

# A Fluoride-Free Pineal Gland

...is More Important Than Ever

by Paul Fassa  
June 02, 2009  
from [NaturalNews](#) Website

There has been some controversy over the activity of adding synthetic fluoride to municipal water supplies and elsewhere, but not enough. The seriousness of this issue is more than what most realize.

[Fluoridation](#) ranks with [GMO's](#) and [tainted, forced vaccinations](#) among the great crimes against humanity.

## Understanding the Different Fluorides

There are two types of fluoride.

- Calcium Fluoride, which appears naturally in underground water supplies, is relatively benign. However, too much consumed daily can lead to bone or dental problems.

Calcium is used to counter fluoride poisoning when it occurs. This redeeming factor indicates that the calcium in naturally formed calcium fluoride neutralizes much of fluoride's toxic effects.

- On the other hand, the type of fluorides added to water supplies and other beverages and foods are waste products of the nuclear, aluminum, and now mostly the phosphate (fertilizer) industries.

The EPA has classified these as toxins:

- fluorosilicate acid
- sodium silicofluoride
- sodium fluoride

For this article, the term *Sodium Fluoride* will include all three types. Sodium fluoride is used for rat poison and as a pesticide.

According to a scientific study done several years ago, [Comparative Toxicity of Fluorine Compounds](#), industrial waste sodium fluorides are 85 times more toxic than naturally occurring calcium fluoride:

resulted in the extraction of a small quantity of a similar amino acid from a sample of dried serum solids obtained by spraying the serum left from acetic acid coagulation of some fresh unpreserved latex. Owing to the smaller amount it could not be purified to the same extent, and its melting point was about 20° C. lower than that of the substance obtained here. The rotation in hydrochloric acid of this impure product was found to be  $\alpha_D^{25} = +4.4^\circ$ . Emil Fischer gives  $\alpha_D^{25} = +10.8$  for pure *D*-alanine hydrochloride.

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## Comparative Toxicity of Fluorine Compounds

MARGARET CAIMACK SMITH AND RUTH M. LEVERTON, University of Arizona, Tucson, Ariz.

REPORTS in the literature of the toxic effects of fluorides have been reviewed by McClure and Mitchell (7) and DeFotis (4). Such indications of impaired health and development as abnormal rate of growth or decline in weight, poor appetite and lowered food intake, poor reproduction, and inferior bone and tooth structure have been reported to result from relatively low intakes of sodium fluoride. High levels of feeding have caused death. The harmful effects resulting from the use of rock phosphates as mineral supplements in farm animal rations have been believed to be due to their fluorine content (1, 2, 10, 11, 19).

In 1931 proof was established in this laboratory (18) that the dental defect of human teeth known as mottled enamel (Figure 1) which is endemic in many sections of the world is caused by the toxic action of fluorides present in the drinking water supply of the afflicted persons. An extensive survey of the conditions in Arizona (13) by means of which the concentration of fluorides in water supplies was correlated with the presence or absence of mottled enamel and its degree of severity if present, gave evidence that the use of drinking water having a fluorine concentration above 2.7 parts per million interfered with normal tooth development. The drinking of water in the usual amount which contains as little as 2 p. p. m. of fluorine has been found to cause a severe type of mottled enamel of the teeth, the enamel being pitted and corroded. Mottled teeth are not only disfiguring in appearance but are so defective in structure and strength that

The use of drinking water containing fluorine in concentrations of one part per million or more is recognized as the cause of mottled enamel, a defect of human teeth (12, 13, 15). The increasing use of fluorine compounds as spray insecticides has prompted this study of the comparative toxicity of different compounds of fluorine. The following compounds of fluorine are used: sodium, potassium, ammonium, and calcium fluorides; sodium, potassium, and barium fluosulfates; and natural cryolite (sodium aluminous fluoride). A comparison is made of their effect upon growth rate, food consumption, efficiency of utilization of food, reproduction, mortality, and teeth, when supplied to young albino rats of the same fluorine concentration. Wide differences in toxicity among these compounds are found when the effect upon growth, food utilization, and damage to the teeth are considered, which may or may not be a reflection of difference in their solubility. From the standpoint of initial damage to the teeth, however, all these compounds of fluorine are found to be equally toxic. Fourteen parts per million of fluorine (from any source) in the diet of the rats leaves a mark upon the rat incisors. The significance of these findings in relation to the spray residue problem and human mottled enamel is discussed.

they often have to be replaced by false teeth at an early age.

