

10 September, 2009

Hello and thank you all for being here!

Thank you for providing a forum where our water fluoridation can be discussed!

My name is Maria Minno, and I am a resident of Gainesville since 1984. I work as an environmental consultant and a holistic health practitioner, and am naturally oriented to environmental health issues.

I don't want our City water to be fluoridated because I won't drink it or cook with it if it is. I have been gathering water from a well on property I own outside of Gainesville for a number of years, and prior to that I bought bottled water. I don't even like to bathe or shower in fluoridated water, because the fluoride is absorbed through the skin and lungs.

I stopped drinking tap water because my friend, a chemist, explained that her headaches went away when she switched to steam distilled water. I decided that if the water was giving her headaches, what else was it doing, and I didn't want any part of it.

That was before I learned about fluoride as an environmental toxin, and then read "The Fluoride Deception" by Christopher Bryson. As a nutritional therapy practitioner, I also learned from nutrition experts how fluoride poisons the cells and wreaks havoc with the endocrine system.

Here are some facts about fluoride that indicate that fluoridation is not a good idea:

1. Fluorine is a halogen, and readily displaces other halogens--such as chlorine, ~~bromine~~ and iodine—in the body.
2. When fluorine replaces iodine in the body, it damages the thyroid and the entire endocrine system. Thyroid disease is a leading health problem that is worsening in recent years.
3. Fluorine was not produced commercially until World War II, when it was used for enrichment of uranium for the atomic bomb.⁶
4. Eleven EPA employee unions representing more than 7,000 environmental and public health professionals have demanded that drinking water fluoridation programs across the country be discontinued. They furthermore requested that EPA issue a public warning and set the drinking water standard for fluoride at zero.
<http://www.powalliance.org/petition>
5. Fluorine compounds or fluorides are listed by the US Agency for Toxic Substances and Disease Registry (ATSDR) as among the top 20 of 275 substances that pose the most significant threat to human health.⁷
6. In Australia, the National Pollutant Inventory (NPI) ranked fluoride compounds very high (27 of 208) on its toxicity list.⁸

At this time it became very convenient, politically, for agency leaders & public health officials to believe fluoride was harmless, as documented thoroughly in the book "The Fluoride Deception"

7. The book, *Clinical Toxicology of Commercial Products, 5th Edition* (1984) lists fluoride as being more toxic than lead (4 vs. 3-4). The EPA has set the MCL for lead to 0.015 ppm, with a goal of 0.0ppm (lead is unsafe at any concentration). Yet for fluoride, which is more toxic, the MCL is currently set at 4.0ppm, over 250 times the permissible level for lead.
8. In 1998 EPA scientists, whose job and legal duty it is to set the Maximum Contaminant Level, declared that this 4ppm level was set fraudulently by outside forces in a decision that omitted 90 percent of the data showing the mutagenic properties of fluoride.¹²
9. Fluorides are cumulative toxins. This is why the US Surgeon General must set Maximum Contaminant Level (MCL) for fluoride content in public water supplies as determined by the EPA.
10. Fluoride MCLs are aimed only at avoiding a condition known as Crippling Skeletal Fluorosis (CSF), a disease thought to progress through three stages. The MCL, designed to prevent only the third and crippling stage of this disease, is set at 4ppm or 4mg per liter. It is assumed that people will retain half of this amount (2mg), and therefore 4mg per liter is deemed "safe." Yet a daily dose of 2-8mg is known to cause the third crippling stage of CSF.^{10, 11}
11. Health effects of fluoride include:
 - Neurological problems
 - Accelerated aging
 - Immune system dysfunction
 - Compromised collagen synthesis
 - Cartilage problems
 - Bony outgrowths in the spine and brittle bones
 - Joint "lock-up"
 - Thyroid disorder leading to breast cancer and heart disease
 - Lung disease
12. Belgium's Health Minister issued a ban on the sale of chewing gum, tablets and drops that contain fluoride because they cause serious health problems when overused. They are discussing removing it from toothpaste.
<http://www.westonaprice.org/causticcommentary/cc2002fa.html>
13. A study found that excessive use of fluoride products causes fluoride poisoning, damage to the nervous system and osteoporosis (*Reuters* 7/31/2002).
14. Pharmaceutical companies are well aware that fluoride used to "prevent dental caries" can cause periodontal bone loss. Fluoride, in the concentration range in which it is employed for the prevention of dental caries, stimulates the production of prostaglandins and thereby exacerbates the inflammatory response in gingivitis and periodontitis. . . thus, the including of fluoride in toothpastes and mouthwashes for the purpose of inhibiting the development of caries may, at the same time, accelerate the

process of chronic, destructive periodontitis
(www.thememoryhole.org/health/fluoride-patent.htm).

