

How To Safely Detox Fluoride From Your Body

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As many people already know the commonly used sodium fluoride/hydrofluorosilicic acid is extremely toxic, and contrary to most “medical professionals” it is not good for the human body.

But if you have become health conscious and stopped drinking fluoridated water, your good right? Yes and no.

Sodium fluoride/fluorosilicic acid is an accumulative poison. If you are like me, born and raised in a fluoridated city, it has built up in your body. Mainly in your bones, thyroid gland, and pineal gland. So how do you get that fluoride out of your system?

That is a very complicated question. There is no 100% verified method of totally detoxing fluorides from your body. But there is several methods that I have used (along with many others), that can make a huge difference. For example: Joint pain disappearing, Chronic headaches gone, an ability to think clearer, and weight loss.

Number one of course is to stop fluoride exposure as much as you can. Even though you may have stopped drinking it in your water, many preserved foods contain it.

Second is to start using a sauna regularly. Saunas expel many heavy metals and toxins (including fluoride) from your system. Third, getting enough sunlight daily plays a large role in detoxing the pineal gland. As well as getting enough time in the dark. Sounds strange, I know. But the right balance of light and darkness helps to regulate the melatonin production (the main function of the pineal gland). Fourth is getting enough exercise (which also helps regulate melatonin production). And fifth is doing a raw liver detox. The raw detox is were most people cringe and get turned away. But it is very simple and effective. All that you need to do is drink two cups of tea a day, cut back on preserved foods, and increase your intake of raw foods. Here is the tea recipe that I use:

- * 1 thick slice of organic lemon
- * 1 piece of fresh organic ginger, 2/3" long, peeled and bruised
- * 1 cup boiling water (Recommended distilled)

Place lemon and ginger in cup. Add boiling water and leave to infuse for two minutes. Remove lemon and ginger and drink immediately.

Using these five methods is very effective! But it is not a quick fix. It took all of that fluoride years to accumulate, and it will take years to get it all out. Everyone is different and can expect different results, but for myself I started to feel a large difference in 3 months. I have now been doing it for 3 years, and have felt great! I am at the point that if I drink a cup of

coffee that contains fluoridated water, or eat a processed food that has fluoride, I become physically ill.

Other tips: Eat foods high in iodine. Iodine also allows the release of fluorides from your system.