

## Over-The-Counter Meds & Fluoride Research

Of course, taking one dose of Tylenol or Ibuprofen isn't going to kill you. But we do want you all to be aware of the long term affects of having Tylenol, ibuprofen, aspirin, NyQuil etc in your meditation cabinet as the go-to solution when not feeling well.

Research:

Go ahead and take a look at the below research.

<https://chriskresser.com/the-dangers-of-acetaminophen/>

<https://chriskresser.com/how-safe-is-your-over-the-counter-medicine/>

“...evidence suggests that the risk of developing gastroduodenal ulcers and ulcer complications is significantly increased when aspirin is co-administered with other nonselective NSAIDs.”

<https://clinicaltrials.gov/ct2/show/NCT00594867>

Also, it's not best to take Tylenol with other over the counter medications.

“a person taking the maximum daily dose of both Tylenol and NyQuil could end up ingesting 8 grams of acetaminophen -- double the current FDA recommendation -- a potentially toxic dose.

Take into account the fact that many people assume “if a little is good, more is better,” and the potential for ill effects grows dramatically.”

<https://www.latimes.com/archives/la-xpm-2009-jul-20-he-closer20-story.html>

Research Journals Regarding Fluoride:

<https://www.mdpi.com/2076-3417/10/8/2885>

<https://link.springer.com/article/10.1007/s12011-019-01964-4>