15. Inflammation is a major factor in the epidemic of heart disease.

16. *Nazis used fluoride in the water at the concentration camps to docile the prisoners*

✂ What kind of fluoride do we get?

Fluoridation compounds are not the same as the compounds found naturally in water, anyway.³⁷ The fluoride compound in "naturally" fluoridated waters is calcium fluoride, which also causes dental fluorosis, but is excreted from the body. Sodium fluoride, a common fluoridation agent used by dentists, dissolves easily in water, but calcium fluoride does not.⁹ Animal studies revealed that sodium fluoride was much more toxic than calcium fluoride, and is retained in the body.³⁸

Hydrofluorosilicic acid, the compound now used in most (>90%) water fluoridation programs, including ours, is a *direct* byproduct of pollution scrubbers used in the phosphate fertilizer and aluminum industries. It contains other highly toxic elements, including lead, aluminum and mercury. Our government adds it to water supplies to help rid itself of its own stockpile of fluoride compounds left over from years of stockpiling fluorides for refining uranium for nuclear power and weapons.³⁹

Total Fluoride Intake

How much fluoride do we really get from eating, drinking, breathing and absorbing it through the skin? This is what must be considered for any adverse health effect evaluation.^{40,41,42}

Airborne fluoride exposure comes from many diverse manufacturing processes"

- Vehicle emissions
- pesticide applications
- incinerators
- phosphate fertilizer production, which we have a lot of here
- coal-burning and nuclear power plants
- aluminum smelting
- uranium enrichment facilities
- glass etching
- petroleum refining

Household exposures to fluorides can occur with

- the use of Teflon pans

- tea, which accumulates fluoride from air and soil pollution readily^{49, 50, 51, 52, 53, 54, 58-70}
- many foods grown with fluoridated water, including grapes⁴⁵ and lettuce
- foods treated with pesticides that contain fluoride
- soy infant formula, which is also high in aluminum^{46, 47, 48}
- bottled and canned drinks made with fluoridated water
- toothpaste, which now requires a warning label because of the fluoride content
- dental products
- fluorine-based household products (e.g. flame retardants on clothes)
- insecticides and bug sprays
- airborne fluorides from fluoridated drinking water
- 3M's Scotchgard products⁴⁴

In 1991 the US Public Health Service issued a report stating that the range in total daily fluoride intake from water, dental products, beverages and food items exceeded 6.5 milligrams daily, already grossly exceeding the levels known to cause third stage skeletal fluorosis.⁴²

The EPA estimates total fluoride intake from pesticide residues on food and fluoridated drinking water alone to be 0.095 mg/kg/day, meaning a person weighing 70 kg takes in more than 6.65 mg per day.^{45b} Children consume more of these things per their body weight than adults.

Aluminum greatly potentiates fluoride's effects.⁷²

Fluoride in drugs

Fluoride is found in medications such as Prozac, and antibiotics such as Cipro. All fluoride compounds—organic and inorganic—have been shown to exert anti-thyroid effects⁴³

Fluorides are used in effective anti-thyroid medication.^{73, 74} Enamel defects observed in hypothyroidism are identical to "dental fluorosis." Endemic fluorosis areas have been shown to be the same as those affected with iodine deficiency.

Iodine deficiency is the world's single most important and preventable cause of mental retardation,⁷⁵ affecting 740 million people a year. Iodine deficiency causes brain disorders, cretinism, miscarriages, goiter, thyroid disorder, and many other diseases. Synthroid (for hypothyroidism) became the top selling drug in the US in 1999. Many more millions are thought to have undiagnosed thyroid problems.

Does fluoride prevent tooth decay?

In 1939 a dentist, H. Trendley Dean, working for the U.S. Public Health Service, examined water from 345 communities in Texas. Dean claimed that there was 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 10 percent developed the very mildest forms of mottled enamel ("dental fluorosis"), which Dean and others described as "beautiful white teeth." Dean's report led to the initiation of artificial fluoridation of drinking water at 1 part-per-million (ppm) in order to supply the "optimal dose" of 1 mg fluoride per day--assuming that drinking four glasses of water every day would duplicate Dean's "optimal" intake for most people. The American Dental Association heavily promoted water fluoridation as a result.¹³

Yet other scientists who investigated Dean's data found that he used the data he collectively selectively, choosing findings from 21 cities that supported his case, while completely disregarding data from 272 other locations that did not show a correlation.¹⁴ In court cases, Dean was forced to admit under oath that his data were invalid.¹⁵ In 1957 he had to admit at AMA hearings that even waters containing a mere 0.1 ppm (0.1 mg/l) could cause dental fluorosis, the first visible sign of fluoride overdose.¹⁶ Moreover, there is not one single double-blind study to indicate that fluoridation is effective in reducing cavities.¹⁷

✕ Evidence is accumulating to show that fluorides and dental fluorosis are actually associated with *increased* tooth decay. The most comprehensive US review was carried out by the National Institute of Dental Research on 39,000 school children aged 5-17 years.¹⁸ It showed no significant differences in terms of decayed, missing and filled teeth (DMF). What it did show was that high decay cities (66.5-87.5 percent) have 9.34 percent more decay in the children who drink fluoridated water. Furthermore, a 5.4 percent increase in students with decay was observed when 1 ppm fluoride was added to the water supply. Nine fluoridated cities with high decay had 10 percent more decay than nine equivalent non-fluoridated cities.

