



FLUORIDE

There is evidence that sodium fluoride, which is extreme toxic, is used as rat poison, and is being added to many municipal water systems in the U.S. has an effect upon the brain that dulls the mind and makes the victim increasingly prone to suggestion.

In point of fact, fluoride causes more human cancer death, and causes it faster, than any other chemical.

- Dean Burk, Chief Chemist Emeritus, US National Cancer Institute

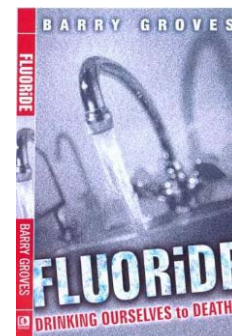
“In the 1930s, Hitler and the German Nazis envisioned a world to be dominated and controlled by a Nazi philosophy of pan-Germanism. The German chemists worked out a very ingenious and far-reaching plan of mass control, which was submitted to, and adopted by, the German General Staff. This plan was to control the population in any given area through mass medication of drinking water supplies. By this method they could control the population in whole areas, reduce population by water medication that would induce sterility in women and so on. In this scheme of mass control, sodium fluoride occupied a prominent place.”

**Charles Perkins, a chemist, to the Lee Foundation for Nutritional Research, Milwaukee, Wisconsin
October 2nd, 1954.**

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See also: **Teeth**
 Mercury
 Root Canal

Books: **Fluoride: Drinking Ourselves to Death? By Barry Groves**
 Fluoride: The Aging Factor



Articles: **“Fluoride does not help teeth”**

<http://www.second-opinions.co.uk/fluorideharm.html>

Websites:

<http://emporium.turnpike.net/P/PDHA/fluoride/blunder.htm>

<http://emporium.turnpike.net/P/PDHA/mercury/asr.htm>

FLUORIDE NEWS TRACKER: <http://fluorideneews.blogspot.com>

<http://essenes.net/flouride.html>

150 Facts on Fluoride: <http://www.just-think-it.com/f-facts.htm>

Audio/Video:

Fluoride Deception

Fluoride: The Hard to Swallow Truth

Publications:

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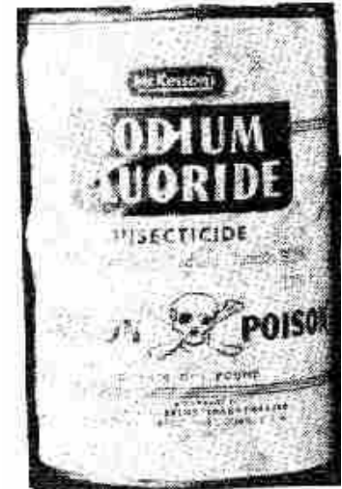
Conventional:

Terms:

SODIUM FLUORIDE

Source: "Appendix 2: Chemotherapy Drugs" in Cleanse and Purify Thyself, Book 2 by Dr. Richard Anderson (316-317)

If after reading this anyone decides to have chemotherapy, suggest that this person has been drinking too much water containing sodium fluoride. There is evidence that sodium fluoride, which is extreme toxic, is used as rat poison, and is being added to many municipal water systems in the U.S. has an effect upon the brain that dulls the mind a makes the victim susceptible to suggestion. Prior to World War II, Nazi Germany added fluoride to the drinking water of German people.⁴²⁵ Could that have been the reason that Hitler was able to pull the wool over the eyes of his gullible countrymen? Is this the reason that Communist Russia began to use it? Why is it happening in America? To stop tooth decay? No! Definitely not for dental reasons, for it has been proven that sodium fluoride in drinking water has increased dental decay as well as many other problems.



(425 Source: Dr. Hans Moolenburgh, *Fluoride: The Freedom Flight*, Available only in German. May request from the National Library of Medicine through your local library.)

"I am appalled at the prospect of using water as a vehicle for drugs. Fluoride is a corrosive poison that will produce serious effects on a long range basis. Any attempt to use water this way is deplorable."

THE US AMERICAN DIETETIC ASSOCIATION STATEMENT ON FLUORIDE: "THE IMPACT OF FLUORIDE ON HEALTH"

October 2005 (Vol. 105, Issue 10, Pages 1620-1628)

Online: http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_adap1000_ENU_HTML.htm

.pdf file of entire statement:

http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/advocacy_10472_ENU_HTML.htm

ABSTRACT

The American Dietetic Association reaffirms that fluoride is an important element for all mineralized tissues in the body. Appropriate fluoride exposure and usage is beneficial to bone and tooth integrity and, as such, has an important, positive impact on oral health as well as general health throughout life. Fluoride is an important element in the mineralization of bone and teeth. The proper use of topical and systemic fluoride has resulted in major reductions in dental caries (tooth decay) and its associated disability. The Centers for Disease Control and Prevention have named fluoridation of water as one of the 10 most important public health measures of the 20th century. Nearly 100 national and international organizations recognize the public health benefits of community water fluoridation for preventing dental caries. However, by the year 2000, over one third of the US population (over 100 million people) were still without this critical public health measure. Fluoride also plays a role in bone health. However, the use of high doses of fluoride for prevention of osteoporosis is considered experimental at this point. Dietetics professionals should routinely monitor and promote the use of systemic and topical fluorides, especially in children and adolescents. The American Dietetic Association strongly reaffirms its endorsement of the appropriate use of systemic and topical fluorides, including water fluoridation, at appropriate levels as an important public health measure throughout the life span.

FLUORIDATION: A 50 YEAR OLD BLUNDER AND COVER-UP

A referenced review of the Fluoridation Issue

by David C. Kennedy, DDS

<http://emporium.turnpike.net/P/PDHA/fluoride/blunder.htm>

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ABSTRACT:

Seven reasons why water fluoridation is a dangerous health hazard. (Links to main body of article included.)

BODY:

The scientific and historical facts behind these seven reasons.

CONCLUSION:

It happens because special interests have manipulated science.

REFERENCES:

An annotated list of thirty seven books and periodical articles.

Seven Reasons Why Fluoridated Water Is A Health Hazard

1. Uncontrolled random dosages.

It is **impossible to consistently supply** any medication through the drinking water. People are very unique in their sensitivity to drugs and resent being medicated without their consent. Adding fluoride to drinking water invariably leads to uncontrolled random dosages. Infants and adults who drink more beverages will be overdosed. There are many well documented scientifically verified negative side-effects from exposure to fluoride.

[Link](#)

2. No margin for safety.

There is a negative margin of safety between the "therapeutic" dose and onset of adverse health effects. **Increased hip fractures** are found at levels 1/10th the "recommended" 1 ppm fluoride level.

[Link](#)

3. We are getting too much already!

Excessive fluoride accumulates in the biosphere and results in ever increasing levels in soil, food and water. **Beverages such as grape juice may have 6.8 ppm.** This grossly exceeds the level of fluoride that has adverse health effects. Soft drinks and beers manufactured in fluoridated communities will contain fluoride as well.

[Link](#)

4. Fluoride is a human carcinogen.

Fluoride has repeatedly been shown to be a carcinogen in cell cultures, animals and humans. In 1956 Dr. John Chaffey, a professor of clinical pediatrics at the College of Physicians and Surgeons, Columbia University, noted cortical defects in the bone x-rays of 13.5% of the children living in fluoridated Newburgh, compared to only 7.5% in the neighboring nonfluoridated Kingston. He also noted the lesions were strikingly similar to osteosarcoma. Studies have now confirmed a dramatic increase in osteosarcoma (bone cancer) in young males exposed to fluoride during growth of the bones and **a 5% increase in all types of cancers in fluoridated communities.**

[Link](#)

5. Fluoridation does not reduce tooth decay.

Adding fluoride to drinking water has not been shown to be effective in reducing tooth decay. In blinded animal studies there was no correlation to the amount of fluoride and tooth decay. In the human populations fluoridation was not effective in reducing tooth decay. **In fact, tooth decay has decreased more in some nonfluoridated communities than in fluoridated ones.**

[Link](#)

6. Fluorosis is a disease (health effect) caused by fluoride.

According to the National Research Council fluorosis affects 8 to 51% and sometimes as many as 80% of the children growing up in areas where drinking water contains one part per million (1 ppm) fluoride. **Fluoride also can have a deleterious effect on bone growth and cause premature joint and ligament aging.** The visible damage to tooth surfaces results in mottled, brittle teeth that are prone to fracture and may cost many thousands of dollars to cosmetically repair.

[Link](#)

7. Fluoridation is very expensive.

There are enormous health care costs associated with injury from fluoridation. Adverse health effects include; hip fracture, joint and ligament calcification, bone cancers, other cancers, allergy, accidental poisonings and death. The cost of a hip replacement alone is over \$35,000 in California. There is a 25% mortality associated with this adverse health effect of fluoridation.

BODY: SEVEN MAJOR PROBLEMS WITH FLUORIDATION

1. UNCONTROLLED RANDOM DOSAGES.

It is **impossible to consistently supply** any medication through the drinking water. People are very unique in their sensitivity to drugs and resent being medicated without their consent. Adding fluoride to drinking water invariably leads to uncontrolled random dosages. Infants and adults who drink more beverages will be overdosed. **There are many well documented scientifically verified negative side-effects from exposure to fluoride.**

The effect of any medication (poison or drug) is proportional to the weight of the individual. Since bottle fed babies are on an all liquid diet they will be dosed the most fluoride. An infant drinking 32 ounces of liquid a day would receive a daily dose more than 1 mg. There is wide variation in the amount of water we consumed. It changes from individual to individual, winter to summer, hot to cool climates, lifestyles sedentary versus energetic and with age. 1% of the population consume over 5 liters of water per day.

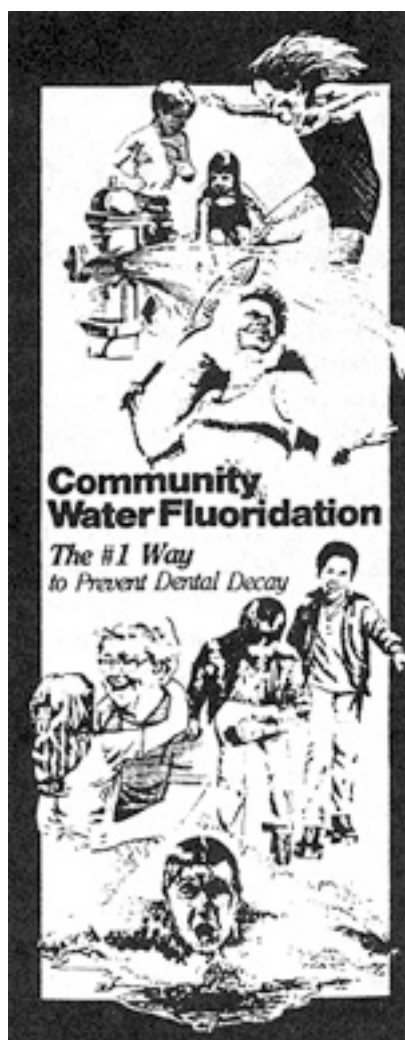
There is also wide variation in the level of fluoride found in our food and in the water. The fluoride at the faucet may vary from .1 ppm to as high as 4 ppm according to the EPA mean contaminant levels. **Excessive fluoride in the water from accidental overfeed has poisoned literally thousands of people** and recently killed a Native American in Alaska.¹ A disease known as diabetes insipidus causes the victim to drink massive amounts of water every day. Kidney

dialysis patients have died from undergoing dialysis with fluoridated city water.²

Malnourished and minority children are most susceptible to dental fluorosis.³ The athlete or physical laborer who drink large quantities of water will obviously be dosed with far more fluoride than the elderly. **Infants, due to their small body weight and total dependence on fluid nourishment, will receive a proportionately larger dose than the adult.** The fact that human breast milk is relatively low in fluoride should be some indications of what our creator had in mind for the baby. Infants fed on formula prepared from tap water are at the greatest risk.

