

Special Report: Find out what others don't want you to know!

The 6 hidden Dangers in Toothpaste



Sodium fluoride

Rat poison and insecticide have never been more convenient

For years, fluoride has been internationally recognized as a poison. Yes, you read that correctly, fluoride is a poison. A toxic waste, and for years its only approved use was as an insecticide or rat poison. {2} Despite those restrictions on its use, fluoride is still being blindly recommended by dentists as a preventative measure for cavities and tooth decay.

Fluoride is also added to drinking water in the United States, but banned in other countries under the guise of preventing tooth decay, its current use falls under the FDA's definition of a drug. Under the FDA's Food, Drug and Cosmetic Act the term "drug" is "*articles intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease in man or other animals, and articles (other than food) intended to affect the structure or any function of the body of man or other animals.*" {3}

The purpose of adding fluoride to public drinking water is to affect the structure of the teeth, and therefore it is a drug. While this fact alone is quite staggering, it actually gets **worse**.

"...sodium fluoride, an inorganic compound of the naturally occurring, highly poisonous fluorine gas. It is manufactured by neutralizing hydrofluoric acid or hexafluorosilicic acid, which are byproducts of fertilizer production and heavy metal manufacturing."

"Sodium fluoride is classified as toxic by both inhalation and ingestion. In high enough doses it has been shown to affect the heart and circulatory system. For a human, 5 grams can be lethal."

The cavity prevention additive to most commercial toothpastes and drinking water is **sodium fluoride**, an inorganic compound of the naturally occurring, highly poisonous fluorine gas. It is manufactured by neutralizing **hydrofluoric acid** or **hexafluorosilicic acid**, which are byproducts of **fertilizer** production and heavy metal manufacturing. {4} Fluorine was an integral part in the production of **nuclear weapons** during WWII and the Cold War, as it was and still is used to enrich uranium and plutonium. {5} Sodium fluoride is classified as **toxic by both inhalation and ingestion**. In high enough doses it has been shown to affect the heart and circulatory system. {6} For a human, **5 grams can be lethal.** {7}

There are numerous dangers associated with exposure to fluoride and all of them outweigh the importance of preventing cavities. It is important that you know what those dangers are, and how they can affect your body's overall health so you can make an educated, well informed decision before continuing the use of products that contain fluoride.

Fluoride has been linked to a number of deaths

- ❖ In 1942, 47 mental patients from the Oregon State Hospital for the Insane died from fluoride poisoning when **sodium fluoride powder** was used accidentally instead of powdered milk to make scrambled eggs. {8}
- ❖ In 1979, 8 kidney dialysis patients in Annapolis, MD suffered toxic reactions during their blood cleansing process and died after it led to cardiac arrest. The determined cause of death was an accidental spill of over **1,000 gallons of fluoride** into the city's drinking water supply. {9}
- ❖ May 24, 1974, a 3 year old boy slips into a coma and eventually dies of cardiac arrest after being given an overdose of fluoride at his first dental visit. **The fluoride itself was determined to be the actual cause of death.** {10}

Fluoride does NOT prevent cavities

When the United States began fluoridating water supplies in the 1930s the basis for this program was to prevent tooth decay. Since then there have been numerous instances where studies have been performed to prove otherwise, or areas that ceased to fluoridate their public water saw a decline in tooth decay once they stopped – the exact opposite result as intended. Here are a few examples:

- ❖ M. Diesendorf, Tooth decay not related to fluoride intake from water {11}
- ❖ J. Colquhoun, Tooth decay related to economics of family {12}
- ❖ J. Colquhoun, Fluoride does not reduce tooth decay {13}
- ❖ Dr. John Yiamouyiannis, No correlation found between fluoride in water and dental caries {14}
- ❖ Fewer cavities found in children 7 years after Cuba stops fluoridation {15}
- ❖ Former East Germany fluoride cessation results in fewer cavities {16}

“It is time for the U.S., and the few remaining fluoridated countries to recognize that fluoridation is outdated, has serious risks that far outweigh any minor benefits, violates sound medical ethics and denies freedom of choice. Fluoridation must be ended now.”

