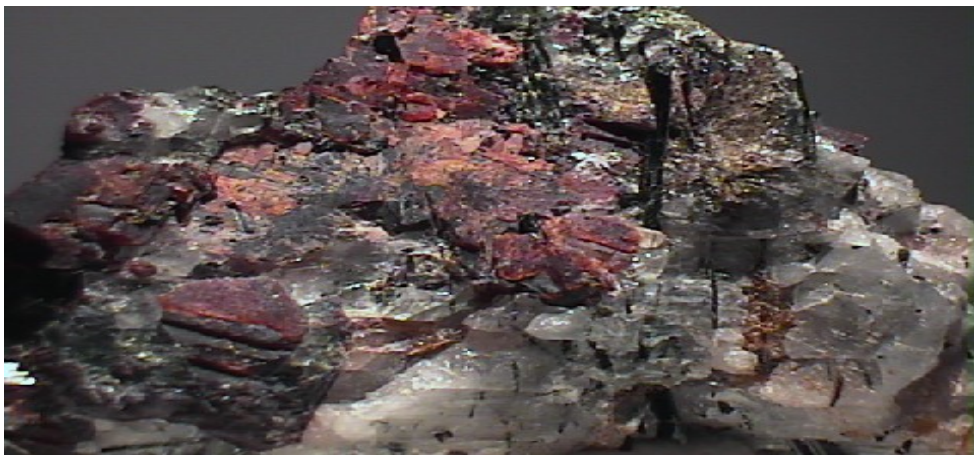
FACT #6 Fluoride drops and tablets are not approved by the U.S. Food and Drug Administration as safe or effective . Ingested fluoride has no detectable effect on decay rates. Fluoride tablets and

drops have been shown to be ineffective in reducing tooth decay and to cause skin eruptions, gastric distress, headache, and weakness - which disappear when fluoride use is discontinued - as well as dental fluorosis, a permanent disfigurement.

FACT #7 Fluoride causes iodine deficiency which can result in hypothyroidism and frequently in hyperthyroidism. Fluorides were prescribe to patients suffering from hyperthyroidism as anti-thyroid medication prior to 1950. Fluoride exposure may exacerbate iodine deficiency. During pregnancy, when iodine requirements are at their peak, the fetus is especially vulnerable. Even a slightly underfunctioning thyroid gland can result in loss of IQ in the newborn. / The following warning is required an all fluoridated toothpaste by the FDA since April of 1997 due to the large number of calls to the Poison Control Centers for children who became acutely ill from ingested fluoride. Ther is approximately 1 milligram of fluoride in a pea sized drop of toothpaste.

"WARNING: Keep out of reach of children under 6 years of age any fluoridated toothpaste. In case of accidental overdose, seek professional assistance or contact a poison control center immediately."

A Little History



Fluorine is one of 92 naturally occurring elements. It is a member of the halogen family, which includes chlorine, bromine and iodine. It is a pale yellow gas which is extremely reactive. As a result it is never found free in nature but only combined with other elements. These compounds are called fluorides.

Fluorine readily forms compounds with all elements except two: helium and neon. Despite being the thirteenth most abundant element in the earth's crust, it is not an essential nutrient for any living thing. The level of human milk is 100 times lower than infant formula reconstituted with fluoridated drinking water, e.g. 0.01 ppm vs 1.0 ppm.

Apart from its reaction with the calcium hydroxy apatite found in dental enamel, bone, and the pineal gland, fluorine has never been incorporated into the building blocks of living things. The most common mineral containing fluorine is fluor spar (CaF_2). It has been used for centuries as a flux in the smelting of ores and gave fluorine its name (from the Latin word fluere meaning "to flow").

Other mineral sources of fluorine are CRYOLITE (Na_3AlF_6).

Before World War II, fluorine could only be generated in very small quantities for experimental purposes "and could not be purchased at any price." The breakthrough to large scale production came from the work of the Manhattan Project's efforts to build the Atomic Bomb (Kirk et al). Massive quantities of fluorine were necessary to separate and concentrate the uranium isotopes

After World War II, huge quantities of fluorine have been used to produce organofluorine compounds (compounds where fluorine is attached to carbon). These include chlorinated fluorocarbons (CFCs); Teflon® (polytetrafluoroethylene), an extremely stable plastic resistant to the vast majority of chemicals including fluorine gas; and many pharmaceuticals and pesticides.

The Sources of Fluoride Getting into the Food Supply

1. Background levels of fluoride in food.

According to Waldbott et al, "Virtually every food contains at least some fluoride. Plants take it up from the soil and from the air. From the soil, fluoride is transmitted through fine hair rootlets into the stems, and some reaches the leaves. Plants absorb more fluoride from sandy than from clay soil and more from wet and acid soils than from dry and alkaline ones... (Waldbott et al, p 37)."

According to the Department of Health and Human Services (DHHS), "Fresh or unprocessed foods available in the U.S. have fluoride concentrations that generally range from 0.02 to 2.00 ppm. Marine fish that are consumed with bones and bone meal supplements have been shown to be a rich source of fluoride in human food...The bones of some land-based animals also contain high levels of fluoride (DHHS, p 10)."

2. Cooking with fluoridated water

According to ATSDR, "Cooking food in fluoridated water results in increased dietary fluoride levels (p 151)." Approximately 60% of US public drinking water supplies are fluoridated. Unlike chlorine, fluoride does not enter the steam when water is boiled. Thus during cooking the fluoride increases in concentration.

3. Processed food and beverages

One of the unexpected results of water fluoridation was the

multiplier effect caused by the processing of foods and beverages using fluoridated water. According to DHSS, "The natural food content of most foods is so small that its contribution is insignificant compared with the amount of fluoride produced through cooking and processing food in fluoridated water (p 10)."

4. Pesticides

We have identified approximately 150 fluoridated pesticides. The three most widely used are herbicides: Trifluralin, Fluometuron and Benefin (Befluralin) (EPA, Aug 97). The category "Fluorine Insecticides" include Cryolite, Barium hexafluorosilicate, Sodium hexafluorosilicate, Sodium fluoride, and Sulfluramid.

5. The use of cryolite in agriculture

Cryolite is a naturally occurring inorganic substance; however, most present day supplies of cryolite are synthetically produced. It is used on many fruits, vegetables and ornamental crops to protect against leaf eating pests. Cryolite is formulated as dusts, wettable powders and water dispersible granulars and can be applied by ground or aerial spray. The predominant use of cryolite is on California grapes followed by potatoes and citrus.

Cryolite was first registered as a pesticide in the U.S. in 1957. Its insecticidal mode of action is predominantly as a stomach poison. Fluoride has been identified as the residue of toxicological concern (Federal Register, March 1997).

Cryolite contains an aluminofluoride ion which loses fluoride ions in solution is of considerable concern. The complex ion AlF_4^- is able to switch on G-proteins which are of fundamental importance in the transmission of messages from some water soluble hormones and neurotransmitters across cell membranes (Strunecka and Patocka).