FDA scientist have reported that fluoride in the drinking water adversely affects fertility rates in women. They found a very close correlation between decreasing fertility rates in women between ages 10 to 49, and increasing fluoride levels. They also reported that a review of all of the animal studies done to date shows that fluoride affects fertility in most other animal species as well.⁴

2. NO MARGIN FOR SAFETY.



No margin for safety exists since increased hip fractures and osteosclerosis are scientifically associated with water fluoridation.

The proponents of fluoridation admit the relatively narrow range between the claimed "therapeutic" dental dose and the onset of toxicity. **In several countries severe skeletal fluorosis has been documented** from water containing 0.7 parts per million (ppm).⁵ In medicine we generally insist on a therapeutic index (margin of safety) along the order of 100. A therapeutic index as low as zero is simply unacceptable. The latest research from France on the hip fracture issue found that, "The risk of hip fracture was significantly higher when water fluorine concentration was higher than 0.11 mg/L".⁶ (0.11 ppm)

Several studies have found that fluoride inhibits broken bone healing and contributes to damage from osteoporosis and abnormal collagen formation.⁷ Dr. Jennifer Jowsey, one of the originators of the theory that fluoride might help osteoporosis, admitted that fluoride was producing osteoporosis in some bones and at the same time osteosclerosis in others.⁸ (abnormal and weak bone formation) Dr. J.C. Robins has also noted this deleterious effect.⁹ Drs. Aksyuk and Bulychev found that the consumption of as little as 1.6 ppm water caused premature aging in the bones of 15-16 year old girls, as well as calcification of the inter osseous membranes and irregular bone formation.¹⁰ Remember earlier that I explained that fluoride caused the ameloblasts to lay down irregular enamel. It seems clear that at the same dose level

where fluorosis occurs, the osteoblasts also produce abnormal bone growth. **These effects may have a delayed response which is not seen until the sixth or seventh decade of life.**

In 1990 a large national survey of hip fracture rates published in the Journal of the American Medical Association found **a dramatic link between fluoridated water and the frequency of hip fracture.**¹¹ This study closely followed a report in the New England Journal of Medicine which found that attempts to treat osteoporosis with fluoride actually increased the disease and resulted in increased bone fractures.¹²

3. FLUORIDE INTAKE IS ALREADY EXCESSIVE.

Fluoride intake is already excessive. . . children fed "home cooked" foods and formula made with fluoridated water will grossly be overdosed.

In 1949 the United States Public Health Service researcher F. J. McClure reported that the dietary fluoride intake averaged only 0.2- 0.3 mg/day.¹³ In 1969 a study by H. Spencer, M.D. found adults in the Chicago area consumed 3.57 to 5.37 mg/day.¹⁴ Everyone agrees that this amount is excessive. The FDA ruled in 1989 that Fluoride is not a required nutrient since deficiency diseases cannot be produced. Fluoride has been added to the drinking water of 50% of this nation for almost five decades. **Every processed food product or beverage prepared in a fluoridated community contains fluoride.** It is simply impossible to avoid this toxic waste substance

Few children eat an average amount of anything. It is not the average child that is at risk here. Those unfortunate infants subjected to home cooking are at the greatest risk. It is also the hypersensitive child who is the prime target of this toxic substance, as well as children who consume more than average amounts of water. Infants who consume water based formulas and processed chicken are clearly at risk as shown by the data from recent nutritional studies.¹⁵ Glen S. R. Walker wrote, "An average six month old baby weighing 16 to 20 pounds should consume 2 1/2 ounces of milk per pound body weight per day, making the weight of its daily milk between 40 to 50 ounces. **If a powdered milk formula is used and prepared with fluoridated water, the infant will consume, from water alone, well over 1 milligram per day. this is four times the maximum recommended** in 1977, by the U.S. Council on Dental Therapeutics."¹⁶ 1 milligram per day for an adult with an average weight of 160 LB is the "recommended level" and equates to 1/8 of a milligram per day for an infant weighing 20 pounds.

It is irresponsible for dentists and public health officials to advocate the addition of a toxic substance to the community water supply without absolute proof of safety. Since voluminous data already exists indicating fluoride is not a benign substance, and is in fact one of the more toxic substances known to mankind the proof of safety must be able to withstand the most rigorous scientific inspection. The fact is that having a community water supply dispense a toxic substance will overdose many of the children.

4. FLUORIDE IS A CARCINOGEN.

Fluoride is a carcinogen.

In 1977 Burk and Yiamouyiannis reported a higher rate of cancer in a broad ten year epidemiological study of fluoridated versus non- fluoridated communities. The National Cancer Institute (NCI) claimed to have found no significant increases. During L. H. Fountain's congressional investigations of fluoridation the NCI Director, Arthur Kraybill, admitted making false representations and numerical errors in their studies. When these US PHS studies were corrected for the NCI "math" errors, they too showed a 5% increase in cancer mortality in the fluoridated communities.¹⁷ **There are numerous laboratory and epidemiological studies which support our concern for the toxicity of this material.**¹⁸

During the Fountain Congressional Hearings of 1977 **the NCI admitted that they had relied upon no scientific data, whatsoever, when they claimed 25 years earlier that fluoride would be safe to add to the community water supplies.** As a direct result of these hearings independent testing was ordered to begin immediately. Twelve years later they managed to produce a two year toxicological study of rats. They paid Battelle Research Institute of Columbus Ohio, an outside contractor, to run the study.

The Battelle Study

Battelle found a very positive correlation to the amount of fluoride consumed and the size, number and kind of cancer the mice developed.¹⁹ The study ran for only two years or about the life span of the animals. The animals were awash with illness and abnormalities of all kinds including kidney disease, liver disease, blood diseases, tumors, and cancer. In particular the fluoride groups showed thyroid adenomas, dysplasias of the oral mucosa, liver cancer of a very rare type (hepatocholangiocarcinomas), and osteosarcomas of which one appeared in the mid-range male rat and four appeared in high-range male rats. Female rats exhibited dose-related osteosclerosis and all fluoridated rodents developed dental fluorosis.

It is significant that the bone fluoride levels of the high-range were approximately the same as found in humans who live 15-20 years in a fluoridated community. Thus, the tissue levels of the highest dose tested were, in fact, no different than what humans will experience. I can recall no other carcinogen test where short lived animals were exposed to exactly the same level as humans.

Political Manipulation of the Battelle Study

The findings of the Battelle study where in direct contradiction to the frequently published claims of absolute safety. In an attempt to defuse this politically embarrassing bomb shell the US PHS arranged a pro-fluoride committee to review the research. The peer review committee was given an incomplete and drastically modified summary of the data. In the report they received, every tumor was downgraded at least one level. One tumor, the largest osteosarcoma, was eliminated entirely. The hepatocholangiocarcinomas which by itself was a significant finding was reduced to a hepatoma.

Dr. Mel Reuber Opposes The Manipulative Downgrading

Dr. Mel Reuber, the pathologist credited with first diagnosing this unusual lesion, reviewed the pathology slides and stated that he disagreed with the down grading. He stated that his independent review of the pathology slides from the Battelle study showed without a doubt that the lesions were in fact hepatocholangiocarcinomas.

Others tumors were dismissed through what was termed "historical controls". This type of statistical manipulation is not considered by the scientific community as a valid scientific approach. The National Toxicological Program (NTP) committee used the tumor data from control animals in other unrelated studies where the intake of fluoride was not strictly controlled. The fact that some of the control rats also developed similar cancers, was used as justification for the elimination of many of the cancers from the Battelle study. This approach was not valid since the "historical controls" were animals from other studies where their feed contained significant quantities of fluoride. Their actual dose fell between the low and mid-range dose animals of the Battelle study. The tumor incidence they experienced agreed with the predicted incidence from the Battelle study. The committee was not informed that the "control animals", fed commercially processed rat chow, had received a higher dose of fluoride than the low dose animals in the Battelle study.

Dr. William Marcus Opposes The Manipulative Downgrading

Dr. William Marcus, senior scientist for the Environmental Protection Agency Water Quality Division, speaking before the Chemical and Engineering Society stated that in his 20 years at the EPA he had never seen a study where every finding had been significantly downgraded in this manner. His review of the data showed an unusually clear straight line correlating between the dose of fluoride and type and number of tumors developed, including the historical controls. Furthermore, he stated that it is unprecedented for an animal study of a potential carcinogen to be conducted at the same dosage level as humans. In his opinion the findings were grossly manipulated.²⁰

Despite all of these manipulations the study was found to show evidence of carcinogenicity and fluoride was ruled an equivocal carcinogen.

5. FLUORIDE IS NOT EFFECTIVE.

FLUORIDE HAS BEEN PROVEN INEFFECTIVE IN REDUCING TOOTH DECAY.

ITEM.....

In the largest U.S. study on fluoridation and tooth decay, U.S. Public Health Service dental records of over 39,000 schoolchildren showed that the decay rate (decayed missing and filled teeth DMFT) of permanent teeth was virtually the same in fluoridated and nonfluoridated areas.²¹

ITEM.....

In New Zealand, tooth decay statistics from 60,000 children showed that fluoridation has no significant effect on the decay rate of permanent teeth.^{22 23}

ITEM.....

Broad-scale studies from Canada show that tooth decay is actually lower in nonfluoridated areas.²⁴

ITEM.....

There is not one animal study which found fluoride in water at 1 ppm reduced tooth decay.

ITEM.....

There are no blinded studies of humans which show a reduction in tooth decay from consuming 1 ppm artificial fluoride.²⁵

ITEM.....

When all published studies were examined by D. Ziegelbecker in 1981, no correlation was found between the level of fluoride in water and dental caries.²⁶

ITEM.....

Mark Diesendorf studied the decayed, missing, and filled rate (DMFT) in fluoridated vs. non-fluoridated areas in 8 developed countries, over a period of 30 years, and found no correlation to the amount of fluoride consumed and DMFT.²⁷ He did find a large drop in tooth decay over that period, whether or not the community was fluoridated. That is why it is so important for scientific studies to have matched controls. **With tooth decay rates dropping, the mere fact that tooth decay dropped after the addition of fluoride cannot be attributed to that single factor.**

ITEM.....

When Dr. John Colquhoun, former Chief Dental Officer for the Department of Health for Auckland, New Zealand and head of the fluoridation program, confirmed Diesendorf's findings, his unpopular finding was changed. He found no significant difference between fluoridated and non-fluoridated areas (DMFT 2.7 fluoridated vs. 2.4 non-fluoridated). Colquhoun contends his reported data was manipulated so that it did show a benefit for consuming fluoride which simply did not exist.^{28 29} He further showed that decay was related to the educational and economic level of the parents.^{30 31} Finally **there is now a serious question of scientific integrity in the dental research community.** The DMFT rate is very subjective. When is a sticky spot really a cavity of just a spot? There is now evidence that the subjectivity of the DMFT rate has been used to prejudice data from areas where fluoridation has been discontinued (Stranraer).