Not only is there substantial evidence fluoride does **not prevent cavities**, it can cause **damage to connective tissues** in the body by destroying protein bonds in cells {17}, and this includes the tissue in the gums that connects them to the teeth. This can result in “pockets” in the gums where the tissue is separated. {18} If fluoride damages this connective tissue that attaches your gums to your teeth, then the continued use of fluoride products can greatly hinder the possibility of your gum tissue reconnecting to your teeth. This means that the “pocket” may not heal, and will therefore continue to be a hiding place and breeding ground for the harmful types of bacteria that wreak havoc on your gums and teeth. These “pockets” can also be gateways for harmful bacteria to enter your blood stream and cause infections in other parts of the body.

“...fluoride damages this connective tissue that attaches your gums to your teeth...”

Medical professionals call for an end to fluoridation

In 2009, more than 200 medical, scientific, and environmental health professionals signed a petition {3} presented to the United States Congress. The petition was essentially a call to action, attempting to encourage Congress to pass new regulations that would outlaw fluoridation of the United States water supplies. The mission statement of this assembly of renowned professionals is found on the cover of the report:

“It is time for the U.S., and the few remaining fluoridated countries to recognize that fluoridation is outdated, has serious risks that far outweigh any minor benefits, violates sound medical ethics and denies freedom of choice. Fluoridation must be ended now.”

“Not only does fluoride not prevent cavities, it can cause damage to connective tissues in the body by destroying protein bonds in cells, and this includes the tissue in the gums that connects them to the teeth.”

Triclosan

Now approved by the EPA as a pesticide

Triclosan is chemical used for its antibacterial and antimicrobial properties in a number of detergents and toothpastes. However, according to the EPA (Environmental Protection Agency) {19}, **triclosan was first registered as a pesticide in 1969**. In 2008, the EPA reviewed its toxicology, chemistry, and occupational/residential exposure studies when looking to complete its re-registration eligibility. After taking into consideration things like endocrine effects, developmental and reproductive toxicity, chronic toxicity, and carcinogenicity, they still registered it as only a pesticide.

“...according to the EPA (Environmental Protection Agency), triclosan was first registered as a pesticide in 1969”

“Triclosan is a chlorophenol, or combination of phenols, which is a class of chemicals suspected of causing cancer in humans.”

Triclosan is a chlorophenol, or combination of phenols, which is a class of chemicals suspected of **causing cancer in humans**. The actual definition of a phenol {20} is: a poisonous corrosive compound obtained by the distillation of coal tar. Externally, phenols can cause a variety of skin irritations, but since it can temporarily deactivate sensory nerve endings, contact with it may cause little or no pain. Internally, it can lead to cold sweats, circulatory collapse, convulsions, coma and even death. {21}

According to the EPA's handbook for Recognition and Management of Pesticide Poisonings {20}, long term exposure to pesticide products can lead to a number of adverse health conditions including but not limited to:

- ❖ Liver damage
- ❖ Kidney damage
- ❖ Heart damage
- ❖ Lungs damage
- ❖ Thyroid hormone disruption {22}
- ❖ Paralysis
- ❖ Sterility
- ❖ Brain hemorrhage

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Sodium lauryl sulfate

World renowned skin irritant

Perhaps one of the most dangerous ingredients in personal care products is sodium lauryl sulfate, or SLS. SLS is commonly used in many soaps, shampoos, detergents, and toothpastes because it is a very effective foaming agent, clinically known as a surfactant. The National Institute of Health's "Household Products Directory" {23} lists over 80 products that contain SLS. Numerous everyday products contain up to 30% concentrations of SLS, which according to a 1983 report by the American College of Toxicology(ACT) {24} is "**highly irritating and dangerous**".

Some of the products that commonly contain SLS are:

- ❖ Soaps
- ❖ Shampoos
- ❖ Toothpaste
- ❖ Industrial cleaning detergent
- ❖ Laundry detergent
- ❖ Stain remover
- ❖ Fabric glue
- ❖ Shaving cream
- ❖ Mouthwash
- ❖ Moisturizers
- ❖ Dish soap

"Not only in soaps and pastes, SLS is also found in some mouthwashes. Listermint mouthwash even lists SLS as an ingredient, and under health effects states "skin irritant in human standard tests"

"Numerous everyday products contain up to 30% concentrations of SLS, which according to a 1983 report by the American College of Toxicology(ACT) is "highly irritating and dangerous".