Fluorine compounds are becoming more and more commonly used as spray insecticides in place of arsenicals because the toxic action of arsenicals is known and feared. It would appear that from the standpoint of public health, chronic intoxication from fluorides is little to be desired.

Sellmann, Sebestien, and Weinel (17) in 1931 studied the effect of fluorine intake upon the growth and food intake of albino rats. They varied the percentage of pure sodium fluoride in the ration from 0.0002 to 0.33 per cent for a 1- to 4-month period. A concentration of sodium fluoride greater than 10 mg. per kg. of rat per day, roughly 0.015 per cent of the ration, diminished food consumption and growth even though the food was equally palatable to the animals. Below this level no harmful effect of the fluoride was noted. In these studies, however, only growth and food consumption were used as criteria.

In 1935 Schultz and Lamb (12) reported briefly that a level of 0.1 per cent sodium fluoride in the ration interfered with the growth rate of rats and that an "unfavorable effect in reproduction begins at a level of about 0.025 per cent sodium fluoride." In the same year McCollum, Simmonds, and Becker (8) reported that, when sodium fluoride was added to an adequate mixed ration at the level of 0.88 per cent, the teeth of rats were observed to be abnormal in appearance and defective in structure.

In this laboratory (14) the feeding of sodium fluoride to rats at 0.015, 0.05, and 0.1 per cent of the ration has in each case interfered with the normal calcification of the teeth to an extent varying with the concentration. Even the lowest level of feeding (0.025 per cent) resulted in defective enamel of a rather severe type of the teeth of rats, dogs, and guinea pigs. It has been observed also that an effect upon the teeth of the

\* Fluoride determination made by the modified Fairchild basic aluminic method described in *Anal. Exp. Res. Pub. Bull.* 67 (1932). Unpublished data at hand now indicate that a concentration of fluorine in water of as little as 1 p. p. m. as determined by the Willard and Foster methods of analysis is sufficient to cause mottled enamel of human teeth. A concentration of 2 p. p. m. is now found to be associated with mottled enamel of the more severe type.

### Source

## Health Hazards of Sodium Fluoride

Generally, most fluoride entering the body is not easily eliminated.

It tends to accumulate in the body's bones and teeth. Recently, it has been discovered to accumulate even more in the pineal gland, located in the middle of the brain.

This consequence of dental fluorosis, which seriously harms teeth, from daily fluoridation has been documented. Yet, the *American Dental Association* (AMA) continues beating a dead horse, promoting fluoride. There is a refusal to admit that instead of preventing tooth decay, fluoride causes even more dental harm.

The flood of sodium fluoride in water and food also creates other more serious health problems that are not widely publicized, even suppressed.

Nevertheless, in addition to fluorosis, independent labs and reputable researchers have linked the following health issues with daily long term intake of sodium fluoride:

- Cancer
- Genetic DNA Damage
- Thyroid Disruption - affecting the complete endocrine system and leading to obesity
- Neurological - diminished IQ and inability to focus, lethargy and weariness
- Alzheimer's Disease
- Melatonin Disruption, lowers immunity to cancer, accelerates aging, sleep disorders
- Pineal Gland, calcification, which clogs this gland located in the middle of the brain

## How Did We Get Stuck With Stuff?

According to investigative journalist **Christopher Bryson**, author of [The Fluoride Deception](#), getting large quantities of sodium fluoride into the water and food system was a ploy of public relations sponsored by the industries who were saddled with getting rid of the toxic materials.

Fluoride was necessary for the processing or enriching of uranium.

The pro-fluoride propaganda was started during the Manhattan Project [to create the first atom bombs in the 1940's](#). The spin was to convince workers and locals where the largest nuclear plant was located in Tennessee that fluoride was not only safe, it was good for kids' dental health.

In the early 1950's, the notorious spin master and father of advertising, **Edward Bernays**, continued the campaign for adding fluorides to water supplies as an experiment in engineering human consent! Then the AMA picked up on the dental issue and endorsed sodium fluoride's addition to water supplies. The few dissenting health studies and reports were usually squashed.

Those dissenting voices were dismissed as quacks regardless of their credentials.

Approximately 2/3 of the USA water supply is laced with sodium fluoride. Sodium fluoride is a common pesticide. So that residue is in some foods. Some sodas, packaged orange juices, and even bottled drinking water for babies contain fluoride additives.

Buyer beware. Read your labels carefully.

## Avoiding Fluoridation

Keep in mind that boiling only increases the concentration of fluoride to water more.

