

## What is Blissful Consumer?

We're a group of concerned citizens ~~from across throughout~~ the globe comprised of physicians, researchers, professionals, college students, and even high school students who care a great deal about the health and ~~wellbeing~~ well being of our world and its inhabitants.

We specifically choose not to boast our credentials here, in a world where everyone is boasting credentials, yet most are ignoringe common sense, compassion, doing the right thing, ~~action~~, and other God-given sensibilities. We do not claim that what we say has been absolutely proven by research, though we consistently direct our patrons to emerging evidence that what we say is true.

We mostly rely on the inherent fact that to deviate too far from nature ~~eat~~ in an unenlightened and selfish manner carries with it consequences both great and small. With t~~T~~his in mind, we encourage people to minimize unnatural insults to our environment, its creatures, our fellow brothers and sisters, ourselves, and our families by carefully considering the larger impact when they cast their ~~of our~~ "buying dollar votes." In many ways, we are idealists who approach eating, living, and buying blissfully — t, ~~t~~ that is, carefully, consciously, and compassionately. — And h~~H~~aving recognized the power that this approach ~~it~~ has ont~~e~~ increasinge the quality of everyone's life ~~for all~~, we have decided to share these ideas with others.

Our other aim is to unify all socially responsible and earth-friendly organizations, movements and product providers into one source and one power in hopes to exact more immediate and permanent change. We do this as a non-profit organization that sells nothing and does not claim its own expertise other than blissful consuming. We inform, remind, and encourage consumers to do their part in t~~o~~ carefully, consciously, and compassionately considering and acting ~~to~~ remedy all current health, social, and environmental dilemmas. We then direct visitors to appropriate organizations that which are fully dedicated to solutions and change ~~with respect to each one of them~~, and offer only the best solutions, products, and/or services.

In sum, y~~o~~u can think of us as a super mall of sorts for introducing you to all socially responsible and earth-friendly organizations, movements and product providers such efforts in the world today — w ~~w~~ with a little extra advertising on our part, of course, ~~—~~ from the vantage point of blissful consuming.

~~—~~ Please enjoy our site!

(A sample Wweb page on the topic of fFluoridation and toothpaste products)

## The Fluoride Controversy

### Background

Most consumers who are mindful of ~~look closer into~~ things that may be harmful to their families have probably at least heard some of the concerns being raised against fluoride toothpaste and the practice of fluoridating water with what is actually industrial waste. The fFact is, ~~being as they are,~~ a half of a tube of toothpaste contains enough fluoride to kill a child. Even more disturbing, however, ~~What is more, is~~ the potential misery stemming from chronic accumulation of fluoride, which goes along with ingesting “yummy” flavored children’s toothpastes and fluoride-laced water ~~is, in fact, concerning.~~ Combine this with the fact that ~~This too in conjunction with the practice of medicating~~ Americans’s teeth are being medicated with industrial waste silicofluorides that comes from manufacturing destructive nitrogen ground fertilizer and are dispensed without proper informed consent, and the ; ~~which by the way, comes from manufacturing destructive nitrogen ground fertilizer, is an~~ idea is nothing short of appalling ~~to us.~~

Falling somewhere ~~on the poison scale~~ between lead and arsenic on the poison scale at defined levels, fFluoride is touted by the **American Dental Association (ADA)** as a wonder drug that has saved Americans’s teeth, and the ADAy offers compelling research in support of this. Yet, it seems another body of research also exists to the contrary, and along with it, many independent groups of citizens, scientists, and health professionals have taken a firm, opposing stance ~~tion, against the use of fluoride,~~ describing it’s use fluoride and water fluoridation as one of as one of the greatest farces ever to deceive implanted on society. In fact, as you will learn, several scientists from around the world agree that the possible long-term risks associated with systemic ingestion of fluoride, far, far outweigh ~~prioritizes~~ any cavity-fighting benefits that may or may not exist. This, along with the fact that many other countries have opted out of this modern-day experiment (**To view non-fluorinated countries and their reasons for opting out CLICK HERE**) <http://fluoridealert.org/50-reasons.htm>, further calls into question the scientific basis on which our government continues to approve fluoridation of our public drinking water. Thus, organizations such as the **Fluoride Action Network** [www.fluoridedebate.com](http://www.fluoridedebate.com) , **the New York Coalition Opposed to Fluoridation** [www.orgsites.com/ny/nyscof/](http://www.orgsites.com/ny/nyscof/), and **Citizens for Safe Drinking Water out of California** [www.nofluoride.com](http://www.nofluoride.com), as well as ~~and~~ many others ~~more,~~ are openly accusing the powers-that ~~to~~ be of using their clout to

ensor information ~~and stick to their guns~~ about the safety and efficacy of fluoride merely to save face and keep their financial supporters in their back pockets.

