still having terrible pain and can’t move my arm in certain directions

i might even doubt my own experience

i feel ashamed that i am doing this as well feeling like a failure for even letting this carry on, and i hope that i can just stop and return to normal life

fluorosis often appears as white streaks that are not usually noticeable, but in severe cases the teeth are discoloured, have brown markings, rough, and hard to clean

if we are truly christians, we will respect other people’s choices and not judge them for making ones different than our own.