But removing fluoride from tap water is not so difficult. [Reverse osmosis](#) works well for removing fluorides. If you own your home and can spring for the bucks, you can have one installed under the sink in your kitchen. That makes things very convenient for your fluoride removal from tap water.

If this is not your situation, grab a couple of large jugs and fill them up from reverse osmosis machines in health food stores, supermarkets, and other locations. There are several such machines around, usually labeled as using reverse osmosis, and they usually take coins.

So it is the most accessible and cheapest way to go if you can't install one where you live.

## The Physiological Importance of the Pineal Gland

During the late 1990's in England, a scientist by the name of **Jennifer Luke** undertook the first study the effects of sodium fluoride on the pineal gland.

She determined that [the pineal gland](#), located in the middle of the brain, was a target for fluoride. The pineal gland simply absorbed more fluoride than any other physical matter in the body, even bones.

Because of the pineal gland's importance to the endocrine system, her conclusions were a breakthrough. Her study provided the missing link to a lot of physiological damage from sodium fluoride that had been hypothesized but not positively connected.

A veritable root source for the chain reaction of blocked endocrine activity had been isolated.

Good news though. Frequent exposure to outdoor sunshine, 20 minutes or so at a time, will help stimulate a fluoride calcified pineal gland. Just make sure you take off your hat.

This is more important than most realize, because the pineal gland affects so much other enzyme and endocrine activity, including melatonin production.

## The 2012 Connection

First a bit [about 2012](#), a date many have heard about.

According to **Carlos Barrios**, anthropologist, historian, and investigator who was initiated as a Mayan ceremonial priest and spiritual guide,

"Anthropologists visit the temple sites and read the inscriptions... but they do not read the signs correctly... Other people write about prophecy in the name of the Maya. They say that *the world will end* in December 2012. The Mayan elders are angry with this. The world will **not** end. It will be transformed."

Carlos Barrios goes on to say that the transformation will be both spiritual and physical.

The transition started in 1987. He says that we are in a spiritual transition from the rule of materialism, greed, and enmity to a new period of cooperation and peace - but not without difficulty. The current oligarchy is happy with what they have and don't want to give it up, and they are powerful.

The Mayans claim that *2012 marks the end of the period of the fourth sun and the beginning of the fifth sun*.

Carlos points out that adversarial revolution against the ruling class will not work. It is up to those who want this shift to connect with others of like mind and begin actively creating networks of real cooperation. The old will crumble. The new period will dawn with its growing pains, the severity of which depends on our ability to accept what is happening and *go with the flow*.

This, he says, requires evolving to *unconditional love*, with an open and simple heart, forgiveness, and cooperation with less ego competition.

## Connecting the Pineal Gland to This 2012 Matter

Well, what does all this have to do with the pineal gland? A lot.

It is considered a portal to the inner or higher self by yogi masters, including **Paramahansa Yogananda**, author of *Autobiography of a Yogi*. Psychics consider it to be the link for [inter dimensional](#) experiences.

It is associated with what many call *the third eye* or *sixth chakra*, which is a doorway to higher consciousness and bliss.

And it is vital for supporting intuition, an ability that will be needed during hard times. So it is necessary to evolve spiritually in order to help create better understanding, acceptance of our fellow humans, and easier group cooperation. Meditation is a part of this evolving.

That and a little sunshine, good rest and food, can cause a calcified pineal gland to loosen up and allow that portal to open.

An unusual psychiatrist, professor of medicine at University of New Mexico, and practicing Buddhist, Dr. **Rick Strassman**, MD, has written a book based on actual human studies of people under the psychedelic drug, DMT, titled [DMT - The Spirit Molecule](#).

He has discovered, among other things, that the pineal gland is a source of DMT production during birth and at death, and during near death or mystical experiences. This chemical approach corroborates the idea of the pineal gland as a portal, where the spirit passes through to other dimensions, either entering this physical realm or leaving it.

South American and Central American shamans use Ayahuasca, an herbal potion that stimulates DMT for psychological healing and spiritual initiation ceremonies.

They have expanded their ceremonies with Ayahuasca by traveling throughout the world or opening their local facilities to non natives. They are doing this urgently in anticipation of 2012. Their desire is to jump start and expand individuals' consciousness so the transition of consciousness will be facilitated and incorporate as many as possible.

This information is meant to link the physical realm's pineal gland to higher states of awareness and other realms.

The point is not to advocate or discourage psychedelic drug use, but to encourage health, meditation and spiritual growth by maintaining a fluoride free pineal gland. 2012 is approaching.

Time to get in shape!

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