California grape growers use cryolite to control two insects that can devastate vineyards. Researchers from California State University in Fresno conducted a 5 year study (1990-1994). They found that "[m]ultiple applications of Cryolite during the growing season significantly increase fluoride in wines." Notably they found fluoride levels between 3 - 6 ppm in Zinfandel, Chardonnay, Cabernet Sauvignon, Chenin Blanc, Thompson Seedless, Barbera, Muscat Candi, Ruby Cabernet; and levels between 6 - 9 ppm in French Colombard and Zinfandel. They noted "that fluoride levels in wine produced from grapes not treated with Cryolite can range from 0.1 to 1.6 ppm, depending upon location and variety (Ostrom)." At 6 ppm one glass of wine (175 ml) would have delivered as much fluoride as about a liter of optimally fluoridated water!

In the 1990's a 3 ppm fluoride limit was in effect for US wines exported to European Communities (EC). However, the EC recently lowered the allowable levels of fluoride in wine to 1 ppm. (Note: the vast majority of EC countries do not fluoridate their water). Responding to the potential loss of a \$250 million export market, California received a time-limited residue tolerance for Tebufenozide on grapes as an alternative to cryolite. As stated in EPA's approval:

..."for the 2000 crop year, nearly all major California wineries with export markets have advised their growers that they will not accept grapes which have been treated with cryolite or any other product which would affect the level of fluorides in wines. There is a direct correlation between even limited use of cryolite on wine grapes which can result in fluoride levels in wine above 3 ppm (Federal Register, July 2000)."

The current tolerance levels for cryolite on allowed crops is 7 ppm . In 1997 EPA proposed much higher tolerances. In 1997 EPA re-extended a time-limited tolerance use (up to 11-21-01) of 22 ppm for potato waste, a processed animal feed commodity and a 2 ppm fluoride residue in or on raw potatoes (Federal Register, Dec 1997).

7 ppm Established Tolerances: For combined residues of the insecticidal fluorine compounds cryolite and synthetic cryolite (sodium aluminum fluoride) in or on the following:

Apricots; Beets, roots; Blackberries; Blueberries (huckleberries); Boysenberries; Broccoli; Brussels sprouts; Cabbage; Cauliflower; Citrus fruits; Collards; Cranberries; Cucumbers; Dewberries; Eggplant; Grapes; Kale; Kohlrabi; Lettuce; Loganberries; Melons; Nectarines; Peaches; Peppers; Plums (fresh prunes); Pumpkins; Radish, roots; Raspberries; Rutabaga, roots; Squash (winter); Squash (summer); Strawberries; Tomatoes; Turnip, roots; Youngberries.

1997: Proposed tolerances for combined residues of the insecticidal fluorine compounds cryolite and synthetic cryolite (sodium aluminum fluoride) in or on the following. EPA has yet to make a decision on these proposed new tolerances.

<i>Commodity</i>	<i>Current</i>	<i>Proposed / Federal Register: 08, 07, 1997</i>
cabbage	7 ppm	45 ppm
citrus fruits	7 ppm	95 ppm
collards	7 ppm	35 ppm
eggplant	7 ppm	30 ppm
lettuce	7 ppm	
lettuce, head		180 ppm
lettuce, leaf		40 ppm
peaches	7 ppm	10 ppm
raisins none		55 ppm
tomatoes	7 ppm	30 ppm
tomatoe paste	none	45 ppm

In our view, the current tolerance level of 7 ppm is high. The tolerances proposed in 1997 (Table 2) are exceedingly high and EPA has not made a final decision on them. What is extremely disturbing is that the proposed increases were not based on any new

toxicological or health considerations but simply on the calculations by the cryolite pesticide producers of what residues were left after typical spraying operations! Instead of proposing different spraying strategies the EPA came back and proposed increasing the tolerance level. In other words the EPA is adjusting its toxicological analysis to fit industry's needs, not to protect the public health or the environment.

Moreover, out of the 95 references cited in EPA's 155 page report for these tolerances, only 2 were published in the open literature. Of the two published reports, one was a 1975 paper on toxicity of chemicals to Honey Bees, and the second was the intensely controversial 1990 National Toxicology Program (NTP) report on fluoride's carcinogenicity. The majority of the unpublished papers were submitted by the producers of cryolite pesticides (US EPA, 1996).

6. Sodium Fluoride (NaF)

Sodium fluoride is used as a rodenticide and insecticide (mainly for roaches and ants), as a disinfectant for fermentation apparatus in breweries and distilleries, in wood preservation, and in rimmed steel manufacture (ATSDR, p 138). NaF is far more toxic than cryolite because it is far more soluble in water and thus more readily taken up by plants and absorbed by animals.

ATSDR states that the main use of NaF is as a drinking water additive for prevention of dental caries, but fails to point out that this is obtained as a waste product from the superphosphate fertilizer industry containing other toxic contaminants (see below).

We had requested information from USDA on the uses of NaF in organic agriculture. They have not replied. It is possible that the NaF which is allowed, like the agent used for fluoridating public drinking water, is an industrial waste product. In which case in addition to the

toxicity of fluoride must be added concern about contaminants like arsenic, lead, and even traces of radioactive isotopes. This is an incredible state of affairs for something described as an "inert" in EPA's list 4 inerts included in the NOS!

7. Superphosphate Fertilizer

Phosphate rock minerals are the only significant global resources of phosphorus. Approximately 90% of phosphate rock production is used for fertilizers and animal feed supplements, which are defluorinated, and the balance for industrial chemicals (US Geologic Survey, 1999). In the US phosphate rock is produced by 11 companies at 18 mines.

12 mines in Florida and 1 in North Carolina accounted for 86% of domestic production. The US accounted for more than 50% of global trade of converted phosphate products. Because phosphate rock contains considerable quantities of fluoride (up to 5%) the superphosphate industry has been a key player in fluoride pollution and exposure of people to fluoride for over a century.

Firstly, the superphosphate itself contains residual fluoride and according to a 1971 study cited by the ATSDR: "fertilization with superphosphates added to the soil 8-20 kg fluoride/hectare (ATSDR, p 146)." Phosphate fertilizers contain between one and three percent fluoride, and "fertilized tuber plants such as potatoes, beets, radishes, etc., assimilate more fluoride from the soil than from the atmosphere (Waldbott et al, p 37)."

Secondly, to prepare superphosphate, phosphate rock is heated with sulfuric acid. This results in the release of gaseous hydrogen fluoride and silicon tetrafluoride. Prior to World War II this led to considerable damage to local farmland and grazing cattle. Today, most of the hydrogen fluoride and silicon tetrafluoride are captured in wet scrubbing systems producing a solution of hexafluorosilicic

acid, together with other toxic contaminants such as arsenic, lead and trace amounts of radioactive isotopes.