ITEM.....

Fluoride has been added to the municipal water supply of San Francisco since 1952. Fluoridationists claim that adding fluoride to the water will dramatically reduce tooth decay. Los Angeles is unfluoridated. Therefore, San Francisco should have less tooth decay than other unfluoridated California cities. The highest decay rates are seen in low income areas. Research clearly shows that many children of low income have no tooth brush.

Tooth decay is an infection of the tooth caused by the bacteria STREP MUTANS. The prevalence of tooth decay in the United States varies from one geographic area to another. It is dependent upon nutrition, parental education, oral bacteria, dental hygiene and several other factors. Consequently the DMFT rate will vary from one town to another. Comparison of decay rates must therefore take into consideration the other factors. **Comparing one city to another is like a study of two rats. No meaningful results can be obtained from this kind of comparison.**

6. Fluorosis affects MORE THAN TEETH.

Fluorosis affects more than teeth.

According to the National Research Council, 8 to 51% and sometimes as many as 80% of the children growing up in areas where drinking water contains one part per million (1 ppm) fluoride have dental fluorosis. **Fluorosis is permanent damage to the enamel** which consists of white or brown spots that appear on the children's teeth. The process whereby fluorosis is initiated is of interest, since we have a systemic poison which produces a visible effect on the enamel of teeth. **When fluoride reaches the cells which make enamel, ameloblasts, become poisoned.** As they degenerate they lay down irregular enamel.

Instead of the regular hydroxyapatite, they will produce mottled, porous and thin enamel. As the poisoning worsens the enamel may even be absent. At the same time the enamel is being mottled other hard and ligament tissues are being affected as well (See #8).

Political Pressure On Scientists

The scientists, for the office of drinking water, claim they were subjected to flat out political pressure to raise the permissible level of fluoride in drinking water from the old standard of 1 to 4 mg/l. In order to do this, they had to show that there were no adverse health effects.

National Institute of Dental Research Representative warns that dental fluorosis should not be called a health effect. "I think we as a committee need to recognize that this is a departure from the conclusions reached through fifty years of Public Health Service sponsored epidemiological and clinical investigations. I, too, feel that moderate and severe dental fluorosis are to be avoided, but am less certain that we should invert history to accomplish that end." (Memo from John Small, NIDR to Jay Shapiro, Chairman of Surgeon General's Expert Committee, June 1, 1983)

Political Pressure Contradicts HEW

The statements of Mr. Small are in direct contradiction to the statements of the Department of Health Education and Welfare made in 1970 by Frank McClure when fluorosis was originally classified.

MODERATE FLUOROSIS:

"All enamel surfaces of the teeth are affected, and surfaces subject to attrition show marked wear. Brown stain is frequently a disfiguring feature."

SEVERE FLUOROSIS:

"All enamel surfaces are affected and hypoplasia is so marked that the general form of the tooth may be affected. The major diagnostic sign of this classification is the discrete or confluent pitting. Brown stains are widespread and teeth often present a corroded-like appearance."³²

The EPA Rewrote History

In response to the pressure the EPA rewrote history and stated ". . .there is no adequate evidence of chipping, cracking or loss of enamel associated with dental fluorosis."³³ The administration then reclassified fluorosis to be a cosmetic defect rather than an adverse health effect.

7. FLUORIDATION IS VERY EXPENSIVE.

Fluoridation is very expensive.

The health effects of fluorosis alone are estimated to cost Californian's \$900 million a year. Hip

fractures will add several million more dollars to the cost of health care while not even considering the pain, suffering and death. There are better methods of disposing of fluoride and there are better methods available today for preventing tooth decay.

Fluoride is a major world wide pollutant. It has poisoned livestock and humans as well as lakes and streams of this nation. Last year alone the municipalities around San Francisco Bay dumped more than 90,000 pounds of fluoride in the bay in tap water run off. Adding literally hundreds of tons of fluoride to the nations water ways has contaminated the entire ecology of our country and eventually the planet. It is simply a gross mistake.

CONCLUSION: THE MANIPULATION OF SCIENCE

Scientific Fraud

Throughout this paper I presented the evidence I believe clearly indicates that **scientific fraud has been employed in order to support the disposal of this toxic substance in public water supplies.** There is no question that fluoride is a toxic substance which readily enters the body and has a wide range of systemic effects. There are real questions of whether or not it has any benefit in reducing tooth decay.

Safety First

First and foremost is the issue of safety. Since some people drink excessive amounts of water the extreme example must be used in the calculation of drinking water safety. The average child cannot be used. Furthermore, it is known that tooth decay will not result unless the diet is rich in refined foods and carbohydrates.^{34 35} What is of even greater concern is the daily consumption of a known toxic substance for which there is no proof of safety.

Political Pressure From Manufacturers

On numerous occasions, those responsible for the safety of our water have bowed to political pressure and abdicated that responsibility. The majority of developed nations have chosen to not fluoridate their water supply. **Fluoride is a toxic waste by-product** of phosphate fertilizer production and aluminum manufacturing. Consequently, the United States is one of the major producers of this hazardous waste and, **it would be more costly to dispose as a hazardous waste.** These companies have found it far cheaper to support "scientific research" into the benefits of consuming hazardous waste and sell it to the cities as a health product than to dispose of this material properly.

Research Funds Are Diverted

When scientific research results that do not support the use of fluoride are reported, the research funds are immediately withdrawn and no further report is issue . For example, when Dr. Feltmans conducted a study of prenatal and postnatal fluoride consumption which was financed by a US

PHS grant. His preliminary findings not only failed to confirm the fluoridation thesis but indicated probable ill effects to a significant percentage of the population because of allergy to fluorides.³⁶ The funds to continue the study were immediately withdrawn. **That is what I mean when I speak of the manipulation of science.**

Fluoride Will Not Pass

Our research institutions have become prostituted by the huge financial grants furnished by companies with but one goal. Our political system is enslaved by their addiction to the PAC funds available from industries with excess hazardous waste. We owe ourselves more than to become the willing puppets of these industrial waste generators. We must scientifically research very carefully the unusual claim about any toxic material be added to everyone's daily diet. We must be certain not only of its benefits but also for its absolute safety for everyone. **If a product fails to pass the minimum NTP specification for biocompatibility tests then I for one, will refuse to recommend that it be used. FLUORIDE WILL NOT PASS. It is, according to the U.S. NTP an equivocal carcinogen.** Other research finds it clearly a carcinogen. "In point of fact, fluoride causes more human cancer death, and causes it faster, than any other chemical."³⁷ I urge you to consider carefully the effect our decision will have on future generations.

Tooth decay is preventable with current technology. Cancer, hip fracture, and osteoporosis are not.

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How to Detox Fluorides from Your Body

Source: http://www.naturalnews.com/026605_fluoride_fluorides_detox.html

(NaturalNews) You can rid you body of most fluorides with some easy natural remedies. Fluorides have been linked to a variety of severe chronic, even acute health issues. First a quick review summary of fluoride.

Fluoride Toxicity

Fluoride is a soluble salt, not a heavy metal. There are two basic types of fluoride. **Calcium fluoride** appears naturally in underground water sources and even seawater. Enough of it can cause skeletal or dental fluorosis, which weakens bone and dental matter. But it is not nearly as toxic, nor does it negatively affect so many other health issues as **sodium fluoride**, which is added to many water supplies.

Sodium Fluoride is a synthetic waste product of the nuclear, aluminum, and phosphate fertilizer industries. This fluoride has an amazing capacity to combine and increase the potency of other toxic materials. The sodium fluoride obtained from industrial waste and added to water supplies is also already contaminated with lead, aluminum, and cadmium.

It damages the liver and kidneys, weakens the immune system, possibly leading to cancer, creates symptoms that mimic fibromyalgia, and performs as a Trojan Horse to carry aluminum across the blood brain barrier. The latter is recognized as a source of the notorious "dumbing down" with lower IQ's and Alzheimer's effects of fluoride.

Another not commonly known organ victim of fluorosis is the pineal gland, located in the middle of the brain. The pineal gland can become calcified from fluorides, inhibiting it's function as a melatonin producer. Melatonin is needed for sound, deep sleep, and the lack of it also contributes to thyroid problems that affect the entire endocrine system. The pineal gland is also considered the physical link to the upper chakras or third eye for spiritual and intuitive openings.

Various permutations of Sodium Fluoride are also in many insecticides for homes and pesticides for crops. Sometimes it is even added to baby foods and bottled waters. If you live in a water fluoridated area, purchase commercially grown fruits, especially grapes, and vegetables that are chemically sprayed and grown areas irrigated by fluoridated water, you are getting a triple whammy! Better skip that fluoridated toothpaste!

Avoiding Fluoride Contamination

As always, the first step in detoxifying is to curb taking in toxins. Purifying water by reverse osmosis or distillation in fluoridated water communities is a good start to slowing down your fluoride contamination. Distillation comes with a bit of controversy, as all the minerals are removed. A great mineral supplement such as Fulvic Acid (not folic acid) or unsulfured blackstrap molasses is recommended if you distill your water.

Avoiding sprayed, commercially grown foods while consuming organic or locally grown foods is another big step. Watch out for processed foods such as instant tea, grape juice products, and soy milk for babies. They all contain high concentrations of sodium fluoride. So do many pharmaceutical "medicines". By minimizing your sodium fluoride intake, your body can begin eliminating the fluorides in your system slowly.

Magnesium is a very important mineral that many are lacking. Besides being so important in the metabolism and synthesis of nutrients within your cells, it also inhibits the absorption of fluoride into your cells! Along with magnesium, calcium seems to help attract the fluorides away from your bones and teeth, allowing your body to eliminate those toxins. So during any detox efforts with fluoride, it is essential that you include a healthy supplemental dose of absorbable calcium/magnesium as part of the protocol.

So Now Let's Speed Up the Fluoride Detox

This author received a comment stating that an earlier article's source reference to sunlight for decalcifying the pineal gland was inaccurate. He said that darkness, not light, is needed to stimulate the pineal gland into melatonin production, which should lead to breaking up the calcification of that

gland. Besides being logical, further source research indicates the critic is correct!

Day time exercise, a healthful diet, not over eating, and meditation all contribute to higher melatonin production from the pineal gland. Though very helpful to many for getting a full night's deep sleep, it appears inconclusive whether melatonin supplements will help decalcify the pineal gland. But it does seem logical that it might.

Iodine supplementation has been clinically demonstrated to increase the urine irrigation of sodium fluoride from the body as calcium fluoride. The calcium is robbed from your body, so make sure you are taking effective calcium and magnesium supplements.

Lecithin is recommended as an adjunct to using iodine for excreting fluorides.

Iodine is another nutrient lacking in most diets and causing hypothyroid symptoms of lethargy or metabolic imbalances. Eating lots of seafood for iodine has it's constantly rising mercury hazards. Seaweed foods and *iodine supplements that combine iodine and potassium iodide* are highly recommended over sea food by most.

Tamarind, originally indigenous to Africa but migrated into India and southeast Asia, has been used medicinally in Ayurvedic Medicine. The pulp, bark, and leaves from the tree can be converted to teas and strong tinctures, which have also shown the ability to eliminate fluorides through the urine.