"The abbreviated symbol for Sodium Lauryl Sulfate is used around the world in clinical studies as a skin irritant. SLS is the universal standard, by which a measured percentage is evaluated to promote a given level of irritation and reaction. By this SLS standard level of irritation, it is then possible to evaluate the healing or modifying characteristics of any ingredient or formula used on the SLS irritated skin." {24}

The scariest part is that irritation has been shown to occur at concentrations of 0.5%. That's 1/60th the concentration found in some hand soaps. Not only in soaps and pastes, SLS is also found in some mouthwashes. Listermint mouthwash {25} even lists SLS as an ingredient, and under health effects states "skin irritant in human standard tests"

Dr. Pal Barkvoll, an oral surgeon in Oslo, Norway concluded after doing a clinical study of toothpastes with and without sodium lauryl sulfate that SLS dries tissues in your mouth that protect against irritants such as acidic foods and drinks. He determined that SLS is a strong denaturing substance, which means it can cause disruption of cell activity, and possibly cell death. This study also showed that SLS can be a leading cause of canker sores and mouth ulcers. {26}

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Hydrated silica

Whitens teeth and damages enamel at the same time

Hydrated silica, which is primarily used as an abrasive or whitening agent in toothpaste, is made from a crystallized compound found in quartz, sand, and flint. {27} What may be surprising is that as highly touted and widely used as it is, 2 studies (one from 1998 {28} and one from 2004 {29}) showed that baking soda was significantly more effective at removing stains while being less damaging to the enamel than toothpastes containing hydrated silica.

Tooth enamel re-mineralizes daily from the supply of ionic calcium and phosphorus in saliva. Scratching the surface of the tooth with an abrasive like hydrated silica can harm the enamel and prevent the re-mineralization process from taking effect. Just like cleaning glass with sandpaper, serious wear can eventually occur.

Ingredients like hydrated silica can pose even more risk to those who are already suffering from oral issues. According to Dr. Warren Scherer {30}, associate professor of restorative and prosthodontic sciences at the New York College of Dentistry:

“Some of the toothpastes and tooth whiteners that promise pearly white teeth may, in fact, hold possible health risks for consumers. They could alter the chemistry of the oral cavity or be abrasive to the teeth and gums.”

“Some silica used in cosmetics, especially amorphous hydrated silica, may be contaminated with small amounts of crystalline quartz. Crystalline silica is carcinogenic (cancer causing).”

“Some of the toothpastes and tooth whiteners that promise pearly white teeth may, in fact, hold possible health risks for consumers. They could alter the chemistry of the oral cavity or be abrasive to the teeth and gums. The public is cautioned against excessive use of products containing ‘dioforms,’ which are abrasive substances that can cause the breakdown of tooth enamel. Products containing the ingredients silica and cellulose, in particular, should be avoided when gum disease, tooth decay, sensitivity, and receding gums are present. While these ingredients can remove tartar and make teeth whiter in appearance, they also may do harm to dental health by altering the acidic balance of the mouth, gums, and tongue.”

Dr. Samuel Epstein is Chairman of the Cancer Prevention Coalition, and in his book, *The Safe Shopper’s Bible* {1} he has this to say about hydrated silica:

“Some silica used in cosmetics, especially amorphous hydrated silica, may be contaminated with small amounts of crystalline quartz. Crystalline silica is carcinogenic (cancer causing).”

“Products containing the ingredients silica and cellulose, in particular, should be avoided when gum disease, tooth decay, sensitivity, and receding gums are present.”