Thirdly, the hexafluorosilicic acid captured by the superphosphate fertilizer industry is then sold for fluoridating our public drinking water. Over 90% of the fluoridated waters systems in the US use either hexafluorosilicic acid or the sodium salt made from it. So one way or another the fluoride from the superphosphate industry enters our bodies via our food, our air or our water!

8. Powdered or Raw Phosphate Rock

Organic farmers and gardeners are advised to use powdered phosphate rock as a "natural" fertilizer. Unfortunately in this context, the word "natural" does not mean benign. In addition to containing 2-5% fluoride, the raw phosphate rock also contains a number of other toxic substances. The following advice is listed in our 1978 edition of *The Encyclopedia of Organic Gardening*: the use of Phosphate rock is as an...

..."excellent source of phosphorus for fertilizer use... it contains 65 percent calcium phosphate or bone phosphate of lime as well as ... calcium, carbonate, calcium fluoride, iron oxide, iron sulfide, alumina, silica, manganese dioxide, titanium oxide, sodium, copper, chromium, magnesium, strontium, barium, lead, zinc, vanadium, boron, silver, and iodine.... Phosphate rock today has been ground finer than talcum powder, so that a significant part of it is gradually available to the plant... (Rodale, p 863)"

We would add that this means that the fluoride is slowly available for uptake into the plants and into our "wholesome organic" diet.

9. Bone Meal

Another concern with organic gardening and farming is the use of

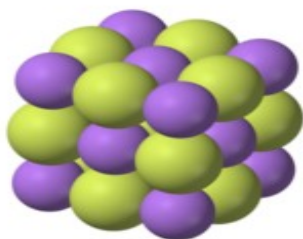
bone meal, which is allowed for use in the National Organic Standards under EPA's List 4 Inerts. This meal is prepared mainly from the bones of farm animals. Fluoride concentrates in the bones of all mammals and we can expect concentrations to be in the 1000 ppm plus range. There is also the concern about transmission of Mad Cow disease through contact with bone meal.

10. Industrial air pollution

In addition to the Superphosphate industry, discussed above, many other industries put fluoride compounds into the air, some of which ends up in our food. These include: aluminum smelters, zinc smelters, brickworks, ceramic works, steel mills, uranium enrichment facilities, coal fired power plants, and oil refineries.

"An estimated 74% of the reported fluorspar (CaF_2) consumption in the United States in 1995 went into the production of hydrogen fluoride (HF) in Louisiana, Texas, and Kentucky. HF is the primary ingredient from which virtually all organic and inorganic fluorine-bearing chemicals are produced (US Geologic Survey, 1997)." In 1998, the Toxic Release Inventory (TRI) ranked Hydrofluoric Acid number 6 for Toxic Air Releases in the US.

What's Wrong with Fluoride?



Ingesting Fluoride can cause:

- Bone Deformaties in Children
- Dental Fluorosis in teens and children
- Lamellar Congenital Cataracts in adults

There is no "safe" level of fluoride in water!!!

How to Detox Fluorides

by: Paul Fassa / Natural News

****Paul Fassa is dedicated to warning others about the current corruption of food and medicine and guiding others toward a direction for better health with no restrictions on health freedom. You can visit his blog at <http://healthmaven.blogspot.com>*

You can rid you body of most fluorides with some easy natural remedies. Fluorides have been linked to a variety of severe chronic, even acute health issues. First a quick review summary of fluoride.

Fluoride Toxicity

Fluoride is a soluble salt, not a heavy metal. There are two basic types of fluoride. Calcium fluoride appears naturally in underground water sources and even seawater. Enough of it can cause skeletal or dental fluorosis, which weakens bone and dental matter. But it is not nearly as toxic, nor does it negatively affect so many other health issues as sodium fluoride, which is added to many water supplies. Sodium Fluoride is a synthetic waste product of the nuclear, aluminum, and phosphate fertilizer industries. This fluoride has an amazing capacity to combine and increase the potency of other toxic materials.

The sodium fluoride obtained from industrial waste and added to water supplies is also already contaminated with lead, aluminum, and cadmium. It damages the liver and kidneys, weakens the immune system, possibly leading to cancer, creates symptoms that mimic fibromyalgia, and performs as a Trojan Horse to carry aluminum across the blood brain barrier. The latter is recognized as a source of the notorious “dumbing down” with lower IQ’s and Alzheimer’s effects of fluoride. ***Another not commonly known organ victim of fluorosis is the pineal gland, located in the middle of the brain. The pineal gland can become calcified from fluorides,***

inhibiting its function as a melatonin producer. Melatonin is needed for sound, deep sleep, and the lack of it also contributes to thyroid problems that affect the entire endocrine system. The pineal gland is also considered the physical link to the upper chakras or third eye for spiritual and intuitive openings. Various permutations of Sodium Fluoride are also in many insecticides for homes and pesticides for crops. Sometimes it is even added to baby foods and bottled waters. If you live in a water fluoridated area, to purchase commercially grown fruits, especially grapes, and vegetables that are chemically sprayed and grown areas irrigated by fluoridated water, you are getting a triple whammy! Better skip that fluoridated toothpaste!

Avoiding Fluoride Contamination

As always, the first step in detoxifying is to curb taking in toxins. Purifying water by reverse osmosis or distillation in fluoridated water communities is a good start to slowing down your fluoride contamination. Distillation comes with a bit of controversy, as all the minerals are removed.

A great mineral supplement such as Fulvic Acid (not folic acid) or unsulfured blackstrap molasses is recommended if you distill your water. Avoiding sprayed, commercially grown foods while consuming organic or locally grown foods is another big step. Watch out for processed foods such as instant tea, grape juice products, and soy milk for babies.

They all contain high concentrations of sodium fluoride. So do many pharmaceutical “medicines”. By minimizing your sodium fluoride intake, your body can begin eliminating the fluorides in your system slowly. Magnesium is a very important mineral that many are lacking. Besides being so important 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 the fluorides away from your bones and teeth, allowing your body to eliminate those toxins. So during any detox efforts with fluoride, it is essential that you include a healthy supplemental dose of absorbable calcium / magnesium as part of the protocol.

Speed Up the Fluoride Detox

This author received a comment stating that an earlier article's source reference to sunlight for decalcifying the pineal gland was inaccurate. He said that darkness, not light, is needed to stimulate the pineal gland into melatonin production, which should lead to breaking up the calcification of that gland. Besides being logical, further source research indicates the critic is correct! Day time exercise, a healthful diet, not over eating, and meditation all contribute to higher melatonin production from the pineal gland. Though very helpful to many for getting a full night's deep sleep, it appears inconclusive whether melatonin supplements will help decalcify the pineal gland. But it does seem logical that it might.

Iodine supplementation has been clinically demonstrated to increase the urine irrigation of sodium fluoride from the body as calcium fluoride. The calcium is robbed from your body, so make sure you are taking effective calcium and magnesium supplements. Lecithin is recommended as an adjunct to using iodine for excreting fluorides. Iodine is another nutrient lacking in most diets and causing hypothyroid symptoms of lethargy or metabolic imbalances. Eating lots of seafood for iodine has it's constantly rising mercury hazards. Seaweed foods and iodine supplements that combine iodine and potassium iodide are highly recommended over sea food by most.