Are any of these accusations true? We leave it up to you, the consumer, to decide for yourself.

A fair warning, however: this argument is extremely convoluted and will take some real effort on your part to get a clear idea of both sides of the story. We at BlissfulConsumer.com stand firm by our belief that avoiding human chemistry experiments is always better, and we detest any insults to the environment stemming from greedy individuals and unenlightened approaches to science. However, whether or not this applies to water fluoridation, we can not yet say for certain. But like you, we are extremely interested in the topic. And if it is true that fluoridation is as deadly as some groups say, we indeed protest, and you should be, too.

The two sides ~~o-recap both sides~~ of the argument, ~~in sum~~:

On one ~~side hand, there~~ are several these highly committed organizations (such as LIST SOME NAMES HERE FOR CREDIBILITY) ~~who in place to work to~~ educate the public about fluoridation, as well as ~~and exude~~ pressures on governmental agencies to reconsider all moral and health-related issues related to fluoridating water with toxic waste that carries with it lead, arsenic, radioactive contaminants, and more. ~~The A-process~~ is they reportedly describe as being cloaked in controversy and influenced heavily by special interests, all at the detriment of human health. ~~It is a~~ Also, ~~the practice is~~ described by these organizations as a mass medicating of people without proper informed consent of any of the hazards associated with fluoride ingestion. ~~Theis too, a practice is~~ based on flaws in thinking and ~~we~~ seek evidence from the 1940's, ~~calling s~~ into question whether or not anyone is even benefiting from water fluoridation. Needless to say, t ~~heir~~ argument posed by these organizations is a convincing one.

~~Q~~ Yet ~~on~~ the other ~~sidehand~~, the American Dental Association has repeatedly claimed that they support the current methods of ~~fluoridation of~~ public water supply fluoridation and feel it is essential to America's dental health that the practice continues. They do not seem to be interested in addressing the issue of waste dumping, but maintain there has been an identifiable and measurable decline in tooth decay since the inception of water fluoridation in 1952. They do respond affirmatively to the fact that fluoridated drinking water plays a minor role in increasing occurrences of ~~d~~ dental fluorosis (outward signs of fluoride toxicity associated with permanent discoloration of teeth), but also maintains that the disease is more definitely associated with ingestion of fluorides in foods and improper use of fluoride dental products (i.e., **children swallowing fluoride toothpaste – for more information, CLICK HERE**). They also clearly state that they are in support of all further investigations into the cause and prevention of

dDental fluorinosis in children. And, with respect to various researchers' many other long-term concerns, raised by various researchers, like such as cancer, thyroid disease, Alzheimer's disease, and bone fractures (just to name a few), they offer a rebuttal to the contrary to the contrary and supporting evidence that fluoridated water is not to blame to back their statements...

To see both official sides of the argument in one document (Highly recommended to start with. This is a very well-organized, succinct and easy-to-navigate document.) CLICK HERE <http://www.fluoridedebate.com/>

To visit The American Dental Association's official Web site CLICK HERE <http://www.ada.org/>

Both sides of the fluoride controversy provide some compelling arguments.

SSo what will Blissful Consumers do in the mean-time, while more light is being shed on the subject? Our approach is quite simple.:

The very fact that concerns are being raised, along with the reality that the current practice of fluoridation deviates quite far from nature, is more than enough for us to take precautions to protect ourselves. To learn more about issues surrounding fluoride, CLICK HERE <http://fluoridealert.org/50-reasons.htm>

To start with, a good water filtration system is needed to separate chemical insults from our drinking water (fFluoride being merely one insult among many that are concernig to us). **Go to Water Quality Reports for more details CLICK HERE.**

**To learn more about potential hazards associated with fluoridation, visit our links page CLICK HERE** (this takes viewers to several links on the topic, including the ADA's official Wweb site)

~~To see both official sides of the argument in one document (Highly recommended to start with, very well organized, succinct and easy to navigate) <http://www.fluoridedebate.com/> CLICK HERE.~~

~~To visit The American Dental Association's official website CLICK HERE <http://www.ada.org/>~~

~~To learn more about issues surrounding Fluoride CLICK HERE <http://fluoridealert.org/50-reasons.htm>~~

~~To learn more about why certain countries will not fluorinate drinking water~~  
~~CLICK HERE~~ (NOTE: This link is a repeat from above, hence my deleting it –  
seems better placed above)

## Swallowing Toothpaste

With so much buzz around the topic of **water fluoridation and dental fluorosis** lately lately, it's no surprise parents are ~~starting to~~ becoming more e concerned about their children's habits of swallowing toothpaste.

