

From: Second Look
**Response Protocol for
Chronic Fluoride Poisoning/Fluoride Allergic Reaction**

1. If you or your loved one are experiencing any life-threatening or other emergency symptoms, including fainting, convulsions, difficulty breathing, swelling, heart irregularities, or any other very frightening symptom, and/or if you know that there has been some immediate, heavy fluoride exposure, such as a child drinking a fluoride rinse or a lot of toothpaste: IMMEDIATELY CALL YOUR NEAREST POISON CONTROL CENTER AND/OR BRING TO THE NEAREST EMERGENCY ROOM! DO NOT HESITATE!

2. If you suspect, but are not sure, or if you are sure that your symptoms are caused by chronic fluoride poisoning and/or allergic reaction to fluoride in any substance, and if the symptoms are not as severe and acute as described above, ask your physician to immediately test your blood and urine for fluoride content. If that physician is not willing to do so, try the following possibilities: call other physicians in your area and ask on the phone if they would be willing to test these fluids; go to your emergency room and tell them you have had high fluoride exposure and want these tests done; or contact us and we may be able to refer you to a nearby medical doctor. If you find a willing physician, make sure that they and/or the laboratory they use have experience with the fluoride testing process.

3. Avoidance of any fluoride from all sources, including hidden sources:

The following list describes things that you can start doing immediately. It will take a while, but slowly your symptoms will dissipate. At some point or points in the detoxification of your body you may even feel worse for a short time, but if it's due to the detoxification process, then it's a good sign and should be short lived. You must be VERY careful not to expose yourself to fluoride in any form. Unfortunately, in our world, this takes constant vigilance.

. If you are living in a fluoridated community, try to avoid drinking, cooking with, and even bathing in that water as much as possible.

. Throw away that fluoride toothpaste!! Non-fluoride toothpaste can be found in health food stores (but also try to avoid SLS - sodium lauryl sulfate - which is a chemical in many toothpastes, even those found in health food stores).

. Avoid chicken baby foods, chicken McNuggets, Vienna sausages, and any other formed chicken products. Any meats that are separated from the bone by a machine will get bone dust in them. Bones, just like teeth, absorb fluoride. Studies shows babies can ingest too much fluoride simply from eating chicken baby foods daily.

. Fluorinated pesticides on all foods is a problem, and washing does not remove all pesticides. Since grapes have more surface area, grape juice can have very high levels of fluoride. **Please start to immediately buy and eat only organic produce.**

. Any food or beverage that contains water and is made in a fluoridated area will have fluoride content. Here is a list of some: <http://www.bruha.com/pfpc/html/f- in food.html>

. Canned and bottled soft drinks, fruit juices, beer and wine and some bottled water have a fluoride content not listed on their label. If you use bottled water, call the manufacturer to find the fluoride levels, if any. Wines made from non-organic grapes have especially high fluoride content.

. Even if you don't drink your fluoridated water, when you go to a local restaurant, the water they use for their drinks, soups, gravies, rice, etc. is from the tap, so it's fluoridated.

. Many medicines, including several antidepressants and antibiotics, are heavily fluorinated. Always ask about any medicines that are prescribed to you to find out fluoride content.

. Since the ocean contains approximately 1.4 ppm fluoride, ocean fish, such as tuna, contains fluoride. Fluoride in any fish is especially concentrated when it is canned, especially because canned fish often contains bones. Avoid all canned fish.

. Fluoride can be inhaled via ocean mist, air pollution, e.g. from coal burning buildings & aluminum and many other manufacturing sources, and from cold water humidifiers if fluoridated water is used.

. Less obvious dental products like tooth-colored filling material and some cements, rubber bands for braces and floss can contain fluoride.

. Avoid all pesticides, refrigeration coolants, fluxes, professional window washing chemicals, and any other household or industrial product that may contain fluoride/fluorine compound in any form. If you are not sure, study ingredients, call the manufacturer, or research on the web.

4. It's very hard to avoid fluoride, but ingesting recommended amounts of nutrients is very helpful in counteracting fluoride's ill effects and the only side effects are better overall health.

. Calcium, magnesium, vitamins A, C, D, K and probably more are required nutrients to prevent tooth decay. Several of these have been shown to reverse severe fluorosis. Make sure your child gets his calcium/magnesium requirements and eats the recommended amount of (organically grown) fruits and vegetables each day.

. Calcium, magnesium, and vitamin C are essential in offsetting symptoms of fluoride poisoning. Try to eat calcium and magnesium rich foods, including green leafy vegetables - just make SURE they are organically grown/produced (including milk products, although milk itself should be avoided while detoxifying). Vitamin and mineral supplements are useful and can be important – in theory. The trouble with calcium and magnesium (and other) supplements is that they are very often contaminated with fluoride, and one never can tell, as most labs do not even test for F content. (We are working to find a good source of F-free supplements that we can suggest to people.)

. Buying and eating organically produced produce and processed foods is your best bet at being sure that your food is as fluoride free as possible. To be sure about ingredients in your food, try to cook all of your meals from "scratch", so you are familiar with all the ingredients.

5. Detoxification from F poisoning is not quick, and there is not, as yet, any easy or sure treatment for it (this is the type of thing FTTC expects to be working toward). The healing process is slow, but you CAN feel better with time and vigilance! We suggest NOT engaging in any enhanced detoxification process in order to speed it up, including chelation therapy, as this could be dangerous.

PLEASE KEEP IN TOUCH AND LET US KNOW HOW YOU ARE FEELING! FEEDBACK IS IMPORTANT.