Tamarind, originally indigenous to Africa but migrated into India and southeast Asia, has been used medicinally in Ayurvedic Medicine. The pulp, bark, and leaves from the tree can be converted to teas and strong tinctures, which have also shown the ability to eliminate fluorides through the urine. Liver Cleanses are considered

effective for eliminating fluorides and other toxins. There are two types of liver cleansing, both of which can be performed easily at home over a week or two of time. One of the protocols focuses on the liver itself, and the other cleanses the gall bladder, which is directly connected with liver functions. Simple instructions for both can be found on line with search engine inquiries. Boron was studied in other parts of the world with pronounced success for fluoride detoxification. Borox, which contains boron, has a history of anecdotal success for detoxifying sodium fluoride. Yes, this is the borox you can find in the laundry aisles of some supermarkets. It needs to be taken in with pure water in small quantities.

As little as 1/32 of a teaspoon to 1/4 of a teaspoon in one liter of water consumed in small quantities throughout the day is what has been demonstrated as safe and effective. Around 1/8 of a teaspoon with a pinch of pure sea salt in a liter consumed in small quantities daily has been reported to have dramatic results. There is the possibility of a food grade version with sodium borate, if you can find it. Dry Saunas combined with exercise releases sodium fluoride stored in fatty tissues. It can be intense enough to cause side effects or an occasional healing crisis. So keep the pure water intake high and drink some chickweed tea to protect the kidneys while using a highly absorbable cal/mag supplement. Lecithin is another useful adjunct to this protocol for fluoride detoxification.

Those Adjuncts to the Listed Remedies

Vitamin C in abundance was not mentioned as a helpful adjunct. It is now. But do not use ascorbic acid as your vitamin C source for an adjunct to any of the fluoride detox methods. Do take in as much other types of vitamin C as you can tolerate, along with a couple of tablespoons of lecithin daily. Add those to your absorbable calcium and magnesium supplements with plenty of pure water, get good sleep and rest, and the detox should be relatively smooth. Chelation therapies are recommended primarily for heavy metal removals.

Though fluorides are salts, the synthetic waste product variety, sodium fluoride, comes with a cargo of toxic heavy metals. And these pernicious salts have a way of combining more heavy metals. So including any one of several chelation therapies may be beneficial for overall health improvements while applying your chosen fluoride remedy or remedies. Those include bentonite clay internally or externally, fulvic acid (NOT folic acid), cilantro pesto with chlorella, and even DMSA or any other chelation therapy with which you are familiar.

Boron / http://www.liquidzeoliteplus.com/flouride_dangers.html

List of foods with fluoride contamination

http://poisonfluoride.com/pfpc/html/f- in_food.html

Bibliography of other sources / <http://www.slweb.org/ftrc.html>

Sauna remedy http://www.tldp.com/issue/202/Notes_Fluorine.htm

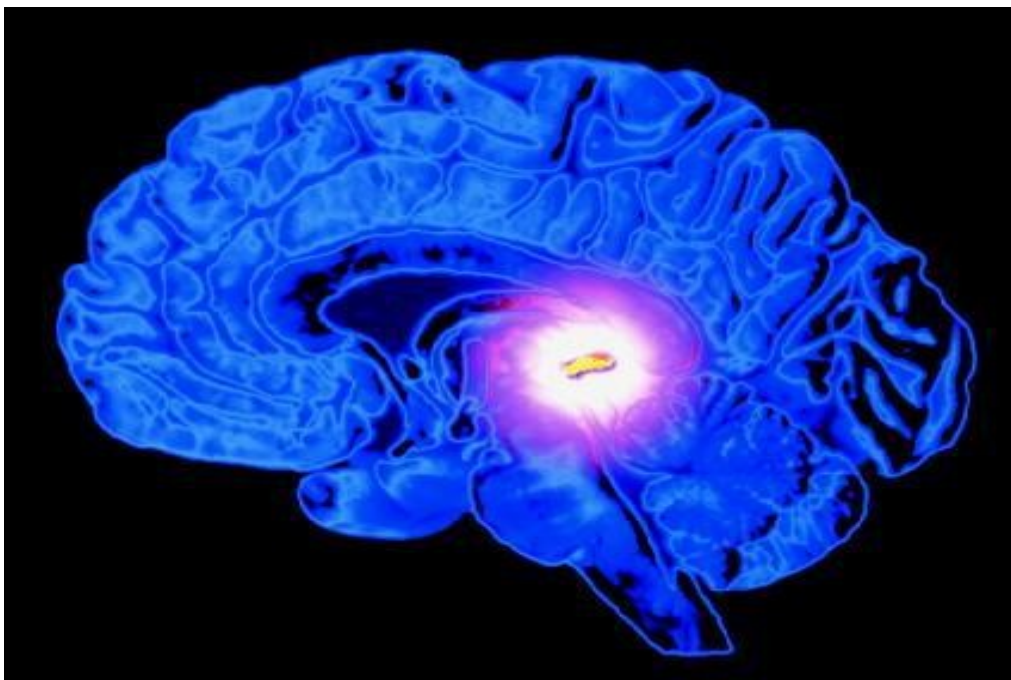
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<http://www.tuberoze.com/Fluoride.html>

What is the Pineal Gland?

<http://talesfromthelou.wordpress.com/category/pineal-gland/>



The Pineal Gland is regarded as one of the most important parts of your nervous system. It is shrouded in mystery, but as more and more people investigate it they are realising it is essentially a spiritual antenna, the mystical third eye that ancient traditions have been talking about. For many eons, the third eye has been seen as a way to reach higher levels of consciousness while still being present in a physical body.

This concept of the pineal gland being the “seat of the soul” or the “spiritual gateway to all realms and all dimensions” is important to realising its full function. Before you can reach this spiritual gateway, you must start the practise of both detoxifying your pineal gland and activating your pineal gland, through methods such as changes in diet (see How to decalcify your pineal gland) and spiritual practices such as meditation and visualisation.

The medical profession describes the pineal gland as being: “a small endocrine gland in the vertebrate brain that produces the serotonin derivative melatonin, a hormone that affects the modulation of wake/sleep patterns and seasonal functions. Its shape resembles a tiny pine cone (hence its name), and it is located near the centre of the brain, between the two hemispheres, tucked in a groove where the two rounded thalamic bodies join.”

Pineal Gland Location

“The pineal gland is a midline structure shaped like a pine cone, and is often seen in plain skull X-rays, as it is often calcified; calcification has been shown in one small study to correlate with the accumulation of fluoride.”

The pine cone shape of the pineal gland is a very interesting topic. Symbolically, many organisations both religious and spiritual, have used the pine cone as an icon.