Liver Cleanses are considered effective for eliminating fluorides and other toxins. There are two types of liver cleansing, both of which can be performed easily at home over a week or two of time. One of the protocols focuses on the liver itself, and the other cleanses the gall bladder, which is directly connected with liver functions. Simple instructions for both can be found on line with search engine inquiries.

Boron was studied in other parts of the world with pronounced success for fluoride detoxification. Borox, which contains boron, has a history of anecdotal success for detoxifying sodium fluoride. Yes, this is the borox you can find in the laundry aisles of some supermarkets. It needs to be taken in with pure water in small quantities.

As little as 1/32 of a teaspoon to 1/4 of a teaspoon in one liter of water consumed in small quantities throughout the day is what has been demonstrated as safe and effective. Around 1/8 of a teaspoon with a pinch of pure sea salt in a liter consumed in small quantities daily has been reported to have dramatic results. There is the possibility of a food grade version with sodium borate, if you can find it.

Dry Saunas combined with exercise releases sodium fluoride stored in fatty tissues. It can be intense enough to cause side effects or an occasional healing crisis. So keep the pure water intake high and drink some chickweed tea to protect the kidneys while using a highly absorbable cal/mag supplement. Lecithin is another useful adjunct to this protocol for fluoride detoxification.

Those Adjuncts to the Listed Remedies

Vitamin C in abundance was not mentioned as a helpful adjunct. It is now. But do not use ascorbic acid as your vitamin C source for an adjunct to any of the fluoride detox methods. Do take in as much other types of vitamin C as you can tolerate, along with a couple of tablespoons of lecithin daily. Add those

to your absorbable calcium and magnesium supplements with plenty of pure water, get good sleep and rest, and the detox should be relatively smooth.

Chelation therapies are recommended primarily for heavy metal removals. Though fluorides are salts, the synthetic waste product variety, sodium fluoride, comes with a cargo of toxic heavy metals. And these pernicious salts have a way of combining more heavy metals. So including any one of several chelation therapies may be beneficial for overall health improvements while applying your chosen fluoride remedy or remedies.

Those include bentonite clay internally or externally, fulvic acid (NOT folic acid), cilantro pesto with chlorella, and even DMSA or any other chelation therapy with which you are familiar.

Sources:

Boron Testing

http://www.liquidzeoliteplus.com/fluoride_dangers.html

List of foods with fluoride contamination

http://poisonfluoride.com/pfpc/html/f- in_food.html

Website that offers a bibliography of other sources

<http://www.slweb.org/ftrc.html>

suana remedy http://www.tldp.com/issue/202/Notes_Fluorine.htm

<http://www.encognitive.com/node/3083>

Earth Clinic Folk Remedies

<http://www.earthclinic.com/CURES/fluoride.html>

Great comprehensive overview of fluoride

<http://www.tuberoze.com/Fluoride.html>

Learn more:

http://www.naturalnews.com/026605_fluoride_fluorides_detox.html#ixzz1wr6W31n2

YELLOWSTONE ELK DIE EARLY FROM EXCESSIVE FLUORIDE

Source: <http://www.montana.edu/news/1078440976.html>

[See also: Article on Human Fluorosis in Assam: <http://www.assam.org/article.php?sid=47>]

Elk that graze near the hot pools and geysers of Yellowstone National Park are dying about five years earlier than elk that live elsewhere in the park, says Robert Garrott, ecology professor at Montana State University-Bozeman.

Blame it on fluoride.

Fluoride is found naturally in the park, and elk take it in every time they eat and drink in the geothermal areas, said Garrott who is heading an ongoing study of the relationship between fluoride and early elk deaths. That's especially the case during the winter when the elk escape deep snow by congregating around the hot pools.

Geysers, mud pots and hot pools are generally concentrated in the west central part of the park known as the Madison-Firehole area. Fluoride originates in geothermal features and magma that lies close to the surface. Combined with abrasive silica dust that is abundant in the volcanic soils of the area, it destroys the elk's teeth.



Robert Garrott holds lower jaws of two elk. The set in front shows teeth worn away by fluoride. The set in back is normal. MSU photo by Stephen Hunts.

"In ungulates, tooth wear dictates longevity," Garrott said.

The elk's teeth slowly wear away in irregular patterns over many years, Garrott said. The elk may seem fine for a while, but the fluoride eventually catches up with them.

"It is only as they get older, say eight-plus years, that the wear progresses to the point that they are inefficient in eating," Garrott said. "They crop and chew food fine, but their teeth don't break plant tissues down well because of wear. This fluoride toxicosis results in early old age, or, in other words, a reduced life span."

Elk in the Madison-Firehole area generally die by the time they're 15 years old, Garrott said. However, elk that winter farther north in the Lamar River valley can live to be in their mid-20s. Elk that can't eat properly become weak and susceptible to wolves.

If humans were to consume fluoride at as high a level as the elk do, they would have some tooth problems, too, Garrott noted. As it is, the amount of fluoride used for treating water for human consumption is "much, much lower" than the levels found at Yellowstone Park.

150+ Fluoride facts, horror stories and cover-ups

Source: [Floyd Maxwell, BAsC](#)

Principal, <http://www.just-think-it.com>

<http://www.just-think-it.com/f-facts.htm>

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Fluoride facts, horror stories and cover-ups from various other web sites

Fluoride in any form -- drops, tablets, or vitamins -- has never been approved by the Food and Drug Administration (as required by law since 1938).

<http://emporium.turnpike.net/P/PDHA/fluoride/unappfda.htm>

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According to Dr Dean Burke, former chief biochemist at the National Cancer Institute, more than 50 000 Americans a year are dying of cancer caused by fluoridated drinking water.

<http://www.ro.co.za/water.htm>

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The lethal dose of NaF (an artificial fluoride) is 50 times smaller than that of CaF₂ (a naturally-occurring fluoride).

- Dr. Hardy Limeback, biochemist and Professor of Dentistry, University of Toronto, former consultant to the Canadian Dental Association

<http://www.earthlife.org.za/factsheets/fs-flouride.htm>

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In 1998 Guan et al. gave similar doses of fluoride as used by the Mullenix group and found that several key chemicals in the brain -- those that form the membrane of brain cells, were substantially depleted in rats given fluoride, as compared to those who did not receive fluoride.

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30% of industrial waste from semiconductor plants is fluorine-containing waste.

<http://www.okibusiness.com/oki/otr/html/nf/otr-160-13.html>

<http://members.tripodasia.com.sg/tungsing/>

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"There were statutory limits on the amounts of certain potentially harmful ingredients, such as arsenic, fluorine, lead and mercury, which could be included in animal feed."

<http://62.189.42.105/report/volume13/chaptef2.htm>

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Water fluoridation is the ideal solution for industry's fluoride waste disposal problem. Like the tall smoke stack introduced a decade earlier, it diverts and disperses pollutants far and wide. Chemicals that would cost \$7,000 per tanker to dispose of are sold instead to cities at \$265 to [at least \\$722 per ton](#). Consequently, the phosphate fertilizer manufacturers invest millions of dollars in grants and lobbying of government officials to promote water fluoridation.

- "Fluoridation: License to Dump Toxic Waste In The Name of Public Health", Health Action Network, Fluoride Report No. 4, Jan (1997)

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Contaminated with arsenic, lead, barium, cadmium, and mercury, no analyses of fluorosilicic acid are performed at the source, and only rudimentary analyses are performed at water treatment plants prior to their injection into public water systems. In many artificially fluoridated areas, the lead and copper content of the water exceeds EPA/Safe Drinking Water Act standards. This occurs because of the caustic nature of fluorosilicic acid and its capacity to leach copper and lead from soldered pipe joints and brass fixtures.

- "Fluoridation: License to Dump Toxic Waste In The Name of Public Health", Health Action Network, Fluoride Report No. 4, Jan (1997)

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4 Fluoride facts, horror stories and cover-ups from

Source: Fluoridation.com

Children under three should never use fluoridated toothpaste. Or drink fluoridated water. And baby formula must never be made up using Toronto tap water. Never. In fluoridated areas, people should never use fluoride supplements. We tried to get them banned for children but (the dentists) wouldn't even look at the evidence we presented.

<http://www.fluoridation.com/news.htm#Toronto Star>

[From Fluoridation.com](#)

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Fluoride is a carcinogen by any standard we use.

- Dr. William Marcus, Ph.D, EPA Scientist, Food & Water Journal, Summer 1998

[From Fluoridation.com](http://www.fluoridation.com)

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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

[From Fluoridation.com](http://www.fluoridation.com)

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As a toxicologist involved in fluoride research for over ten years, I was stunned by the Calgary Regional Health Authority's glib comments proclaiming water fluoridation safe. The 'fifty years' of studies about fluoride safety, do not exist. The "ongoing intensive research on fluorides and fluoridation", does not exist, certainly none investigating safety.

- Dr. P. Mullenix, Ph.D.

[From Fluoridation.com](http://www.fluoridation.com)

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5 FLUORIDE FACTS, HORROR STORIES AND COVER-UPS

Source: [NoFluoride.com](http://www.NoFluoride.com)

The federal maximum contaminant level (MEL) for lead is 15 parts per billion (ppb), 5 ppb for arsenic but 4,000 ppb for fluoride.

[From NoFluoride.com](http://www.NoFluoride.com)

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If you have cereal with milk and a Coke, you have overdosed on fluoride. You have exceeded the American Dental Association's recommended daily dose by 230%.

[From NoFluoride.com](http://www.NoFluoride.com)

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Fluoride advocates don't want you to know that the chemicals used for fluoridation are not pharmaceutical quality. They are derived from the waste byproducts of fertilizer manufacturing and contain heavy metals such as lead and arsenic. Chemifloc Ltd., a fluoridation chemical manufacturer, clearly states this in a letter reprinted here:

<http://www.nofluoride.com/chemifloc.htm>

[From NoFluoride.com](http://www.NoFluoride.com)

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NSF, the corporation that developed drinking water standards, stated that the "most common contaminant in [fluoridated water] is arsenic"

<http://www.nofluoride.com/nsf.htm>

[From NoFluoride.com](http://www.nofluoride.com)

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The City of Auburndale Florida was so concerned about the health of workers handling fluoridation chemicals that they stopped their fluoridation efforts.

http://www.nofluoride.com/auburndale_fla_water.htm

[From NoFluoride.com](http://www.nofluoride.com)

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36 FLUORIDE FACTS, HORROR STORIES AND COVER-UPS

Source: <http://Rense.com/health/fluoride1.htm>

Fluoride is a very potent poison. It's a registered pesticide, used for killing rats or mice.

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In British Columbia, only 11% of the population drinks fluoridated water, as opposed to 40-70% in other Canadian regions. Yet British Columbia has the lowest rate of tooth decay in Canada. In addition, the lowest rates of dental caries within the province are found in areas that do not have their water supplies fluoridated.

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In 1986-87, the largest study on fluoridation and tooth decay ever was performed. The subjects were 39,000 school children between 5 and 17 living in 84 areas around the country. A third of the places were fluoridated, a third were partially fluoridated, and a third were not. Results indicate no statistically significant differences in dental decay between fluoridated and unfluoridated cities.

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According to a Sierra Club study, people in unfluoridated developing nations have fewer dental caries than those living in industrialized nations.