"Why?" ~~y~~You ask?

If you haven't already, go to your bathroom immediately and read the poison warning on your toothpaste. Fluoride is a registered poison, and as such, at least in the United States; it requires a ~~has a~~ poison control warning be printed right on the tube. Also, you may notice ~~pay closer attention to~~ the instructions say to use a pea-sized portion of toothpaste for children ages 2-6 under direct supervision (to minimize swallowing). You should ~~, and~~ start taking these directions very seriously. From now today onward, teach your children that toothpaste is poison if swallowed, and start educating yourself about ~~on~~ the long-term consequences associated with fluoride ingestion.

## What you can do

Also, be very aware that top manufacturers have invested mega dollars in to making your child's toothpaste taste and smell like candy, which makes them so ~~they will be that~~ much more tempted to eat it as such. Next, check to see if your child's favorite brand has done the responsible thing and reduced the concentration of fluoride to make it safer. If they haven't, throw ugh it out and find another brand. Finally, observe your children from the corner of your eye to see if they sneak a swallow as they brush; because for them it's just plain too hard to believe that something so yummy could ever harm them.

As parents, we should be fighting angry each time our child sneaks a swallow or cries for more than a pea-sized portion of their favorite candy toothpaste. It will happen, after all, when it tastes so good to them! It's really nNot surprising, but instead quite a pointed attempt by just another example of big manufacturers to hard at work to sell more products and making more money irrespective of morals, long-term health considerations, and sensibilities.

So why didn't we know this before ~~how come none of us ever knew any of this?~~  
And why haven't the ~~how come the~~ makers of these products haven't dedicated even just one commercial, or at least a quick blurb, to this subject ~~about this?~~

~~After all, isn't some We'll, small print instruction on a toothpaste tube telling e~~  
~~users to use -a smaller amounts of toothpaste really pretty ineffective at to cover~~  
~~liability is worlds; yes worlds away from truly warning -telling consumers about the~~  
~~real dangers of their product? to be careful.~~ Such an act of compassion would  
cut profit margins literally in half over night, of course, -as we all start dabbing our  
brushes rather than smothering them. But we can show our disapproval of these  
companies' lack of care for our collective health with our spending dollars, by not  
buying products based on sales and marketing gimmicks and the ingredients we  
don't want in them. To do this is simple really – bBe independent minded, mute  
those commercials, research your products yourself, and buy blissfully. That is,  
buy consciously, carefully, and compassionately.

For some, this will be the first time we have read the tube. That's OKk, we have  
to start somewhere, but let it be a lesson. We will never be able to consume  
blissfully unless we learn to scrutinize the labels and investigate the contents of  
our products. The FDA stops really bad things from being produced, happening,  
true. However, as we have said repeatedly, any long-term health consequences  
associated with consuming habits is solely on the shoulders of the individual.  
While ~~perhaps not stated officially by~~ the FDA may not officially state this in such  
a way, it is certainly ~~a is the~~ reality.

**To learn more about the hazards of fluoride ingestion, [CLICK HERE](#)** (portal  
to facts with small window in the corner inviting them back to consider all-  
natural/non-fluoride toothpaste)

If you and your family choose to continue using fluoride toothpaste, please do so  
while staying conscious of the fact that you are playing with poison, and many  
respected scientists and physicians suspect there are long-term consequences  
associated with accumulated doses of fluoride ingestion. Remember, use  
smaller portions and no swallowing!

However, if you think you are ready to trade in your old brand of toothpaste for  
100% natural/non-fluoride toothpaste, that's g: Great! We are definitely in  
support of that, too, and can recommend several great brands for you and your  
family to try. To learn more about 100% natural/non-fluoride toothpastes,  
[CLICK HERE](#)

Of course, our opinions are -goes without saying that we are not in any way  
advocating that dental diseases should not be treated by a licensed dDentist,  
who will in all likelihood will want to treat a patient with fluoride. In any event, we  
would like to remind you to ~~So please try to~~ “see the gray area” in matters such  
as these.

We are simply stating that, ~~as we always have~~, if a lot of something chemical will kill you, even less can harm you, and sometimes damage occurs in the long run beyond the wise eyes of science. Therefore our position is, and ~~will~~ always will be, that minimal exposure to chemicals is your safest option.

~~To learn more about 100% natural/non-fluoride toothpastes CLICK HERE.~~

Also, keep in mind that, one does ultimately have some control over the type of physician, including dentists, that they choose to use. ~~W... We~~ do suggest you pick wisely.

**To learn more about Blissful Dentistry, CLICK HERE**

**To learn more about potential hazards associated with dentistry, CLICK HERE**

**To learn more about Blissful Medicine, CLICK HERE**