Watch David Wilcock's video called 2012 Enigma for more information.

http://www.youtube.com/watch?v=o1Hw8DVLw-A&feature=player_embedded#!

Pineal Gland's Production of Melatonin:

“Melatonin is N-acetyl-5-methoxy-tryptamine, a derivative of the amino acid tryptophan, which also has other functions in the central nervous system. The production of melatonin by the pineal gland is stimulated by darkness and inhibited by light. Photosensitive cells in the retina detect light and directly signal the SCN, entraining its rhythm to the 24-hour cycle in nature.” Many experts in the metaphysical talk about completing spiritual practices in the dark to help stimulate your pineal gland. See the section “How to activate your pineal gland” for more information.

Pineal Gland Growth:

“The human pineal gland grows in size until about 1–2 years of age, remaining stable thereafter, although its weight increases gradually from puberty onwards. The abundant melatonin levels in children are believed to inhibit sexual development, and pineal tumours have been linked with precocious puberty. When puberty arrives, melatonin production is reduced. Calcification of the pineal gland is typical in adults, and has been observed in children as young as 2.

Calcification rates vary widely by country and tend to increase by age, with calcification occurring in an estimated 40% of Americans by their 17th year.” What is interesting here is why the pineal gland grows up until the age of 1-2 years. Is it caused by our environment and our lifestyle habits? Are our children's pineal glands being suppressed on purpose? Children are seen as the most spiritual beings as they don't have any of the fears or concerns of adults when they are born. They are born free and full of unconditional love. It is

society that places these fears and conditioning on our children. It would be interesting to know what would happen if a child's pineal gland wasn't effected by its environment and was allowed to develop, grow and be activated.

The 3rd Eye & DMT

Cleaning up the pineal gland and activating your third eye is essential for those wishing to develop their psychic ability and multidimensional perception. By awakening your pineal gland, it brings the ability to consciously astral travel, explore other dimensions and foresee the future. Many believe the abilities that the pineal gland offers come from its ability to naturally produce its own DMT (a psychedelic substance) when fully operational. This allows the individual to be in a constant visionary state most of the time, tapping into these extra special senses.

DMT is described as a naturally occurring psychedelic compound that is widespread throughout the plant kingdom. It occurs in trace amounts in mammals, including humans, where it functions as a trace amine neurotransmitter. DMT is present in the South American shamanic brew called Ayahuasca. These shamans have used this brew for many generations as a way to tap into the spirit world. It is a plant medicine that grows in the Amazon jungle, which brings profound physical and heart healing through its purgative effects and gives the individual ability to perceive other dimensions.

With enough practise and development, your pineal gland will produce this special substance. For those that take this herbal medicine, they go into a period of profound experience where issues and troubles come into awareness, allowing them to be healed with the insights that come from DMT consciousness. DMT is a totally natural substance that the human body will manufacture and distribute when it is in a healed state. It is a belief between many that human beings were intended to be visionary beings, able to tap into

the information in other dimensions allowing it to guide them through this cosmic journey we all call life. It allows us to transcend the ego and realise that we are one consciousness, giving us the opportunity to rapidly heal our sufferings, conflicts and cleanse our karma.

What is Calcification and what causes it?

Calcification is the build up of calcium phosphate crystals in various parts of the body. It is a natural process caused primarily by nanobacteria. Nanobacteria are tiny microorganisms that form calcium phosphate shells around themselves, essentially to protect themselves from your immune system. It is these shells that accumulate in our pineal glands and ultimately calcify it. Furthermore, it is becoming apparent that many researchers are finding that this may be the cause of most diseases, from arthritis to stroke, from cancer to back pain.

Unfortunately most people's pineal glands are heavily calcified. It ends up becoming so calcified that under scans it is seen as a lump of calcium, essentially blinding our third eye. Due to the horrific western diets and food systems, most people are being exposed to far more of these organisms than ever before, and not only that, are being calcified through other means as well, which we covered: How to decalcify your pineal gland.

About the Author

Spiritual Scientist is the creator of www.DecalcifyPinealGland.com a site born out of his own curiosity to decalcifying and awakening his third eye, ie. the pineal gland. With the help of like-minded people, the site aims to be a one-stop resource containing all of the information we need to know to begin opening our third eye, connecting us to the great energy that connects us all. He believes that there has never been a more important time to begin this journey

of awakening – regardless of the fear that certain groups place on all of us, it is truly an exciting time to be alive. So if you wish to learn how to decalcify/detoxify and activate your pineal gland/third eye, visit DecalcifyPinealGland.com today and spread the word so that others can do the same. - www.decalcifypinealgland.com

The Spiritual Scientist Blog covers his own spiritual journey and the experiences and lessons that he is learning along the way. So if you're into all things scientific/spiritual/metaphysical and want to know more about this paradigm shift that we are currently in, then tune-in and discover how we can all ride this cosmic energy wave together... there are some exciting times ahead!

www.decalcifypinealgland.com/blog

<http://decalcifypinealgland.com/how-to-decalcify-the-pineal-gland/>

How To Keep Pineal Gland Fluoride-Free

by Paul Fassa / www.talesfromthelou.wordpress.com

Fluoride was necessary for the processing or enriching of uranium. The pro-fluoride propaganda was started during the Manhattan Project to create the first atom bombs in the 1940's. The spin was to convince workers and locals where the largest nuclear plant was located in Tennessee that fluoride was not only safe, it was good for kids' dental health. In the early 1950's, the notorious spin master and father of advertising, Edward Bernays, continued the campaign for adding fluorides to water supplies as an experiment in engineering human consent! Then the AMA picked up on the dental issue and endorsed sodium fluoride's addition to water supplies. The few dissenting health studies and reports were usually squashed. Those

dissenting voices were dismissed as quacks regardless of their credentials. Approximately 2/3 of the USA water supply is laced with sodium fluoride. Sodium fluoride is a common pesticide. So that residue is in some foods. Some sodas, packaged orange juices, and even bottled drinking water for babies contain fluoride additives. Buyer beware. Read your labels carefully.

Boiling Only Increases the Fluoride Concentration

Keep in mind that boiling only increases the concentration of fluoride to water more. But removing fluoride from tap water is not so difficult. Reverse osmosis works well for removing fluorides.

If this is not your situation, grab a couple of large jugs and fill them up from reverse osmosis machines in health food stores, supermarkets, and other locations.

There are several such machines around, usually labeled as using reverse osmosis, and they usually take coins. So it is the most accessible and cheapest way to go if you can't install one where you live.

The Physiological Importance of the Pineal Gland

During the late 1990's in England, a scientist by the name of Jennifer Luke undertook the first study the effects of sodium fluoride on the pineal gland. She determined that the pineal gland, located in the middle of the brain, was a target for fluoride. The pineal gland simply absorbed more fluoride than any other physical matter in the body, even bones. Because of the pineal gland's importance to the endocrine system, her conclusions were a breakthrough. Her study

provided the missing link to a lot of physiological damage from sodium fluoride that had been hypothesized but not positively connected. A veritable root source for the chain reaction of blocked endocrine activity had been isolated. Good news though. Frequent exposure to outdoor sunshine, 20 minutes or so at a time, will help stimulate a fluoride calcified pineal gland. Just make sure you take off your hat.