✕ The world's largest study on dental caries, which looked at 400,000 students, revealed that decay increased 27 percent with a 1 ppm fluoride increase in drinking water.¹⁹ In Japan, fluoridation caused decay increases of 7 percent in 22,000 students,²⁰ while in the US a decay increase of 43 percent occurred in 29,000 students when 1 ppm fluoride was added to drinking water.²¹

Dental fluorosis, a result of fluoride exposure, is mottling of the enamel starting as white spots, and progressing to brown. It indicates that the person was overexposed to fluoride during the stage of enamel formation. The bones and virtually every organ are most likely also affected, might also be affected.

The degree of dental fluorosis, also known as a subsurface enamel hypomineralization, or hypoplastic defects, correlates positively with porosity of the tooth.²² Identical enamel defects occur in cases of thyroid dysfunction.

Dental fluorosis predisposes teeth to decay. In 1988 Duncan²³ stated that hypoplastic defects have a strong potential to become carious. In 1989,

Silberman,²⁴ evaluating the same data on Head Start children, wrote that "preliminary data indicate that the presence of primary canine hypoplasia may result in an increased potential for the tooth becoming carious." In 1996 Li²⁵ wrote that children with enamel hypoplasia demonstrated a significantly higher caries experience than those who did not have such defects and, further, that the "presence of enamel hypoplasia may be a predisposing factor for initiation and progression of dental caries, and a predictor of high caries susceptibility in a community." In 1996 Ellwood & O'Mullane²⁶ stated that "developmental enamel defects may be useful markers of caries susceptibility, which should be considered in the risk-benefit assessment for use of fluoride."

Currently up to 80 percent of US children suffer from some degree of dental fluorosis. A prevalence of 80.9 percent was reported in children 12-14 years old in Augusta, Georgia, an "optimally" fluoridated community. Moderate-to-severe fluorosis was found in 14 percent of the children.²⁷

Before the political push for fluoridation began, the dental profession recognized that fluorides were not beneficial but *detrimental* to dental health. In 1944, the *Journal of the American Dental Association* reported: "With 1.6 to 4 ppm fluoride in the water, 50 percent or more past age 24 have false teeth because of fluoride damage to their own."²⁸

Although proponents proclaim fluoride as a "wonder nutrient,"^{29, 30} it is actually a cumulative toxin and toxic waste product "nutrient."

On March 16, 1979, the FDA deleted paragraphs 105.3(c) and 105.85(d)(4) of Federal Register documents which had classified fluorine as "essential" or "probably essential" as a result of court findings. Since that time, nowhere in the Federal Regulations is fluoride classified as "essential" or "probably essential."³¹ No essential function for fluoride has ever been proven in humans.^{32,33,34,35,36}

Environmental pollution and global warming

Fluorides, hydrogen fluoride and fluorine are commonly found at the 1,334 National Priorities List (Superfund) sites identified by the Environmental Protection Agency (EPA).⁹ Consequently, a compilation of information about fluorides, hydrogen fluoride and fluorine and their effects on health appeared in 1993.⁹

Every year hundreds and thousands of tons of fluorides are emitted by industry, creating air pollution and acid rain. Along with carbon dioxide, methane, and nitrous oxide, Sulfur hexafluoride (SF₆) from electric powerplants, hydrofluorocarbons (HFCs), and perfluorocarbons (PFCs) are among the six greenhouse gases specifically targeted by the international community, through the Kyoto protocol, for emission reductions to control global warming.

The concentration of SF₆ in the atmosphere has reportedly increased by two orders of magnitude since 1970.⁷⁶

As you can see, we get ever-increasing doses of fluoride from food, water and air, as evidenced by the epidemic of fluorosis worldwide. It's time that our public health officials cease promoting fluoride as beneficial to our health and address instead the issue of its toxicity.

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From an article written by Andreas Schuld, head of Parents of Fluoride Poisoned Children (PFPC), an organization of parents whose children have been poisoned by excessive fluoride intake. For further information, visit their website at www.bruha.com/fluoride.

The original article can be found at <http://www.westonaprice.org/envtoxins/fluoride.html>.

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(A project of PPFC--Parents of Fluoride-Poisoned Children)

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