

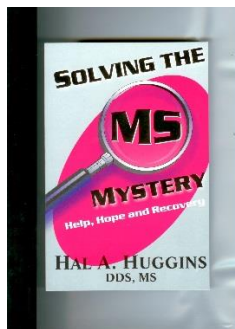
The FLUORIDE Controversy & Deception

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By Johan Jacobs

Trust me, a healthy and vibrant brain is your most valuable asset. Yes, strong and fit muscles are also important, but without a healthy brain, those muscles will end up useless. Your central nervous system (CNS) is key since it controls everything in your body. I want to help you to live in wisdom and to be able to protect your brain (CNS) and health. Therefore, this article focusses mainly on the effects of fluoride on your CNS.

Many of us have been pre-programmed (brainwashed) by advertisements in the main stream media, and as a result many of us have been conditioned and are under the impression that fluoride is excellent for dental health. However, I believe the opposite is true. In my journey to recovery from advanced Multiple Sclerosis (MS) I realised that this is a controversial topic, but it should be looked at very seriously.



I was privileged to visit Dr Huggins in Colorado Springs at the Huggins Diagnostic Centre. He suggests that the success rate of healing for MS patients increased with his discovery of fluoride in all its forms as a negative catalyst that aggravates the 'dis-ease'. Therefore, if one wants to recover and protect oneself, it is important to scrupulously avoid fluoride at all costs. This includes not drinking fluoridated water, not brushing with fluoridated toothpaste and to avoid fluoride dental treatments. I remember him saying, "Normally the ingestion of this chemical retards the patient's clinical progress towards healing, or even promotes a relapse of MS."

Today, 14 years later, I recovered completely from Primary Progressive MS, and received a second chance on life. As a family we try to live wisely by making sure there is no fluoride in the house. We brush our teeth with a natural non-fluoride toothpaste and, in many instances use the tooth salt mixture as explained in my book. It has a far better cleaning ability, strengthens and heals your gums and is much more affordable. I make it once a year at a fraction of the cost of buying toothpaste.

FLUORIDE CAN LOWER IQ

A recently published Harvard University meta-analysis funded by the National Institutes of Health (NIH) has concluded that children who live in areas with highly fluoridated water have **significantly lower IQ** scores than those who live in low fluoride areas. "Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain-drain", according to senior author Philippe Grandjean,

adjunct professor of environmental health at Harvard School of Public Health (HSPH).
<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

The Bottom Line - Fluoride is a Neurotoxin

According to Natural News, fluoride is widely touted to protect our teeth, but it's actually a poisonous chemical that causes cancer, damages our nervous system, and even *creates* weak teeth and bones. Fluoride is common in rat poison and the Nazis used to put it in the prisoners' water because it's known to placate people and make them easier to control. Knowing this, if you haven't already done so yet, it's probably time to dump your fluoride toothpaste.

http://www.naturalnews.com/029140_toothpaste_fluoride.

In an article on the website, Be Brain Fit, it is stated that fluoride is a toxic substance often added to toothpaste and water supplies with the intent of building healthy teeth. However, fluoride is not necessary for healthy teeth and most countries do not add it to their water supplies. In fact, fluoride is a known neurotoxin that directly, and indirectly, affects the health and function of your brain.

<https://bebrainfit.com/fluoride-neurotoxin/>

How to Avoid Fluoride

For most of us the main sources of fluoride are toothpaste and drinking water.

1. Make your own cost-effective toothpaste. You will find the recipe in my book, *Go Natural – Wisdom for Healthy Living*. Alternatively, toothpaste without fluoride is available in stores.
2. It is hard to find a water filter that effectively removes fluoride. However, the process of water distillation is the only consistent and full proof solution to purify your water for ingestion. With water distillation you literally make your own rain water without a contaminated atmosphere.

GO NATURAL offers 4 different Water Distiller options on [our online shop](#).

HOW TO BUILD AND MAINTAIN STRONG TEETH AND BONES

The natural remedy to heal dental caries and to develop strong teeth and bones is well documented in my book under the protocol PRIMITIVE CONTROL OF DENTAL CARIES. This protocol was extracted and summarized from Dr Weston A Price's monumental research study done in the 1930-40's and then documented in his book, *NUTRITION and PHYSICAL DEGENERATION*.

One of the most powerful foods that helped our predecessors to develop and maintain strong teeth and bones is traditional made bone broth, slow-cooked for at least 24-48 hours with a bit of vinegar in pure water. You literally are drinking and eating a liquid bone and teeth cocktail.

Dr Price's research is proof that POOR NUTRITION CAUSES PHYSICAL DEGENERATION. These nutritional injuries ('dis-eases') normally manifest first in dental carries, overweight, obesity, diabetes, osteoporosis, a weak immune system and many more 'dis-eases' that originate from poor modern nutrition in packaged foods. This could have been completely prevented had his advice been adopted by the modern food industry. These, 'nutritional injuries' as Dr Price calls it, are subtle in the beginning, but years down the line it could end up being fatal when toxicology creeps slowly and unnoticed into our diets and lifestyle as was the case with me.

Sadly, this is a slow but sure erosion process that strips you of your health and vitality and one never connects the dots with the root-causes. It has been said that the lack of immediate affects lets us conclude there are no affects, and we live for today at the expense of tomorrow.

However, these unnecessary 'dis-eases' are completely preventable when the GO NATURAL diet and lifestyle is adopted.

SHALOM

Johan