This is more important than most realize, because the pineal gland affects so much other enzyme and endocrine activity, including melatonin production. The pineal gland considered a portal to the inner or higher self and the link for inter dimensional experiences. It is associated with what many call the third eye or sixth chakra, which is a doorway to higher consciousness and bliss. And it is vital for supporting intuition, an ability that will be needed during hard times. So it is necessary to evolve spiritually in order to help create better understanding, acceptance of our fellow humans, and easier group cooperation.

Meditation is a part of this evolving. Sunshine, good rest, vegetarian food, can cause a calcified pineal gland to loosen up and allow that portal to open. Dr. Rick Strassman, MD, has written a book based on actual human studies of people under the psychedelic drug, DMT, titled DMT, The Spirit Molecule. He has discovered, among other things, that the pineal gland is a source of DMT production during birth and at death, and during near death or mystical experiences. This chemical approach corroborates the idea of the pineal gland as a portal, where the spirit passes through to other dimensions, either entering this physical realm or leaving it.

*** Paul Fassa has morphed from eating processed foods and popping vitamin pills to becoming a vegetarian who goes organic as much as possible. He now relies on right foods, juicing, herbs, and raw foods for maximum nutrition and health. Youthful and energetic as he approaches his 67th year. He wishes to share some of those right things so others may make the right decisions for their health .

The Effects of Fluoride on the Pineal Gland.

*The Pineal Gland is the Center of our higher
Consciousness.*

The pineal gland is one of the most researched glands. We know that bright light stimulates the production of serotonin and melatonin in the pineal, but there are other neurochemicals produced by the pineal that have more profound effects than just the mood, sleep, reproductive and body temperature effects of serotonin and melatonin. Scientists refer to the pineal gland as the “atrophied third eye.” Indeed, it, along with the pituitary, is the third eye chakra or energy center, but they’re just dormant, not atrophied.

In the distant past, man was in touch with the inner worlds through an activated pineal and pituitary gland. Considered the most powerful and highest source of ethereal energy available to humans, the third eye has always been important in initiating psychic powers (e.g. clairvoyance and seeing auras). The pineal gland is the center of our spirituality and our consciousness. To activate the 'third eye' and perceive higher dimensions, the pineal and the pituitary gland must vibrate in unison, which is achieved through meditation, prayer or sun gazing.

When a correct relationship is established between the personality, operating through the pituitary, and the soul, operating through the pineal, a magnetic field is created. When we receive sunlight through the eye, there is a pathway from the retina, to the hypothalamus, called the retinohypothalamic tract. This brings information about the dark & light cycles to the suprachiasmatic nucleus (SCN) of the hypothalamus. From the SCN, impulses along the nerve travel via the pineal nerve (Sympathetic nervous system) to the pineal gland. These impulses inhibit the production of melatonin.

When these impulses stop (at night or in dark, when the light no longer stimulates the hypothalamus) pineal inhibition ceases, and melatonin is released. *The pineal gland is therefore a photosensitive organ and an important timekeeper for the human body.* The unexplored process of energy absorption, transformation, and processing from the Sun may occur here. *The activation of pineal gland is a key step in psychic, spiritual and energy transformation processes.* Suffice it to say that in this gland, energy processing and distribution can take place. The pineal gland is the subtle controller of all endocrine glands, therefore controlling the endocrine system.

Through secretion of melatonin, it also regulates the circadian rhythm, sleep wake cycle and it also slows down aging process. It has psychic properties and it is said to be the seat of soul or mind. When sunlight enter the eyes it is directly stored in the pineal. Pineal activation and charging through solar energy could be a vital step in higher evolution. Once activated and charged by the pineal gland, solar energetic factors may be transformed into electrical magnetic or chemical energies in the body. If the initial processing of this energy starts in the pineal gland, how does it get to the rest of the body?

The Hypothalamus is the controller of autonomic nervous system. The pineal gland is connected to it through a net of autonomic nerves. The new energy that is derived from the sun may be transported via this system of nerves into the hypothalamus.

The role of temporal lobe and limbic system also may be important. It may work as a regulator, if not receptor and may be psychically involved in directing the energy in proper pathways. The medulla oblongata contains many centers vital to life and may also store some of this energy.

Fluoride Accumulates in the Pineal Gland

(University of Surrey in England)

by Dr. Jennifer Luke

Melatonin is a hormone that helps regulate the onset of puberty and helps protect the body from cell damage caused by free radicals. It is now known - thanks to the meticulous research of Dr. Jennifer Luke from the University of Surrey in England -

that the pineal gland is the primary target of fluoride accumulation within the body.

The soft tissue of the adult pineal gland contains more fluoride than any other soft tissue in the body - a level of fluoride (~300 ppm) capable of inhibiting enzymes. The pineal gland also contains hard tissue called hydroxyapatite crystals, and this hard tissue accumulates more fluoride (up to 21,000 ppm) than any other hard tissue in the body (e.g. teeth and bone).

After finding that the pineal gland is a major target for fluoride accumulation in humans, Dr. Luke conducted animal experiments to determine if the accumulated fluoride could impact the functioning of the gland - particularly the gland's regulation of melatonin. Luke found that animals treated with fluoride had lower levels of circulating melatonin, as reflected by reduced levels of melatonin metabolites in the animals' urine. This reduced level of circulating melatonin was accompanied – as might be expected - by an earlier onset of puberty in the fluoride-treated female animals. It also seems contribute to '**calcifying**' **the pineal gland**. You know, we have very high rates of depression, anxiety, chronic pain, etc. in this country.

Dr. Luke summarized her human and animal findings as follows:

“In conclusion, the human pineal gland contains the highest concentration of fluoride in the body. Fluoride is associated with depressed pineal melatonin. If the pineal accumulates fluoride at an earlier age than in previous decades, one would anticipate that a high local concentration of fluoride within the pineal would affect the functions of the pineal, i.e., the synthesis of hormonal products, specifically melatonin”.

Sleep Disturbances in Children with Neuro-Psychiatric Disorders

There are multiple trials investigating melatonin use in children with various neuro-psychiatric disorders, including mental retardation, autism, psychiatric disorders, visual impairment, or epilepsy. Studies have demonstrated reduced time to fall asleep (sleep latency) and increased sleep duration. It has been reported that natural melatonin levels are altered in people with Alzheimer's disease. There are several early-phase and controlled human trials of melatonin in patients with various advanced stage malignancies, including brain, breast, colorectal, gastric, liver, lung, pancreatic, and testicular cancer, as well as lymphoma, melanoma, renal cell carcinoma, and soft-tissue sarcoma.