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A World Health Organization survey reports a decline of dental decay in Western Europe, which is 98% unfluoridated. They state that western Europe's declining dental decay rates are equal to and

sometimes better than those in the U.S.

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A 1992 University of Arizona study yielded surprising results when they found that "the more fluoride a child drinks, the more cavities appear in the teeth."

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Research does not support the effectiveness of fluoridation for preventing tooth disease. Also, purported benefits are supposedly for children, not adults and senior citizens. At about age 13, any advantage fluoridation might offer comes to an end, and less than 1% of the fluoridated water supply reaches this population. Finally, fluoridation has never been proven safe. On the contrary, several studies directly link fluoridation to skeletal fluorosis, dental fluorosis, and several rare forms of cancer. This alone should frighten us away from its use.

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May 1993 - Kodiak, Alaska (Old Harbor): The population was warned not to consume water due to high fluoride levels. They were also cautioned against boiling the water, since this concentrates the substance and worsens the danger. Although equipment appeared to be functioning normally, 22-24 ppm of fluoride was found in a sample. [Floyd: i.e. 22 to 24 times more than was supposed to be]

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"As is normal, the solution to pollution is dilution. You poison everyone a little bit rather than poison a few people a lot. This way, people don't know what's going on."

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Fluoride could only be legally disposed of at a great cost to industry. As Dr. Bill Marcus explains, "There are prescribed methods for disposal and they're very expensive. Fluoride is a very potent poison. It's a registered pesticide, used for killing rats or mice. If it were to be disposed of, it would require a class-one landfill. That would cost the people who are producing aluminum or fertilizer about \$7000+ per 5000- to 6000-gallon truckload to dispose of it. It's highly corrosive."

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A spill in Annapolis, Maryland, placed thousands at risk, but official reports reduced the number to eight. Perhaps officials are afraid they will invite more lawsuits like the one for \$480 million by the wife of a dialysis patient who became brain-injured as the result of fluoride poisoning.

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Not all fluoride poisoning is accidental. For decades, industry has knowingly released massive quantities of fluoride into the air and water. Disenfranchised communities, with people least able to fight back, are often the victims. Medical writer Joel Griffiths relays this description of what industrial pollution can do, in this case to a devastatingly poisoned Indian reservation: "Cows crawled around the pasture on their bellies, inching along like giant snails. So crippled by bone disease they could not stand up, this was the only way they could graze. Some died kneeling, after giving birth to stunted calves. Others kept on crawling until, no longer able to chew because their teeth had crumbled down to the nerves, they began to starve..." They were the cattle of the Mohawk Indians on the New York-Canadian St. Regis Reservation during the period 1960-1975, when industrial pollution devastated the herd - and along with it, the Mohawks' way of life. Mohawk children, too, have shown signs of damage to bones and teeth." Mohawks filed suit against the Reynolds Metals Company and the Aluminum Company of America (Alcoa) in 1960, but ended up settling out of court, where they received \$650,000 for their cows. Fluoride is one of industry's major pollutants, and no one remains immune to its effects. In 1989, 155,000 tons were being released annually into the air; and 500,000 tons a year were disposed of in our lakes, rivers, and oceans.

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In 1977, Dr. John Yiamouyiannis and Dr. Dean Burk, former chief chemist at the National Cancer Institute, released a study that linked fluoridation to 10,000 cancer deaths per year in the U.S. Their inquiry, which compared cancer deaths in the ten largest fluoridated American cities to those in the ten largest unfluoridated cities between 1940 and 1950, discovered a 5% greater rate in the fluoridated areas.

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According to a National Toxicology Report, due in 1980 but not released until 1990, out of 130 male rats that ingested 45 to 79 ppm of fluoride, 5 developed osteosarcoma, a rare bone cancer. There were cases, in both males and females at those doses, of squamous cell carcinoma in the mouth. Both rats and mice had dose-related fluorosis of the teeth, and female rats suffered osteosclerosis of the long bones. Footnote: in 1986 the EPA *increased* the dosage of Fluoride from 2.4ppm to 4ppm.

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"It is difficult to see how EPA can fail to regulate fluoride as a carcinogen in light of what NTP has found. Osteosarcomas are an extremely unusual result in rat carcinogenicity tests. Toxicologists tell me that the only other substance that has produced this is radium. The fact that this is a highly atypical form of cancer implicates fluoride as the cause. Also, the osteosarcomas appeared to be dose-related, and did not occur in controls, making it a clean study."

- the opinion of a federal scientist who preferred to remain anonymous, released on February 22, 1990 in the Medical Tribune, an international medical news weekly received by 125,000 doctors.

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Public health officials such as Dr. Gray in British Columbia and Dr. Colquhoun in New Zealand found no benefit from fluoridation. When they reported these results, they immediately lost their careers.

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As Ralph Nader once said, if they admit they're wrong on fluoridation, people would ask, and legitimately so, what else have they not told us right?

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Most of western Europe has rejected fluoridation on the grounds that it is unsafe. In 1971, after 11 years of testing, Sweden's Nobel Medical Institute recommended against fluoridation, and the process was banned. The Netherlands outlawed the practice in 1976, after 23 years of tests. France decided against it after consulting with its Pasteur Institute and West Germany, now Germany, rejected the practice because the recommended dosage of 1 ppm was "too close to the dose at which long-term damage to the human body is to be expected." Dr. Lee sums it up: "All of western Europe, except one or two test towns in Spain, has abandoned fluoride as a public health plan. It is not put in the water anywhere. They all established test cities and found that the benefits did not occur and the toxicity was evident."

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There is also a moral issue in the debate that has largely escaped notice. According to columnist James Kilpatrick, it is "the right of each person to control the drugs he or she takes." Kilpatrick calls fluoridation compulsory mass medication, a procedure that violates the principles of medical ethics.

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Only a small margin separates supposedly beneficial fluoride levels from amounts that are known to cause adverse effects. Dr. James Patrick, a former antibiotics research scientist at the National Institutes of Health, describes the predicament: "[There is] a very low margin of safety involved in fluoridating water. A concentration of about 1 ppm is recommended...in several countries, severe fluorosis has been documented from water supplies containing only 2 or 3 ppm. In the development of drugs...we generally insist on a therapeutic index (margin of safety) of the order of 100; a therapeutic index of 2 or 3 is totally unacceptable, yet that is what has been proposed for public water supplies..."

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July 1993 - Chicago, Illinois: Three dialysis patients died and five experienced toxic reactions to the fluoridated water used in the treatment process. The CDC was asked to investigate, but to date there

have been no press releases.

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The Journal of the Canadian Dental Association states that "Fluoride supplements should not be recommended for children less than 3 years old." Since these supplements contain the same amount of fluoride as water does, they are basically saying that children under the age of three shouldn't be drinking fluoridated water at all, under any circumstances.

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December 1991 - Benton Harbor Michigan: A faulty pump allowed approximately 900 gallons of hydrofluosilicic acid to leak into a chemical storage building at the water plant. City engineer Roland Klockow stated, "The concentrated hydrofluosilicic acid was so corrosive that it ate through more than two inches of concrete in the storage building.

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July 1991 - Porgate, Michigan: After a fluoride injector pump failed, fluoride levels reached 92 ppm and resulted in approximately 40 children developing abdominal pains, sickness, vomiting, and diarrhea at a school arts and crafts show.

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November 1979 - Annapolis, Maryland: One patient died and eight became ill after renal dialysis treatment. Symptoms included cardiac arrest (resuscitated), hypotension, chest pain, difficulty breathing, and a whole gamut of intestinal problems. Patients not on dialysis also reported nausea, headaches, cramps, diarrhea, and dizziness. The fluoride level was later found to be 35 ppm; the problem was traced to a valve at a water plant that had been left open all night.

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Another concern is that fluoride is not found only in drinking water; it is everywhere. Fluoride is found in foods that are processed with it, which, in the United States, include nearly all bottled drinks and canned foods.³⁴ Researchers writing in The Journal of Clinical Pediatric Dentistry have found that fruit juices, in particular, contain significant amounts of fluoride. In a recent study, a variety of popular juices and juice blends were analyzed and it was discovered that 42% of the samples examined had more than 1 ppm of fluoride, with some brands of grape juice containing much higher levels - up to 6.8 ppm!

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Cooking can greatly increase a food's fluoride content. Peas, for example, contain 12 micrograms of fluoride when raw and 1500 micrograms after they are cooked in fluoridated water

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It's interesting to note that in the 1950s, fluoridated toothpastes were required to carry warnings on their labels saying that they were not to be used in areas where water was already fluoridated. Crest toothpaste went so far as to write: "Caution: Children under 6 should not use Crest." These regulations were dropped in 1958, although no new research was available to prove that the overdose hazard no longer existed.

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How safe is all this fluoride? According to scientists and informed doctors, such as Dr. John Lee, it is not safe at all. Dr. Lee first took an anti-fluoridation stance back in 1972, when as chairman of an environmental health committee for a local medical society, he was asked to state their position on the subject. He stated that after investigating the references given by both pro- and anti-fluoridationists, the group discovered three important things: "One, the claims of benefit of fluoride, the 60% reduction of cavities, was not established by any of these studies. Two, we found that the investigations into the toxic side effects of fluoride have not been done in any way that was acceptable. And three, we discovered that the estimate of the amount of fluoride in the food chain, in the total daily fluoride intake, had been measured in 1943, and not since then. By adding the amount of fluoride that we now have in the food chain, which comes from food processing with fluoridated water, plus all the fluoridated toothpaste that was not present in 1943, we found that the daily intake of fluoride was far in excess of what was considered optimal..."

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Large numbers of people in Japan, China, India, the Middle East, and Africa have been diagnosed with skeletal fluorosis from drinking naturally fluoridated water. In India alone, nearly a million people suffer from the affliction.

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According to a 1989 National Institute for Dental Research study, 12% of children living in areas fluoridated at 1 ppm develop dental fluorosis, that is, permanently stained, brown mottled teeth. Up to 23% of children living in areas naturally fluoridated at 4 ppm develop severe dental fluorosis.

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The publication Health Effects of Ingested Fluoride, put out by the National Academy of Sciences, reports that in areas with optimally fluoridated water (1 ppm, either natural or added), dental fluorosis [that is, permanently stained, brown mottled teeth] affected 8 to 51% of the population. Recently, a

prevalence of slightly over 80% was reported in children 12-14 years old in Augusta, Georgia.

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The American Journal of Public Health says that "...brittleness of moderately and severely mottled teeth may be associated with elevated caries levels." In other words, in these cases the fluoride is causing the exact problem that it's supposed to prevent. Yiamouyiannis adds, "In highly naturally-fluoridated areas, the teeth actually crumble as a result. These are the first visible symptoms of fluoride poisoning."

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In May 1992, 260 people were poisoned, and one man died, in Hooper Bay, Alaska, after drinking water contaminated with 150 ppm of fluoride. The accident was attributed to poor equipment and an unqualified operator. Was this a fluke? Not at all. Over the years, the CDC has recorded several incidents of excessive fluoride permeating the water supply and sickening or killing people.

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Japan has reduced the amount of fluoride in their drinking water to one-eighth of what is recommended in the U.S.