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Tetrasodium pyrophosphate

Removes the needed minerals from saliva

Tetrasodium pyrophosphate is a sodium salt that is often used in water softening or to thicken foods. It is also a mildly irritating, colorless powder that when ingested has twice the toxicity of table salt {31}. It's been used as everything from a thickening agent, a dispersing agent, an emulsifier, and to chemically drive the pH levels of certain solutions to desired degrees. In toothpaste it is used to remove calcium and magnesium from saliva, and thus prevent it from depositing on teeth. This happens in much the same way that it prevents similar deposits from taking place on clothing, as it is also used in laundry detergent. Tetrasodium pyrophosphate is an alkaline chemical, and human exposure has resulted in the irritation of a number of parts of the body. {32} This alkaline environment in the mouth can cause excess irritation of oral membranes {33}. Symptoms of exposure to tetrasodium pyrophosphate include {34}:

“Tetrasodium pyrophosphate is an alkaline chemical, and human exposure has resulted in the irritation of a number of parts of the body. This alkaline environment in the mouth can cause excess irritation of oral membranes”

- ❖ Respiratory irritation
- ❖ Heart disturbances
- ❖ Coughing
- ❖ Central nervous system effects
- ❖ Shortness of breath
- ❖ Skin irritation, redness, itching, and pain
- ❖ Gastrointestinal irritation
- ❖ Eye irritation, redness, and pain
- ❖ Nausea
- ❖ Liver damage
- ❖ Vomiting
- ❖ Kidney damage
- ❖ Diarrhea
- ❖ Jaw/tooth abnormality
- ❖ Lethargy
- ❖ Blood disorders
- ❖ Blood chemistry effects
- ❖ Cardiovascular effects

This MSDS (Material Safety Data Sheet) also states that persons with pre-existing jaw/tooth abnormalities, impaired respiratory, kidney, or liver function, or skin disorders may be more susceptible to the effects.

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FD&C blue dye #1&2

Food coloring is harmless, right? Wrong.

These dyes are artificial colorings that are often found in familiar toothpaste brands, and a wide variety of other ingestible products. The name “FD&C” comes from the designation by the Food, Drug, and Cosmetic act which requires certain inorganic substances to be classified for reference. According to the Encyclopedia Britannica {37}, food coloring is:

*“any of numerous dyes, pigments, or other additives used to enhance the appearance of fresh and processed foods. Coloring ingredients include natural colors, derived primarily from vegetable sources and sometimes called vegetable dyes; inorganic pigments; combinations of **organic and metallic compounds (called lakes); and synthetic coal-tar substances**. They are added to orange and potato skins, sausage casings, baked goods, candies, carbonated drinks, gelatin desserts, powdered drink mixes, and many other foods. Many of these additives are also employed as coloring agents in cosmetics, drugs, and products such as toothpaste and mouthwash.”*

In case you aren't familiar with the term “coal tar”, here's another definition for you from the Encyclopedia Britannica:

“...combinations of organic and metallic compounds (called lakes); and synthetic coal-tar substances...”

Coal tar: principal liquid product resulting from the carbonization of coal, *i.e.*, the heating of coal in the absence of air, at temperatures ranging from about 900° to 1,200° C (1,650° to 2,200° F) {38}

If the origin of these ingredients wasn't enough to make your head spin, there are other uses for it besides making your marshmallow moons blue. Enteral feeding (clinically feeding with a tube when a patient cannot take food with their mouth) has been a common practice for nearly 30 years. Blue 1 is often used in cases where doctors must visually detect things like pulmonary aspiration (leakage of foreign substances into the lungs or trachea). According to the FDA Public Health Advisory from September 29, 2003 {39}:

*“As of September, 2003, the FDA is aware of 20 cases from the scientific literature or in FDA post-marketing adverse event reports associating the use of blue dye in tube feedings with blue discoloration of body fluids and skin, as well as more serious complications. **There have been 12 reported deaths** and one case with an unknown outcome.”*

*“...adverse event reports associating the use of blue dye in tube feedings with blue discoloration of body fluids and skin, as well as more serious complications. **There have been 12 reported deaths** and one case with an unknown outcome.”*

Though not as serious as death, a double-blind, placebo-controlled, repeated-measures study from Australia {40} showed links between food coloring additives such as Blue 1 & 2 and ADHD, irritability, restlessness, and sleep disturbance in children.

“...a double-blind, placebo-controlled, repeated-measures study from Australia showed links between food coloring additives such as Blue 1 & 2 and ADHD, irritability, restlessness, and sleep disturbance in children.”

