## Fluoride / Organofluorine Poisoning

### Stages of Long-Term Exposure

<table>
<thead>
<tr>
<th>Stage</th>
<th>Thyroid Dysfunction, or Stress / Anxiety Disorder</th>
<th>Chronic Fatigue Immune Deficiency Syndrome or Myalgic Encephalomyelitis</th>
<th>Fibromyalgia</th>
<th>Fibromyalgia, or Spinal Stenosis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 1</td>
<td>Patients often treated like hypochondriacs by physicians due to slow progressive onset of symptoms, unless tests reveal thyroid impairment.</td>
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</tbody>
</table>

### Primary Source of Exposure

#### i. Chronic Exposure: Fluoride Ion

> Fluoridated tap water (most beverages)
> green or black tea (unusual absorption from soil)

#### ii. Sub-Acute Exposure: Organofluorines

> 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)

### Variable Symptoms

**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 Loss Balance / Dizziness / Nausea

**Thyroid Dysfunction**
- Urinary Frequency / Tract Irritation
- Visual Disturbances (floaters / eye pain)
- Weight Gain

### Progressive Symptoms

**Cognitive Impairment**
- Cognitive Deficits
- Impaired Concentration
- Memory Loss

**Joint Pain (arthritis-like)**
- Painful Joints
- Inflammatory Signs

**Muscle Pain & Stiffness / Tendon Pain**
- Muscle Spasms
- Muscle Aches
- Tendonitis

**Neuroendocrine / HPA-Axis Dysfunction**
- Hormonal Imbalance
- adrenal insufficiency

**Numerous (Peripheral Neuropathy)**
- Numbness
- Tingling

**Ringing in the Ears (Tinnitus)**
- Auditory Disturbances

**Visual Disturbances (light, focus & contrast issues)**
- Blurred Vision
- Eye Fatigue

**Kidney Pain (Rhabdomyolysis)**

**Bone Changes**
- Osteoporosis
- Bone Fractures

### Known Treatments

**I. Long-Term**

- Minimize Dietary Fluoride Intake
- Antioxidant Supplementation
- Iodine Supplementation
- Guafensin

**II. Short-Term**

- Benzodiazepines

### Treatment

Treatment is the same regardless of source of exposure as organofluorine poisoning effectively becomes extreme intolerance to fluoride. Minimizing fluoride intake is the most effective long-term treatment. All other treatments are considered secondary.

### Severity of Symptoms

#### Severe of symptoms proportional to degree of poisoning. Particularly important in determining current stage of condition.

<table>
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<th>Stage 1</th>
<th>Stage 2</th>
<th>Stage 3</th>
<th>Stage 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Possible mild concentration/memory problems</td>
<td>Mild to severe concentration/memory problems</td>
<td>Moderate to crippling impairment; brain fog</td>
<td>Crippling impairment; brain fog; dementia</td>
</tr>
<tr>
<td>Possible joint pain (isolated)</td>
<td>Mild to moderate joint pain (isolated)</td>
<td>Mild to severe joint pain (isolated or widespread)</td>
<td>Moderate to crippling joint pain (widespread)</td>
</tr>
<tr>
<td>Mild neuroendocrine impairment</td>
<td>Moderate neuroendocrine impairment</td>
<td>Severe neuroendocrine impairment</td>
<td>Crippling neuroendocrine impairment</td>
</tr>
<tr>
<td>Possible light sensitivity</td>
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<td>Possible tingling/numbness (esp. in limbs)</td>
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</tr>
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<td><em>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.</em></td>
<td>*Possible joint pain (isolated)</td>
<td><em>Possible light sensitivity</em></td>
<td>*Possible light sensitivity / possible 'halo effect' *</td>
</tr>
</tbody>
</table>

### Known Treatments

- **I. Long-Term**
  - Minimize Dietary Fluoride Intake
  - Antioxidant Supplementation
  - Iodine Supplementation
  - Guafensin

- **II. Short-Term**
  - Benzodiazepines

### Most Water Filters do NOT remove fluoride. Reverse osmosis, distillation and ionic filtration are the best options.