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Today, common fluoride levels in toothpaste are 1000 ppm. Research chemist Woodfun Ligon notes that swallowing a small amount adds substantially to fluoride intake. Dentists say that children commonly ingest up to 0.5 mg of fluoride a day from toothpaste. [Floyd: Equivalent to drinking half a quart of fluoridated water]

[From Rense.com/health/fluoride1.htm](http://Rense.com/health/fluoride1.htm)

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102 Fluoride facts, horror stories and cover-ups from

Source: <http://www.bruha.com/fluoride/>

The National Academy Of Sciences (NAS) stated in 1977 that, for the average individual, a retention of 2mg fluoride/day would result in crippling skeletal fluorosis after 40 years.

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Children, the elderly and any person with impaired kidney function (which includes many AIDS patients), are in the high risk group for fluoride poisoning and must be warned to monitor their fluoride intake. Also at high risk are people with immunodeficiencies, diabetes and heart ailments, as well as anyone with calcium, magnesium and Vitamin C deficiencies.

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Studies show that adults can absorb up to 0.5 mg per day of fluoride from toothpaste.

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Small children, even if a pea-size amount of toothpaste is used, will absorb up to 0.5 mg of fluoride per day, more if the child is younger and has less swallowing control. Bubblegum-flavored dentifrice obviously is very inviting for children.

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Due to the presence of fluoride, since April 1997 all toothpaste sold in the US must carry a warning label, advising parents what to do if their child swallows more than the pea-size brushing amount.

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Wholesale containers of fluoride-containing toothpaste carry the poison symbol of skull and crossbones.

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There are NO reliable studies, conducted under ethical research guidelines, that prove the benefits of fluoride supplementation. The FDA admits to this.

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There are more than 500 peer-reviewed studies documenting the adverse effects of fluoride, and NONE proving the benefit of it.

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Dentists make higher profits in fluoridated areas and through fluoride use! As a result of mottled enamel, many more restorative measures are necessary, such as braces, bridges, etc. For the ADA/CDA, this condition is a real money-maker, because cosmetic dentistry is far more lucrative than cavity repair. In addition, there is an abundance of evidence in the scientific literature that fluoride causes a

delay in the normal shedding of the "baby" teeth, and their replacement by permanent teeth. This delay has been shown to increase the number of children with malpositioned teeth. Again, braces are far more expensive than fillings.

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The union representing all EPA scientists in Washington has now filed a grievance demanding fluoride-free bottled water for their offices.

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A recent University of South Florida study found a relationship between fluoride intake during pregnancy to the yearly 1% increase in learning disabilities found in children.

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Studies proving that fluorides transfer through the placenta are well known. Yet Dr. Weil, Internet's Health Guru, advocates fluoride supplements for pregnant woman in his book "8 Weeks To Optimum Health".

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There are also several studies linking aluminum with fluoride, showing that the bioavailability of aluminum is increased in the presence of fluorides, causing aluminum in the brain to double in treated animals. According to an October 28, 1992 Wall Street Journal Article about a study conducted by Varnier JA, et al.: "Rats fed the highest doses developed irregular mincing steps characteristic of senile animals... Post mortem examination of the rat brains disclosed 'substantial cell loss in structures associated with dementia -- the neo-cortex and hippocampus'." Similar data was published by Varner, Jansen and others in Brain Research in 1998. (Note: Alzheimer's Disease, first diagnosed by Dr. Alois Alzheimer in 1907, is now the #4 killer for every person over 60 in the US. Every 2nd person over 70 will develop Alzheimer's.)

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The US Public Health Service estimates that 1 in 5 children have dental fluorosis.

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All native reservations in the US have mandatory fluoridation, resulting in very high incidents of dental fluorosis in those areas.

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Fluorosis affects up to 80% of people in some areas of the US and up to 71% in Canada.

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Studies have been conducted directly linking bone tissue damage to children with dental fluorosis.

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Fluorosis is the first visible sign that destructive effects of fluoride are also occurring in bone, connective tissue, immune and enzyme functions.

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As a result of the original Manhattan Project logic, industries, now mainly the fertilizer and aluminum industries, have a perfect way to release their fluoride, a hazardous and toxic waste. It would cost up to \$US 8,000 per truckload to dispose of it otherwise. At a rate of emissions into the air of 155,000 tons/year, in addition to an estimated 500,000 tons of emissions into lakes, ocean, rivers (not counting fluoridation) -- it's obvious that industry is saving billions and billions of dollars.

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Darlene Sherrell, not only discovered that the original Roholm/Hodge fluoride safety figures had been mis-calculated and then persisted with the help of Dr. Bob Carton and Senator Bob Graham in her efforts to get the National Research Council (NAS/NRC) to adopt the new figures -- which had even been corrected by Hodge himself in 1979 -- also managed to change the law in Michigan, giving people the right to vote on fluoridation. Michigan was the first state in the US to repeal their mandatory fluoridation law.

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A 1944 editorial in the Journal of the American Dental Association (JADA) states: "We do know that the use of drinking water containing as little as 1.2 to 3ppm of fluorine will cause such developmental disturbances in bones as osteosclerosis, spondylosis and osteopetrosis, as well as goitre".

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Steyn writes in 1962 that drinking water containing as little as 1 to 2 ppm of fluorine can cause serious disturbances of general health and especially in normal thyroid gland function and in the normal processes of calcium-phosphate metabolism (parathyroid function).

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In 1969 Siddiqui show small visible goiters in persons 14 to 17 years of age in India to be directly related to high fluoride concentrations in drinking water.

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Willems et al (1972) document that sodium fluoride blocks thyroid hormone secretion.

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Also in 1972 Day and Powell-Jackson studied 648 people in 13 mountaineous regions in Nepal where the iodine content in the water was low and found a close relationship between fluoride intake and the incidence of goiter.

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In 1978 George Waldbott writes that in most cases of poisoning from fluoridated water in which he had occasion to study the action of the thyroid gland, it's function was low. He cites a case of a 33-year-old male who exhibited typical manifestations of pre-skeletal fluorosis and a basal metabolism rate of -22, indicative of hypothyroidism. Within three months after the man ceased consuming fluoridated water, the thyroid function had returned to normal (BMR=0). In addition, Waldbott writes that "simultaneously, other symptoms associated with low grade fluoride poisoning -- including excessive thirst, headaches, blurred vision, arthritis in shoulders, elbows, knees, and gastrointestinal disturbances -- also disappeared."

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We tried to settle this ethics issue quietly, within the family, but EPA was unable or unwilling to resist external political pressure, and we took the fight public with a union amicus curiae brief in a lawsuit filed against EPA by a public interest group. The union has published on this initial involvement period in detail. Since then our opposition to drinking water fluoridation has grown, based on the scientific literature documenting the increasingly out-of-control exposures to fluoride, the lack of benefit to dental health from ingestion of fluoride and the hazards to human health from such ingestion. These hazards include acute toxic hazard, such as to people with impaired kidney function, as well as chronic toxic hazards of gene mutations, cancer, reproductive effects, neurotoxicity, bone pathology and dental fluorosis.

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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In 1995, Mullenix and co-workers showed that rats given fluoride in drinking water at levels that give rise to plasma fluoride concentrations in the range seen in humans suffer neurotoxic effects that vary according to when the rats were given the fluoride -- as adult animals, as young animals, or through the placenta before birth. Those exposed before birth were born hyperactive and remained so throughout their lives. Those exposed as young or adult animals displayed depressed activity...

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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Another 1998 publication by Varner, Jensen and others reported on the brain- and kidney damaging effects in rats that were given fluoride in drinking water at the same level deemed "optimal" by pro-fluoridation groups, namely 1 part per million (1ppm). Even more pronounced damage was seen in animals that got the fluoride in conjunction with aluminum. These results are especially disturbing because of the low dose level of fluoride that shows the toxic effect in rats, and rats are more resistant to fluoride than humans!

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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Two epidemiology studies from China show decreases in I.Q. in children who get more fluoride than the control groups of children in each study. These decreases are about 5 to 10 I.Q. points in children aged 8 to 13 years.

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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Fluoride interferes with the function of the brain's pineal gland. The pineal gland produces melatonin which, among other roles, mediates the body's internal clock.

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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"The EPA fired the Office of Drinking Water's chief toxicologist, Dr. William Marcus, who also was our local union's treasurer at the time, for refusing to remain silent on the fluorine cancer risk issue.

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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Regarding the effectiveness of fluoride in reducing dental cavities, there has not been any double-blind study of fluoride's effectiveness as a caries preventative. There have been many, many small scale, selective publications on this issue that proponents cite to justify fluoridation, but the largest and most comprehensive study, one done by dentists trained by the National Institute of Dental Research, on over 39,000 school children aged 5-17 years, shows NO SIGNIFICANT DIFFERENCES (in terms of decayed, missing and filled teeth) among caries incidences in fluoridated, non-fluoridated and partially fluoridated communities(16). The latest publication (17) on the 50 year fluoridation experiment in two New York cities, Newburgh and Kingston, shows the same thing.

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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...In addition to our concern over the toxicity of fluoride, we note the uncontrolled -- and apparently uncontrollable -- exposures to fluoride that are occurring nationwide via drinking water, processed foods, fluoride pesticide residues and dental care products. A report in The Wall Street Journal on Dec. 21, 1998 that, according to the Centers for Disease Control, at least 22% of America's children now have dental fluorosis, is just one indication of this uncontrolled, excess exposure. For governmental and other organizations to continue to push for more exposure in the face of current levels of over-exposure coupled with an increasing crescendo of adverse toxicity findings is irrational and irresponsible at best. Thus, we took the stand that a policy which makes the public water supply a vehicle for disseminating this toxic and prophylactically useless (via ingestion, at any rate) substance is wrong.

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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We have also taken a direct step to protect the employees we represent from the risks of drinking fluoridated water. We applied EPA's risk control methodology, the Reference Dose, to the recent neurotoxicity data. The Reference Dose is the daily dose, expressed in milligrams of chemical per kilogram of body weight, that a person can receive over the long term with reasonable assurance of safety from adverse effects. Application of this methodology to the Varner et al. data leads to a Reference Dose for fluoride of 0.000007 mg/kg/day. Persons who drink about one quart of fluoridated water from the public drinking water supply of the District of Columbia while at work receive about 0.01 mg/kg/day from that source alone. This amount of fluoride is more than 100 times (!) the Reference Dose. On the basis of these results the union filed a grievance, asking that EPA provide unfluoridated drinking water to its employees. The implication for the general public of these calculations is clear. Recent, peer-reviewed toxicity data, when applied to EPA's standard method for controlling risks from toxic chemicals, require an immediate halt to the use of the nation's drinking water reservoirs as disposal sites for the toxic waste of the phosphate fertilizer [and Aluminum] industry[s].