Dishonorable mention

While a lack of supporting documentation prevents some ingredients from being labeled “potential dangers” we feel that serious consideration should be paid to the other 2 following additives to dental care products:

Glycerin

Emerging evidence from Dr. Gerard Judd, Ph. D, even suggests that a common ingredient in a number of products, glycerin, has negative effects in the realm of oral health. He states:

“Glycerin in all toothpastes is so sticky that it takes 27 washes to get it off. Teeth brushed with any toothpaste are coated with a film and CANNOT PROPERLY REENAMELIZE.” {35}

“Teeth brushed with any toothpaste are coated with a film and CANNOT PROPERLY REENAMELIZE.”

Alcohol

Most major brands of mouthwash contain alcohol as a primary active ingredient. While it is effective at eliminating bacteria in the mouth, it's the lasting effect of alcohol that earned it a spot on our list. Alcohol is a drying agent, and what that means in regard to damaging the mouth is that once it's done its job and eliminated bacteria it dries the mouth. While on the surface this doesn't sound like much, remember that the harmful types of bacteria that cause the majority of oral problems grow best in a dry environment. In short, alcohol kills bacteria, but provides the environment for it to grow back just as strong.

Also to be considered is the link between alcohols in mouthwash to oral cancer. A study from the Melbourne Dental School in Victoria Australia had this to say about their finding:

“...remember that the harmful types of bacteria that cause the majority of oral problems grow best in a dry environment. In short, alcohol kills bacteria, but provides the environment for it to grow back just as strong.”

“...we believe that there is now sufficient evidence to accept the proposition that alcohol-containing mouthwashes contribute to the increased risk of development of oral cancer and further feel that it is inadvisable for oral healthcare professionals to recommend the long-term use of alcohol-containing mouthwashes.” {36}

Conclusion

You don't have to be a biochemist to see that there are potentially serious implications associated with common toothpaste ingredients- even more so if you're already suffering from things like gum problems, receding gums, gum pockets, swollen gums or bad breath.

To sum up the harmful effects associated with various ingredients, consider this:

All dentists will tell you that the only way to improve your oral health is to improve your oral hygiene. Once that's settled, you only have to decide whether you're going to continue to use standard commercial brands of toothpaste and mouthwash that come with a whole host of side effects, or a natural alternative.

- ❖ Fluoride is a poison, and destroys the protein bonds and connective tissue that attach your gums to your teeth. **{17, 18}**
- ❖ Triclosan is a corrosive chemical, and is registered as a pesticide by the EPA. **{19}**
- ❖ FD&C blue dye is derived from coal tar, was the cause of death in at least 12 instances, and is linked to ADHD. **{39, 40, 41, 42}**
- ❖ Sodium lauryl sulfate is used all over the world to purposefully irritate human skin, and has been shown to be the cause of canker sores and mouth ulcers. **{25, 27}**
- ❖ Hydrated silica is made from sand and quartz, can alter the acidic balance of the mouth, and is not as effective as baking soda for whitening. **{28, 29, 30, 31}**
- ❖ Tetrasodium pyrophosphate alters the pH balance of the mouth, removes calcium and magnesium from saliva which prevents remineralization, and can irritate oral membranes by creating an over alkaline environment. **{34, 35, 36}**
- ❖ Glycerin causes a sticky coating over the teeth that requires rinsing 27 times to remove, and prevents teeth from reenameling. **{36}**
- ❖ Alcohol in mouthwash is drying, and provides the perfect environment for bacteria growth as well as being linked to oral cancer. **{38}**

Play it safe and use a chemical-free toothpaste.

[Click Here for the 100% pure and natural alternative to chemical toothpaste and mouthwash.](#)

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{1} Steinman, D & Samuel S Epstein, The Safe Shopper's Bible, Macmillans, 1995

{2} "Fluorine has played a significant role in insect control since about 1896 when sodium fluoride and various iron fluorides were patented in England as insecticides. Sodium fluoride was used in the United States for cockroach control before 1900, and was introduced in 1915 for the control of poultry lice."

- "Introduction" to chapter 7 of "Fluorine-containing Insecticides" by R. L. Metcalf (Handb. Exp. Pharmacol XX 1, pp. 355-386, Springer, Berlin-Heidelberg-New York, 1966)

Charles Henry Higbee, British Patent GB 8236; filed on 04/18/1896, patented on 05/23/1896. "The compounds of fluorine which I employ for the purpose of destroying insects are certain soluble ones: sodium fluoride, ferric fluoride, the silicofluorides of the same bases, hydrofluoric acid, and the borofluosilicates."