Online Papers - Fluoride & the Pineal Gland:

FULL TEXT - html: Luke J. (2001). Fluoride deposition in the aged human pineal gland. Caries Research 35:125-128.

FULL TEXT- pdf: • Luke J. (1997). PhD Thesis: The Effect of

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EXCERPT - html: Luke J. (1997). The Effect of Fluoride on the Physiology of the Pineal Gland. Ph.D. Thesis. University of Surrey, Guildford.

SOURCE: Luke J. (1997). *The Effect of Fluoride on the Physiology of the Pineal Gland*. Ph.D. Thesis. University of Surrey, Guildford. p. 167.

Use Throughout the World

Water fluoridation is used in the United States, United Kingdom, Ireland, Canada, and Australia, and a handful of other countries. The following developed nations previously fluoridated their water, but stopped the practice, with the years when water fluoridation started and stopped in parentheses:

Federal Republic of Germany (1952–1971)

Sweden (1952–1971)

Netherlands (1953–1976)

Czechoslovakia (1955–1990)

German Democratic Republic (1959–1990)

Soviet Union (1960–1990)

Finland (1959–1993)

Japan (1952–1972)[citation needed]

In 1986 the journal *Nature* had a commentary, "*Large temporal reductions in tooth decay, which cannot be attributed to fluoridation, have been observed in both unfluoridated and fluoridated areas of at least eight developed countries.*"

In areas with complex water sources, water fluoridation is more difficult and more costly. Alternative fluoridation methods have been proposed, and implemented in some parts of the world.

The World Health Organization (WHO) is currently assessing the effects of fluoridated toothpaste, milk fluoridation and salt fluoridation in Africa, Asia, and Europe. The WHO supports fluoridation of water in some areas, and encourages removal of fluoride where fluoride content in water is too high.

Short History

The first large fluoridation controversy occurred in Wisconsin in 1950. Fluoridation opponents questioned the ethics, safety, and efficacy of fluoridation. New Zealand was the second country to fluoridate, and similar controversies arose there.

Outside of North America, water fluoridation was adopted in European countries, but in the late 1970s and early 1980s, Denmark and Sweden banned fluoridation when government panels found insufficient evidence of safety. The Netherlands banned water fluoridation when "a group of medical practitioners presented evidence" that it caused negative effects in a percentage of the population.

More Scientific Information? Find it on the Net

[Http://www.nofluoride.com](http://www.nofluoride.com)

[Http://www.fluoridation.com](http://www.fluoridation.com)

International Society for Fluoride Research

<http://www.fluoride-journal.com>

In Canada

<http://www.fluoridation.com>

Fluoride Issues

<http://www.sonic.net/~kryptox/fluoride.htm>

Dental Fluorosis:

<http://www.inter-view.net/~sherrell>

IAOMT Risk Assessment for ingested fluoride

<http://www.SaveTeeth.org>

Zero Waste America

<http://www.zerowasteamerica.org/Fluoride.htm>

The Preventive Dental Health Association's

<http://emporium.turnpike.net/P/PDHA/fluoride/blunder.htm>

Stop Fluoridation USA

<http://home.cdsnet.net/~fluoride>

HISTORY OF FLUORIDE - IODINE ANTAGONISM

http://www.bruha.com/fluoride/html/history_th.htm

SYMPTOMS/ASSOCIATIONS FLUORIDE POISONING -
HYPOTHYROIDISM

http://www.bruha.com/fluoride/html/symptoms_hypo_f.htm

<http://www.alternativeparenting.com/health/fluoride/facts.htm>

AMERICA: OVERDOSED ON FLUORIDE

<http://www.zerowasteamerica.org/Fluoride.htm>

Common pesticides use fluoridation chemicals as their main ingredient

http://www.apfn.org/apfn/fluoride_chemicals.htm

TOP FLUORIDE EXPERT APOLOGIZES FOR PUSHING
POISON / http://www.apfn.org/apfn/fluoride_expert.htm

Fluoridation / Fluoride / Toxic Chemicals In Your Water

Fluoride compounds which are put in water (fluoridation), toothpaste and supplement tablets (including some vitamins) were never tested for safety before approval.

<http://www.holisticmed.com/fluoride/>

50 Reasons to Oppose Fluoridation

<http://www.fluoridealert.org/50-reasons.htm>

Don't Swallow Your Toothpaste

<http://www.fluoridealert.org/DSYT.htm>

Focus: Fluoride

http://www.hearstnp.com/san_antonio/bea/news/stories/san/storypage.cfm?xlc=115955&xla=saen

Shocking News About Fluoride

<http://www.apfn.org/apfn/flouride.htm>

Fluoride - The Lunatic Drug

<http://www.apfn.org/apfn/water.htm>

STOP FLUORIDEATION

<http://rvi.net/~fluoride/index.htm>

Fluoridation status of some countries

<http://www.fluoridation.com/c-country.htm>

FLUORIDE WEB SITES

<http://www.npwa.freemove.co.uk/links.html>

Fluoride is a corrosive poison

<http://www.apfn.org/apfn/poison.htm>

FIGHT FLUORIDE!

<http://www.fightfluoride.com/main.html>

Population Control

<http://www.apfn.org/apfn/population.htm>

WATER

<http://www.apfn.org/pdf/water.pdf>

Fluoride Reality

Fluoride ingestion has very little to do with dental health, it does have a lot to do with disposing of industrial waste and making people docile and subservient, it also has a lot to do with MONEY.

Clearly, the dental profession would not and HAS not put itself out of business.

<http://www.webaxs.net/~noel/fluoride.htm>

Respected Medical Professionals and Scientists
are warning that water fluoridation
has dangerous long-term consequences to health.

<http://www.nofluoride.com/>

Toxic Secrets

Fluoride & the A-Bomb Program

During the ultra-secret Manhattan Project, a report was commissioned to assess the effect of fluoride on humans. That report was classified "secret" for reasons of "national security".

<http://www.nexusmagazine.com//fluoridebomb.html>

Fluoride: An Invisible Killer / <http://www.just-think-it.com/no-f.htm>
Fluoride Toxicity

http://www.health-science.com/fluoride_toxicity.htm

“Flouride Dangers to the Thyroid”

<http://www.thyroid.about.com/health/thyroid/library/weekly/aa020700b.htm>

How Fluoride Kills Human Cells
[www.mercola.com/2000/sept/24/fluoride kills cells.htm](http://www.mercola.com/2000/sept/24/fluoride_kills_cells.htm)

Why American's are SHEEPLERS: FLUORIDE
<http://www.apfn.org/apfn/sheeples.htm>

Artificial Sweeteners Conspiracy to Make Americans Sick
<http://www.apfn.org/apfn/sick.htm>

Fluoride Fantasies
http://www.trunkerton.fsnet.co.uk/fluoride_fantasies.htm

Fluoridation: A Horror Story
<http://www.halcyon.com/wfrazier/fluoride.htm>

The Chemical Manipulation of Human Consciousness
<http://www.cco.net/~trufax/menu/chem.html>

HOW THE ANTHRAX VACCINE RUINED MY LIFE
<http://www.apfn.org/apfn/anthrax.htm>

[www.citizens.org/Food Water Safety/Fluoridation/fluoride.htm](http://www.citizens.org/Food_Water_Safety/Fluoridation/fluoride.htm)

www.apfn.org / www.apfn.net

GOOD TEETH BIRTH TO DEATH - Anti-Fluoride book - Revised Edition, 117 Pages by: Dr. Gerard F. Judd, Professor, Chemist and Researcher / Research Publications Co. 1 – 602-412-3955 / 6615 W. Lupine / Glendale, AZ 85304-3136

Fluoride: The Hidden Poison in the National Organic Standards

By Ellen and Paul Connett, Ph.D.

