

LIST OF MAJOR SYMPTOMS:

CHRONIC FLUORIDE TOXICITY SYNDROME

MOST OF THE FOLLOWING reversible ill effects caused by fluoride were first recognized among aluminum workers in the 1930s by the Danish health officer Dr. Kaj Roholm. Not all the symptoms are necessarily present at the same time. Their severity and duration (often episodic) depend on a person's age, nutritional status, environment, kidney function, amount of fluoride ingested, genetic background, tendency to allergies, and other factors.

To test for fluoride intoxication, *the following procedures must be rigorously followed.* Avoid all fluoridated water (substitute distilled or other nonfluoridated, low-fluoride water), fluoridated beverages, fluoride-rich foods (tea, ocean fish, gelatin, skin of chicken, etc.), fluoridated toothpastes, and any other source of environmental fluoride, including cigarette smoke and industrial pollution (see Chapter 19, pages 376-377, above). If symptoms are in fact caused by fluoride, they should diminish markedly within a week and largely disappear within several weeks. If symptoms persist, consult a physician for possible alternative problems. *True fluoride toxicosis* can be reproduced by re-exposure to fluorides from whatever source.

LIST OF MAJOR SYMPTOMS

CAVEAT: *The following list of symptoms is not exhaustive of other origins even in someone with fluoride poisoning:*

Chronic fatigue not relieved by rest
Headaches
Dryness of the throat and excessive thirst
Frequent need to urinate
Urinary tract irritation
Aches and stiffness in muscles/bones
 In lower back
 In jaws
Muscular weakness
Muscle spasms (involuntary twitches)
Tingling sensations in fingers (especially in cold)
Gastrointestinal disturbances
 Abdominal pains
 Diarrhea
 Constipation
Feeling of nausea (flu-like symptoms)
Pinkish-red or bluish-red spots (petechiae) on
 the skin that fade and clear up
Skin rash or itching, especially at the wrists
Mouth sores (also from fluoridated water)
Loss of mental acuity and ability to concentrate
Depression
Excessive nervousness
Dizziness
Tendency to lose balance
Visual disturbances
 Temporary blind spots in field of vision
 Diminished ability to focus

CAVEAT: The following list contains symptoms that can have other origins even in someone suffering from chronic fluoride poisoning:

- Chronic fatigue not relieved by extra sleep or rest
- Headaches
- Dryness of the throat and excessive water consumption
- Frequent need to urinate
- Urinary tract irritation
- Aches and stiffness in muscles/bones (arthritic-like pain)
 - In lower back
 - In neck area
 - In jaws
 - In arms, shoulders, legs
- Muscular weakness
- Muscle spasms (involuntary twitching)
- Tingling sensations in fingers (especially) and feet
- Gastrointestinal disturbances
 - Abdominal pains
 - Blood in stools
 - Diarrhea
 - Bloated feeling (gas)
 - Constipation
 - Tenderness in stomach area
- Feeling of nausea (flu-like symptoms)
- Pinkish-red or bluish-red spots (like bruises, but round or oval) on the skin that fade and clear up in 7-10 days.
- Skin rash or itching, especially after showers or bathing.
- Mouth sores (also from fluoridated toothpaste)
- Loss of mental acuity and ability to concentrate
- Depression
- Excessive nervousness
- Dizziness
- Tendency to lose balance
- Visual disturbances
 - Temporary blind spots in field of vision
 - Diminished ability to focus (possible retinal damage)