- "Why EPA's Headquarters Union Of Scientists Opposes Fluoridation"

http://bruha.com/fluoride/html/nteu_paper.htm

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Thyroid activity is reduced while bathing in fluoridated water, by absorption through the skin and inhalation.

http://bruha.com/fluoride/html/pfpc_1.htm

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The major iodine deficient areas in the country are identical to endemic fluorosis areas.

http://bruha.com/fluoride/html/pfpc_1.htm

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One child dies every minute due to complications associated with fluorine-induced iodine deficiency.

http://bruha.com/fluoride/html/pfpc_1.htm

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Carpal Tunnel Syndrome can often be a result of hypothyroidism. Conditions that increase tissue edema such as hypothyroidism are well-known causes of Carpal Tunnel Syndrome. In 1998, Dr. Bob Carton wrote: "Based on Roholm's work and other recent studies, there is every reason to believe that the increasing number of people with carpal-tunnel syndrome and arthritis- like pains are due to the mass fluoridation of drinking water"

- EPA Scientists, 1998

http://bruha.com/fluoride/html/pfpc_2.htm

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Many psychoactive drugs including Prozac, Paxil and Luvox are fluorinated medications. Rohypnol, the infamous date- rape drug, is fluorinated Valium, which is about 20-30 times more potent than Valium alone.

http://bruha.com/fluoride/html/green_tea_f.html

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Fluoride in tea is much higher than the Maximum Contaminant Level (MCL) set for fluoride in drinking water.

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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Tea leaves accumulate more fluoride (from pollution of soil and air) than any other edible plant.

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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A website by a pro-fluoridation infant medical group lists a cup of black tea to contain 7.8 mgs of fluoride -- roughly the same amount as if one were to drink 7.5 quarts of water in an area fluoridated at 1ppm.

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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Some British and African studies from the 1990's showed a daily fluoride intake of between 5.8 mgs and 9 mgs a day from tea alone [equal to drinking 5 to 9 quarts of fluoridated water per day!].

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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Studies conducted on tea consumption in Tibetan children by Cao et al. found both dental (51.2%) and skeletal (32.83%) fluorosis, mainly as a result from drinking tea. More studies by Cao and others reported similar results, as did a study from Chile showing dental fluorosis risks in 22.1% of the children consuming tea as a main beverage. Many similar studies on tea as well as other beverages have been published in the journals of the American Dental Association (ADA) or American Medical Association (AMA) themselves.

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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Studies on hydrofluoric-acid workers from an electronics company documented that, among the influences of fluorine- containing foodstuff on fluoride content in the biological fluids, the effect of black tea and/or green tea intake was "particularly remarkable". Measuring the urine and serum levels of fluorine ion, in the case of the non-hydrofluoric- acid workers, the concentration increased to about double of the control value. Similarly in a diet test on volunteers, the concentration increased about six times.

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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In 1990 researchers at the University of Texas theorized that "the rise in incidence of dental fluorosis in North America is mainly due to the replacement of water intake by caffeine-containing beverages among the young population".

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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To make matters much worse for human health, fluorides in teas are found together with aluminum. The combination of aluminum and fluorides in tea is of urgent concern, due to the increased damage done by fluorides when in the presence of aluminum, especially neurological and renal damage).

- Green Tea & Fluoride

http://bruha.com/fluoride/html/green_tea_f.html

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The fluoride/aluminum association is of particular importance as it relates to Alzheimer's Disease. Aluminum by itself is not readily absorbed by the body. However, in the presence of fluoride ions, the fluoride ions combine with the aluminum to form aluminum fluoride, which is absorbed by the body. In the body, the aluminum eventually combines with oxygen to form aluminum oxide or alumina. Alumina is the compound of aluminum that is found in the brains of Alzheimer's disease sufferers. In the brain, proteins bind to the alumina, and "that is the key to the plaques and tangles which are the hallmarks of this terrible disease".

http://bruha.com/fluoride/html/green_tea_f.html

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In a study by Dr. Robert Isaacson at the State University of New York, aluminum fluoride was added to the rats diet. This, contrary to normal expectations, passed through the brain barrier and gave the rats short term memory loss, smell sensory loss, unsteady gait, and loss of structures of the neo-cortex and hippocampus -- all symptoms of Alzheimer's. A Varner and Jensen study conducted with Isaacson confirmed this in 1998.

http://bruha.com/fluoride/html/green_tea_f.html

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Toothpaste also contains a significant quantity of Aluminum (Al), more so, when packed in Al tubes. That children often ingest too much toothpaste is well established and the reason why since April 1997 a poison warning is to be placed on all fluoride-containing toothpastes in the US. It is an absolute disgrace that this is not the same in Canada, especially when the US FDA has issued several Import Alerts and customs detention orders, documenting fluoride amounts double that of permissible content originating in Canada!

http://bruha.com/fluoride/html/green_tea_f.html

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It is only in the last two decades during which endocrinology has progressed so rapidly, that now over 150 symptoms and associations can be identified in hypothyroidism. Almost all (!) correlate with known symptoms of fluoride poisoning.

http://bruha.com/fluoride/html/green_tea_f.html

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Most of the double-blind test results of fluoride poisoning found in Moolenburgh's study on water containing 1 ppm of fluoride -- which led to the ban of fluoridation in Holland -- are now recognized symptoms of hypothyroidism.

http://bruha.com/fluoride/html/green_tea_f.html

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The effects of fluoride on the thyroid gland have been studied so extensively, that it baffles the mind how experts on thyroid disease from Harvard or the University of Toronto can claim that fluorides do not affect thyroid gland function, especially when it has been used as medication to do just that! This stance just defies all knowledge properly gained in the last 70 years of related research. One cannot find any mention of fluorides in ANY current "official" thyroid disease related literature.

http://bruha.com/fluoride/html/green_tea_f.html

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A toxicologist in the United Kingdom recently found that perinatal deaths in a fluoridated area was 15% higher than in neighboring non-fluoridated areas. The fluoridated area had a higher socio-economic status and would have been expected to have less perinatal deaths. The fluoridated area also had a 30% higher rate of Down's Syndrome.

http://bruha.com/fluoride/html/green_tea_f.html

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Chile banned fluoridation because of research by the world- renowned researcher and Nobel price winner, Dr. Albert Schatz, which showed a link to infant deaths due to fluoridation.

http://bruha.com/fluoride/html/green_tea_f.html

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Learning disorders such as Attention Deficit Hyperactivity Disorder (ADHD) did not knowingly exist before the fluoridation of public water supplies began. In the 1950's ADHD spread rapidly among school children and gained much exposure in the medical science and health literature. In 1963 the U.S. PHS listed dozens of symptoms associated with hyperactivity and officially changed the name to

"minimal brain dysfunction". By the the 1970's some leading authorities noted that this disorder appeared to lie at the root of nearly every type of childhood behaviour problem, and had become the most commonly diagnosed illness among childhood counsellors. In 1987 the American Medical Association acknowledged that brain damage had become the leading disability reported by elementary schools, and "one of the most common referral problems to psychiatry outpatients clinics". Many studies on thyroid hormones have shown that attention deficit and/or hyper- activity disorders in children are linked to changes in the levels of thyroid hormone in the blood, and that irritability and aggressive behaviour are linked to thyroid hormone levels and hypothyroidism.

http://bruha.com/fluoride/html/green_tea_f.html

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It is important to note that mother's milk passes on negligible amounts of fluoride in very high fluoride-intake areas, as if Nature meant to protect the infant.

http://bruha.com/fluoride/html/green_tea_f.html

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Could it be that the world-wide "iodine deficiency" (IDD) is actually fluoride excess? By comparing IDD data supplied by the WHO with fluorosis data found on MEDLINE, an answer may be found. Judge for yourself: COUNTRY IDD GOITER/FLUOROSIS India Very High Very High Nigeria High High Belgium Moderately Low Moderately Low France Low Low China Very High Very High Mexico Very High Very High Brazil High High Italy High High Tanzania Very High Very High Sudan High High

http://bruha.com/fluoride/html/green_tea_f.html

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"Iodine deficiency" is now recognized as the most common cause of preventable brain damage and mental disability in the world today.

http://bruha.com/fluoride/html/green_tea_f.html

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If you drink 1 cup (6oz) of green/black tea a day, with fluoride content of 5mg, you can expect Chronic Skeletal Fluorosis to appear as follows (based on a 100 lb person):

Phase 1: within 5 years

(sporadic pain; stiffness in joints; osteosclerosis of pelvis and vertebral column)

Phase 2: after 10 years

(chronic joint pain; arthritic symptoms; slight calcification of ligaments; increased osteoclerosis/ cancerous bones; with/without osteoporosis of long bones)

Phase 3 (crippling fluorosis) after 23 years

(limitation of joint movement; calcification of ligaments/ neck, vert. Column; crippling deformities/spine major joints; muscle wasting; neurological defects/compression of spinal chord).

http://bruha.com/fluoride/html/green_tea_f.html

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As argued by Dean Burk and the attorneys who established the connection between cancer deaths and fluoridation, there is a premise in logic which states that the most obvious cause of an event must be taken as face value while one searches for alternative possibilities. Because it can be documented that fluorides were given as medication for hyperthyroid patients it should be considered the OBVIOUS cause for hypothyroidism and other thyroid-hormone function-related disorders, including ADHD, arthritis, osteoporosis, etc., especially at intake levels as high as they are.

http://bruha.com/fluoride/html/green_tea_f.html

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The Environmental Protection Agency (EPA) has previously estimated that levels of fluoride in/on food from the agricultural use of Cryolite plus fluoride levels in U.S. drinking water supplies results in a daily dietary intake of fluoride of approximately 0.095 mg/kg/day. For a person weighing 155 pounds, this would mean intake of 6.65mg/day from those two sources alone!. [That rate of consumption of fluoride will induce crippling fluorsis in 23 years].

<http://bruha.com/fluoride/html/pesticides.htm>

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A group of biologists and medical researchers at the University of Wisconsin in Madison, led by Warren P. Porter, recently completed a 5-year experiment putting mixtures of low levels of pesticide chemicals into the drinking water of male mice and carefully measuring the results. They reported that combinations of these chemicals -- at levels similar to those found in the groundwater of agricultural areas of the U.S. -- have measurable detrimental effects on the nervous, immune and endocrine (hormone) systems. They say their research has direct implications for humans. Porter explains, "To get a chemical into a cell you've got to have part of the chemical that's fat soluble so it can pass through the cell membrane. And part of it has to have a strong electrical charge because you need to attract the chemical to the part of the cell where you want to do the damage. The trouble is, the ways cells communicate, both within themselves and between each other, is by means of highly charged molecules, ions really. These things are being pumped across the membranes and moved around in cells. So when you take a chemical that you've designed that has a strong electrical charge and you put it in the middle of this tremendous stream of communication--I mean, a high school chemistry student could tell you there are going to be effects. There's just no way these things are not going to be biologically active. It's very important for people to understand that. This is a very real concern." [Any chemist will tell you that Fluoride is the most reactive element known to man]

<http://bruha.com/fluoride/html/pesticides.htm>

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Recently a study of 4 and 5 year-old children exposed to pesticides in Mexico specifically noted a decrease in mental ability and an increase in aggressive behavior among children, indicating thyroid dysfunction. The exposed children demonstrated decreases in stamina, gross and fine eye-hand coordination, 30-minute memory, and the ability to draw a person.

<http://bruha.com/fluoride/html/pesticides.htm>

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The International Academy of Oral Medicine and Toxicology has classified fluoride as an unapproved dental medicament due to its high toxicity.

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The FDA considers fluoride an unapproved new (NEW!!!) drug for which there is no proof of safety or effectiveness.

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The fluoride in half a tube of toothpaste can kill a child.