Introduction

The US Department of Agriculture's (USDA) revised rule on National Organic Standards (NOS), proposed in March 2000, was finalized in December. For the most part, the standards have been written with care and integrity. For the rest, they attracted over 40,000 comments from the public. The standards were first proposed in 1997 and included proposals to use sewage sludge, irradiation, antibiotics in livestock, and genetically modified organisms. USDA withdrew the proposal after receiving over 275,000 comments from the public-- the most comments received on any US agency proposal in history. In the main the public's efforts on this issue paid off well.

In the final NOS the four practices listed above were out, but unfortunately, despite over 100 comments, those concerned about fluoride were ignored. Incredibly, the new standards allow the use of the toxic substance sodium fluoride in organic agriculture. Fluoride is a persistent and non-degradable poison that accumulates in soil, plants, wildlife, and humans. Many organic farmers may be unaware that this highly toxic substance has been allowed for use in the NOS, because its presence is hidden. However, it is there:

- As Sodium Fluoride tucked away in the US EPA List 4 Inerts ("Inerts which have sufficient data to substantiate they can be used

safely in pesticide products, according to EPA."), which are allowed for use in the NOS.

- In Bone Meal (which can contain 1000 ppm - or more- fluoride), also included in US EPA List 4 Inerts ("Inerts generally regarded as safe, i.e., corn cobs and cookie crumbs," according to EPA).

To call sodium fluoride an "inert" is Orwellian and defies one of the NOS's stated principles: producers shall not use "natural poisons such as arsenic or lead salts that have long-term effects and persist in the environment." Fluoride is clearly in this category. Sadly, the use of fluoride in organic farming could undermine the public's confidence and safety in organic food - both here and abroad. This will become more obvious as the movement against fluoridation of public water picks up momentum worldwide. As it does more and more people will be asking questions about fluoride levels in their food. Unlike the List of Inerts, fluoride levels in organic food cannot be hidden. The purpose of this article is to argue the case against any use of fluoride in organic agriculture in the hope that despite these new standards it will encourage organic farmers to go "fluoride free." Before we proceed we wish to note the following:

* The Agency for Toxic Substances and Disease Registry (ATSDR) stated in 1993: "Existing data indicate that subsets of the population may be unusually susceptible to the toxic effects of fluoride and its compounds. These populations include the elderly, people with deficiencies of calcium, magnesium, and/or vitamin C, and people with cardiovascular and kidney problems... Because fluoride is ubiquitous in food and water, the potential for human exposure is substantial (ATSDR, p 112, 153)."

* The studies on which the US EPA relied in establishing its maximum contaminant level (MCL) for fluoride in drinking water - 4 parts per million (ppm) - and on which it has relied to perform risk assessments for fluoride pesticide residue levels were seriously flawed. Not only has the union representing professionals at EPA's

DC headquarters called for an independent review of these studies, their concern led them to two unprecedented actions. In 1986 they filed an Amicus Curiae brief in a lawsuit brought by the Natural Resources Defense Council against EPA for its MCL of 4 ppm for fluoride in drinking water. The union charged that the MCL was based on shoddy science and was not protective of public health. In 1997 the union announced its support of a citizens group fighting mandatory fluoridation in California.

* Elsewhere, we have gone into the dangers posed by water fluoridation (see "50 Reasons for Opposing Fluoridation," www.fluoridealert.org). A great deal of animal and human research, much of it published since 1990, points to fluoride's potential to damage the bones of the elderly, and interfere with the functioning of the brain, thyroid gland, pineal gland, kidney, and reproductive system.

* In 1998, a fluoride study published in Brain Research reported damage to rat kidneys and brain at very low doses. Rats were given 1 ppm fluoride in doubly distilled and de-ionized water for 52 weeks. In other words they were given the same levels as we get in fluoridated water, albeit without the other ions present in tap water. One group of rats was given aluminum-fluoride (AlF₃) and another, sodium fluoride (NaF). In both cases amyloid deposits were found in the rat brains. Amyloid deposits are tangles in the brain and are associated with Alzheimer's Disease and other forms of dementia. Scientists do not know why they form. The rats in the control did not have them. The authors of the study speculate that fluoride enables aluminum to cross the blood brain barrier (Varner et al). This paper has caused quite a stir in regulatory circles and has prompted both the NIEHS and the EPA to nominate aluminum fluoride for comprehensive study by the National Toxicology Program.

* In 1994, a FDA researcher published results from a study that found an association between residence in counties with high fluoride concentrations in drinking water (3 ppm) with decreased

birth rates. The author raised the question "whether public health concerns and toxicologic research should not shift their focus from the isolated intake from fluoridated water to the potential toxicity of the total fluoride intake (Freni)." This suggestion is important, because surprisingly, a great deal of the promotion of fluoridation in the US has centered on the concentration of fluoride in drinking water and has been very cavalier about the total dose of fluoride we get from ALL sources.

The National Organic Standards are available at:

www.ams.usda.gov/nop

Conclusion

A recent analysis of the Canadian food basket indicates that a typical North American diet delivers about 1.8 mg of fluoride per day (Dabeka, 1995). This is nearly twice the amount of fluoride one would receive from drinking one liter of fluoridated water. Some of this fluoride we can do little about, but the one source we should not have to contend with is that introduced by organic farmers.

When we pay extra money to avoid pesticides, we don't expect to get doses of an extremely toxic pesticide! Thus, even though these new National Organic Standards permit organic farmers to use bone meal and sodium fluoride, we urge them not to do so. We also urge them to avoid the use of powdered phosphate rock. We urge readers to make their voices heard on this issue. In the future, we will be looking for labels which say "organic" and "fluoride free".

What you can do: Request a "Specific Prohibition" for Sodium Fluoride and Bone Meal (on EPA's List 4 Inerts) from the "National List." This is the list of approved and prohibited substances in the National Organic Standards. Petitions should be submitted to: Program Manager, USDA/AMS/TMP/NOP, Room 2945, South Building, P.O. Box 96456, Washington, DC 20090-6456.

Get Fluoride Free Bottled Water

http://www.ewh.com/how_7463396_fluoride-bottled-water.html



