

Fluoride / Organofluorine Poisoning

By Jason Uttley, 2015

Stages of Long-Term Exposure

	Stage 1	Stage 2	Stage 3	Stage 4
MOST COMMON DIAGNOSIS	Patients often treated like hypochondriacs by physicians due to slow progressive onset of symptoms, unless tests reveal thyroid impairment.			
	Thyroid Dysfunction, or Stress / Anxiety Disorder	Chronic Fatigue Immune Deficiency Syndrome or Myalgic Encephalomyelitis	Fibromyalgia	Fibromyalgia, or Spinal Stenosis
	<i>* See list of symptoms for other common diagnoses as physicians typically diagnose & treat symptoms one at a time, as they arise. Susceptability depends on source & duration of exposure, as well as overall health.</i>			
PRIMARY SOURCE OF EXPOSURE	Most crippling stages of poisoning are linked to certain fluoride-based prescription drugs, which may form dangerous organofluorines in the body.			
i. CHRONIC EXPOSURE: FLUORIDE ION	Poisoning typically occurs slowly, over the course of many years. Symptoms emerge as neuroendocrine dysfunction triggers loss of cellular energy production.			
	fluoridated tap water (most beverages) green or black tea (unusual absorption from soil)	fluoridated tap water (most beverages) green or black tea (unusual absorption from soil)		
ii. SUB-ACUTE EXPOSURE: ORGANOFLUORINES	Poisoning can occur in weeks, although symptoms take considerable time to peak. Impossible to determine severity of poisoning until 3-6 years after exposure.			
	prescription drugs (i.e. Cipro, 2-4 wks)	prescription drugs (i.e. Cipro, 4-6 wks)	prescription drugs (i.e. Cipro, 6-10 wks)	prescription drugs (i.e. Cipro, 10+ wks)
	<i>* Other significant sources include: pesticides (i.e. sulfuryl fluoride), occupational exposure, toothpaste (if swallowed), fluoride treatments, salt (some countries, not U.S.), perfluorochemicals, certain vitamins (unlabeled).</i>			
VARIABLE SYMPTOMS	Severity of symptoms not proportional to degree of poisoning. However, quantity of symptoms tends to increase with each stage.			
Chronic Fatigue (not relieved by sleep or rest) Depression Dry Mouth/Skin/Hair Feeling of Weakness / Lethargy Gastrointestinal Disturbances (IBS) Hair Loss Headaches Immune System Dysfunction Multiple Chemical Sensitivities (MCS) Muscle Spasms / Involuntary Twitching (RLS) Muscle Weakness / Muscle Fatigue Sleep Disturbances Temperature Sensitivities (cold hands & feet) Tendency of Lose Balance / Dizziness / Nausea Thyroid Dysfunction Urinary Frequency / Tract Irritation Visual Disturbances (floaters / eye pain) Weight Gain	< 10 symptoms (typical)	> 10 symptoms (typical)	> 15-20 symptoms (typical)	> 20 symptoms (typical)
PROGRESSIVE SYMPTOMS	Severity of symptoms worsen proportionally to degree of poisoning. Particularly important in determining <i>current</i> stage of condition.			
Cognitive Impairment Joint Pain (arthritis-like) Muscle Pain & Stiffness / Tendon Pain Neuroendocrine / HPA-Axis Dysfunction Numbness (Peripheral Neuropathy) Ringing in the Ears (Tinnitus) Visual Disturbances (light, focus & contrast issues) Kidney Pain (Rhabdomyolysis) Bone Changes (calcification, esp. spinal)	possible mild concentration/memory problems possible joint pain (isolated) possible mild to moderate muscle pain (isolated) mild neuroendocrine impairment possible light sensitivity	mild to severe concentration/memory problems mild to moderate joint pain (isolated) mild to moderate muscle pain (isolated) moderate neuroendocrine impairment possible tingling/numbness (esp. in limbs) possible light sensitivity	moderate to crippling impairment; brain fog mild to severe joint pain (isolated or widespread) moderate to crippling muscle pain (widespread) severe neuroendocrine impairment tingling/numbness (esp. in limbs) possible ringing in the ears light sensitivity / possible 'halo effect'	crippling impairment; brain fog; dementia moderate to crippling joint pain (widespread) severe to crippling muscle pain (widespread) crippling neuroendocrine impairment tingling/numbness (esp. in limbs, face, spine) moderate to severe ringing in the ears severe 'halo effect'; focus/contrast issues; other pain/swelling sensation spinal stenosis/cord compression
	<i>* Not all symptoms listed. Other symptoms include, but are not limited to: acne, anxiety, infertility, erectile dysfunction, tendon rupture, ligament tear, insomnia, joint "popping", joint deterioration, bone fractures.</i>			
KNOWN TREATMENTS	Treatment is the same regardless of source of exposure as organofluorine poisoning effectively becomes extreme intolerance to fluoride.			
i. LONG-TERM	Minimizing fluoride intake is the most effective long-term treatment. All other treatments are considered secondary.			
Minimize Dietary Fluoride Intake	Requires understanding major sources of daily fluoride exposure & modifying diet accordingly. Tolerance to fluoridated water will approach <u>zero</u> in stages 2-4, as sensitivity is extreme. Most symptoms abate within weeks, provided exposure to fluoride remains <u>consistently</u> low. Six months restricted diet required to suppress most symptoms.			
Antioxidant Supplementation	When taken in sufficient quantities certain antioxidants (i.e. CoQ10, ascorbic acid) may improve symptoms by reducing free radical formation and oxidative stress.			
Iodine Supplementation	Like thyroid medications, iodine may help minimize certain symptoms if taken regularly, although it won't reverse poisoning. Fluoride adheres to bone & areas of the brain and is not easily removed.			
Guaifenesin	Difficult treatment protocol popularized by Dr. Paul St. Amand for the treatment of Fibromyalgia. Minimizing fluoride intake far more effective and easier to maintain.			
ii. SHORT-TERM	Contributes to misdiagnoses by physicians unfamiliar with ability of drug to temporarily offset effects of select neurotoxins. See treatment for fluorinated Sarin gas.			
Benzodiazapines	Large daily doses can minimize entire array of symptoms up to 8-12 months. Symptoms return and continue to progress after that, or whenever even a single dose is missed.			

** Most water filters do NOT remove fluoride. Reverse osmosis, distillation and ionic filtration are the best options.*