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Fluoride is an acute toxin with a rating [4 - very toxic] higher than that of lead [3 to 4, moderately to very toxic], according to "Clinical Toxicology of Commercial products," 5th Edition, 1984

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The EPA Maximum Contaminant Level (MCL) for lead is 0.015 ppm, with a goal of 0.0ppm yet the MCL for fluoride is currently set for 4.0ppm - a ridiculous level that is over 250 times more lenient than the permissible level for lead, yet Fluoride is officially rated as more toxic!

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Fluoride is one of the most bone seeking elements known.

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The US Public Health Service has stated that fluoride makes the bones more brittle and the dental enamel more porous.

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Children's ingestion of fluoride from juices and juice- flavored beverages can be quite substantial and a crucial factor in developing fluorosis.

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Grape juice has been found to contain up to 6.8 mg/L of fluoride -- half a quart per day will cause crippling skeletal fluorosis ("arthritis") in 40 years.

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Fluoride can be found in water, toothpaste, mouthwash, Dentist's treatment, fluoride pills, juice, soft drinks, canned food, commercial fruit and vegetables, Teflon and Tefal coated items (such as frying pans), etc.

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No "optimal" fluoride intake has ever been scientifically documented.

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As little as 0.04 mg fluoride, per kg, per day has been proven to cause adverse health effects. For a 150 pound person, this works out to about 2.7mg per day -- the amount in one quart of milk or half a quart of grape juice!

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On July 9, 1998 the Manchester Guardian reported news of fluoride poisoned water in Central India, from untested wells drilled in the 1980s, causing severe arthritic damage to tens of millions of people.

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The US Public Health Service has stated that fluoride makes the bones more brittle and dental enamel more porous.

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Studies have proved that fluoride toxicity affects fertility.

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Fluorides lower the intelligence capacity of humans, with children, again, especially susceptible to early fluoride toxicity. IQ levels were significantly lower than children not exposed to fluorides in all age groups listed. [Li,X.S.,Zhi,J.L.,Gao,R.O.,"Effects of Fluoride Exposure on the Intelligence of Children", Fluoride, 1995]

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Studies proving the neurotoxicity of fluoride in rats have been conducted by Dr. Phyllis Mullinex. In 1995 Mullenix and co-workers showed that rats given fluoride in drinking water at levels that give rise to plasma levels fluoride concentrations in humans, suffer neurotoxic effects that vary according to when the rats were given the fluoiride -- as adult animals, as young animals, or thorough the placenta before birth. Those exposed before birth were born hyperactive and remained so throughout their lives. Those exposed as young animals displayed depressed activity.

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Four major studies involving 480,000 children (US, 39,000; Japan, 22,000; India, 400,000; Tucson, 29,000) comparing fluoridated and non-fluoridated areas showed no significant difference in decay rates. What is proven is that a higher intake of fluoride will actually cause MORE cavities, especially for children with low dietary calcium intake.

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Fluoride causes cancer. In 1981, Dean Burk, for many decades Chief Chemist at the US National Cancer Institute, testified at congressional hearings, reporting that at least 40,000 cancer deaths in 1981 were attributable to fluoride. 40,000 cases that could have been prevented simply by NOT putting industry waste into the public water supply. Burk stated that fluoride causes more cancer, and causes it faster, than any other chemical.

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In 1996 yet another cancer related study was published showing significant positive correlation between fluoride concentration in drinking water and uterine cancer mortality.

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Fluorides can transform normal cells into cancerous ones, as has been shown in countless studies since Tsutui first published his data in 1984.

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In 1997 there were more than 80 references available linking fluoride to cancer.

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The FDA does not consider fluoride an essential nutrient.

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Many pesticides contain fluorine as an "inactive" ingredient -- serving as the adjuvant ("ferry") that delivers the agent to its target. Because they are considered "inert", listing is not required on labels. [As a Chemical Engineer, I can tell you that Fluorine is the EXACT OPPOSITE of inert. Inert means unreactive, and [Fluorine is the most reactive element known to man](#). HF, Hydrogen Fluoride, can etch glass!]

<http://bruha.com/fluoride/html/pesticides.htm>

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Q. I heard fluoride is a poison. Is this true?

A. Yes. Fluoride is an acute toxin with a rating [4 - very toxic] higher than that of lead [3 to 4, moderately to very toxic].

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Q. Does fluoride accumulate in the body?

A. Yes. About half of each day's fluoride intake will be retained. This is what makes it so dangerous. "The dose makes the poison". All sides agree to the fact that healthy kidneys can eliminate only about 50% of daily fluoride intake. The rest gets absorbed in calcified tissues, like bones and teeth. The National Academy Of Sciences (NAS) stated in 1977 that, for the average individual, a retention of 2mg/day would result in crippling skeletal fluorosis after 40 years.

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Q. How does fluoride get into the water?

A. Most often as a byproduct from the fertilizer, aluminum and other industries, who manage to sell this toxic waste to municipalities nationwide for human consumption. Incredible, but a fact.

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Q. How can my dentist say that Fluoride's good for my teeth?

A. By receiving limited training on the subject and being misinformed on purpose by the ADA and CDA. Figures in ADA pamphlets contain an incredible amount of untruths, and outright fraudulent claims. If you check the references cited and numbers listed in your local libraries, you will come to the same conclusion. Most dentists never bother to take the time to study both sides of the fluoride issue. Consider this statement by the ADA in 1979: "Individual dentists must be convinced that they need not be familiar with scientific reports and field investigations on fluoridation to be effective participants and that non-participation is overt neglect of personal responsibility." There are NO reliable studies, conducted under ethical research guidelines, which prove the benefits of fluoride supplementation. The FDA admits to this! And there are more than 500 peer-reviewed studies documenting the adverse effects of it!

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Q. Is it true that fluoride can cause cancer?

A. Yes. In 1981, Dean Burk, for many decades Chief Chemist at the US National Cancer Institute, testified at congressional hearings, reporting that at least 40,000 cancer deaths in 1981 were attributable to fluoride. 40,000 cases that could have been prevented simply by NOT putting industry waste into the public water supply. Burk stated that fluoride causes more cancer, and causes it faster, than any other chemical.

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Q. Is it true that fluoride can increase hip fractures?

A. Yes. According to Dr. J. William Hirzy (vice-president of the NFFE LOCAL 2050, the union representing all scientists at the EPA, Washington, D.C.) there have been 5 epidemiological studies done since 1990, in three different countries, all showing increased hip fractures in fluoridated communities. Some studies have indicated a 87% higher risk of hip fractures to the elderly.

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Q. Does fluoridation increase Osteoporosis and Arthritis?

A. Yes, most definitely. Scientists at EPA in Washington have declared that there is every reason to believe that the increasing numbers of people with carpal-tunnel syndrome and arthritis-like pains are due to the mass fluoridation of drinking water. On July 9, 1998 the Manchester Guardian reported news of fluoride poisoned water in Central India, from untested wells drilled in the 1980s, causing severe arthritic damage to tens of millions of people -- a national disaster.

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Q. Does fluoride cause brain damage?

A. Yes. Fluorides lower the intelligence capacity of humans, with children, again, especially susceptible

to early fluoride toxicity. IQ levels were significantly lower than children not exposed to fluorides in all age groups listed. (Li,X.S.,Zhi,J.L.,Gao,R.O.,"Effects of Fluoride Exposure on the Intelligence of Children", Fluoride, 1995)

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Q. How wide-spread is the problem of fluorosis?

A. The US Public Health Service estimates that 1 in 5 children have dental fluorosis. All native reservations in the US have mandatory fluoridation, resulting in very high incidents of dental fluorosis in those areas. Realistic figures are as high as 80% in some areas in the US and up to 71% in Canada. Studies have been conducted directly linking bone tissue damage to children with dental fluorosis. Fluorosis is the first visible sign that destructive effects of fluoride are also occurring in bone, connective tissue, immune and enzyme functions.

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Q. What do I need to do? How can I protect myself?

A. If you live in an area with fluoridated water, drink distilled water. You can have it delivered or buy it at supermarkets. You can also buy distilling or reverse osmosis systems for home use which is the only way for taking fluoride out of the water. Also, eliminate any Teflon or Tefal coated cook ware, for scratches in the surface will release PTFE, another toxic fluoride compound. Avoid fruit juices coming from fluoridated areas. All non-organic grape products are especially high in fluoride content due to the number of fertilizer and pesticide applications. Wine can contain up to 3 ppm fluoride. Avoid using any toothpaste or mouth wash containing fluoride. There are many alternatives on the market.

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Q. What do I need to do? How can I protect myself?

A. Lobbying is required to demand fluoride content labeling on commercial products. Steps to educate the public about this proven health risk and fluoride's toxic properties must be taken immediately and health advisories issued. Water fluoridation should cease immediately and steps should be taken to reduce fluoride in food, drink and dental products. If you live in a fluoridated area, take action to stop the addition of fluoride into the water supply. Individuals ARE successful in educating legislators about the issue and have helped pass laws to stop the addition of fluoride into the water supply.

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Q. What about the fluoride treatment at the dental office?

A. Fluoride treatments can contain between 10,000 to 20,000 ppm! Astonishingly, there is no regulated dose requirement. There are cases known of children dying in the dentist's chair. (New York Times, Jan.20, 1979: "\$750,000 Given in Child's Death in Fluoride Case" about a three year old child killed by fluoride treatment in the Dentist's office.)

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Q. If all the harmful effects of fluoride are true, how can all this be sanctioned by the government?

A. In 1939 a dentist named H. Trendley Dean, DDS, examined water from 345 communities in Texas. Dr. Dean worked for the U.S Public Health Service (PHS). He determined that high concentrations of fluoride in the water corresponded to a high incidence in mottled teeth. To many dentists this provided an answer to the problem of mottled teeth they saw in some of their patients. Dr. Dean also unexpectedly found a lower incidence of dental cavities in communities having about 1 ppm fluoride in the water supply. Among the native residents of these areas about ten percent developed the very mildest forms of mottled enamel, usually described as "beautiful white teeth". However, Dean used a technique known as "selective use of data", using data from 21 cities while completely disregarding data from 272 other locations which show an almost complete lack of correlation when plotted. (J. Colquhoun, International Symposium on Fluoridation, Porte Alegre, Brazil, September 1988).
Meanwhile, a number of court cases were being launched due to fluoride contamination, mainly by the aluminum industry. In addition the Manhattan Project, the secret atomic bomb project, was in a big race to build the world's first A-bomb. A pollution incident of great magnitude occurred at a factory in New Jersey (DuPont) producing millions of tons of fluoride for the project. A major "negative PR" problem was emerging, threatening the Manhattan Project and the secrecy around it. In 1945, supposedly as a result of Dr. Dean's discovery, the PHS planned to conduct a 10-year study of fluoridation in two cities. Grand Rapids, Michigan was chosen as the city for artificial fluoridation and Muskegon, Michigan was the non-fluoridated city for comparison and cavity rates were to be compared. In 1950, after only five years into the project, due again to pressure exerted from the atomic bomb program, public health officials started to campaign for fluoridation -- hand in hand with industry looking for a solution to threatening law suits, and an American Dental Association desperate for "respect" and recognition. The campaign was based on the fact that fluoridated Grand Rapids had shown some decrease in cavity rate. Meanwhile there was also a decrease in cavity rate shown in non-fluoridated Muskegon. However, Muskegon was dropped from the study for unknown reasons. After the project was completed, only the Grand Rapids result was released and a major PR campaign promoting fluoride use started.

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