

## Consuming Water With High Fluoride Content 3.2 mg/l

Fig.4: Note the columnar cell surfaces totally devoid of microvilli. The cell surfaces are cracked and no mucus droplets. Figures  $2\&3_t$  are showing the devastating effects of fluoride on the GI mucosa which would prevent absorption of nutrients. However, upon withdrawal of fluoride from consumption, the mucosa would regenerate to normal within a few days, setting the Gut into normal mode of functioning enhancing absorption of nutrients.



## **Diagramatic Representation**



Cross Section of the Duodenal Region of the Intestine Cell surfaces cracked, No microvilli



S E

V E

R

E L Y

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D