{3} Professional's statement calling for an end to water fluoridation

<http://fluoridealert.org/prof-statement.1.pdf>

{4} United States FDA Food, Drug and Cosmetic Act (FD&C Act) SEC. 201 [21 U.S.C. 321] Chapter II-Definitions 1

{5} "Simply, the Hall-Heroult process is the method by which alumina is separated into its component parts of aluminum metal and oxygen gas by electrolytic reduction. It is a continuous process with alumina being dissolved in cryolite bath material (sodium aluminum fluoride) in electrolytic cells called pots and with oxidation of the carbon anodes."

"Compounds of fluoride formed in side reactions are the other main volatile product."

- Aluminum smelting, ALCOA (Aluminum Company Of America, http://www.alcoa.com/global/en/about_alcoa/pdf/smeltingpaper.pdf)

{6} "The tetrafluoride is then fed into a fluidised bed reactor or flame tower with gaseous fluorine to produce uranium hexafluoride"

- World Nuclear Association report on the enrichment of uranium, <http://www.world-nuclear.org/info/inf28.html>

{7} Acute inhalation exposure to sodium fluoride particles can cause irritation and damage to the lungs. Acute ingestion can cause nausea, vomiting, anxiety, stomach pain, diarrhea, hypertension, peripheral circulatory failure, muscle spasms, weakness, convulsions, cardiac dysrhythmias, coma and respiratory failure.

- Sodium fluoride toxicological overview by the Health Protection Agency, http://www.hpa.org.uk/web/HPAwebFile/HPAweb_C/1227169969666

{8} TIME Magazine article "Death by Fluoride". Monday 11/30/1942,

- <http://www.time.com/time/magazine/article/0,9171,766637,00.html>

{9} Evening Capital (Annapolis, MD) "Fluoride Linked to Death" 11/29/1979,

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{11} Tooth decay not related to fluoride intake from water

- Nature, Vol. 322, 07/10/1986

{12} Tooth decay related to economics of family

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{13} Fluoride does not reduce tooth decay

- Community Dentistry and Oral Epidemiology 13:37-41, 1985

{14} Dr. John Yiamouyiannis, No correlation found between level of fluoride in water and dental caries

- "Fluoride: The Aging Factor" – pub Health Action Press 2nd edition, 1986

{15} Caries prevalence after cessation of water fluoridation in La Salud, Cuba

- T. Fischer, W. Kunzel, Department of Preventative Dentistry, Dental School of Erfurt, Freidrich Schiller University of Jena, Germany

{16} Decline of caries in prevalence after the cessation of water fluoridation in the former East Germany

- W. Kunzel, T. Fischer, R. Lorenz, S. Bruhmann, Dental School of Erfurt, Department of Preventative Dentistry, Friedrich-Schiller-University of Jena, Germany

{17} "Fluorides are general protoplasmic poisons, probably because of their capacity to modify the metabolism of cells by changing the permeability of the cell membrane and by inhibiting certain enzyme systems."

- Journal of the American Medical Association, Sept 18, 1943, Editorial.

{18} "Gum pockets, from 1 to 8mm deep, are also formed by fluoride, which severs the protein molecules adhering the gums to the teeth."

- Letter from Gerald F. Judd, Ph. D., Chemist, Researcher for 18 years and Professor of Chemistry for 33 years.

{19} http://www.epa.gov/oppsrrd1/REDs/factsheets/triclosan_fs.htm

{20} <http://epa.gov/oppfead1/safety/healthcare/handbook/handbook.pdf>

{21} Chae, Linda, ibid.

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{23} <http://hpd.nlm.nih.gov/cgi-bin/household/brands?tbl=chem&id=204&query=sodium+lauryl+sulfate&searchas=TblChemicals1&prodcat=all>

{24} Journal of the American College of Toxicology. Volume 2, Number 7. 1983

{25} <http://hpd.nlm.nih.gov/cgi-bin/household/brands>

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