

The Fluoride Nightmare

Written and un-copyrighted by Alan D. (Al) Smith of MajorityVoice.org

Proposed Speech to Your City Council

(Your city's name here), all cities in Texas and most major cities in the United States use fluorosilicic acid to "fluoridate" our municipal drinking water supplies, supposedly to prevent tooth decay in children. But, it's been proven to do the opposite. This amounts to forced medication of seventy million people with undeterminable doses of this multi-poisonous concoction. Sodium fluoride (a class 4 poison), one of its components, is the only poisonous ingredient in rat poison and a major ingredient in pesticides. Hence, almost all our food crops absorb various quantities of fluoride. So, we're being over-fluoridated by hundreds of times the governments own guidelines, which absolutely should be reduced to zero. The FDA should require fluoride content to be listed on every food or drug label. But, it's not required on any label.

Fluorosilicic acid is a by-product from the smoke stacks of aluminum (Alcoa) and fertilizer plants. It contains (23%) sodium fluoride (Rat Poison), lead, mercury, arsenic, barium, cadmium, polonium and other trace poisons. The latter three poisons are known radioactive carcinogens. It's a serious EPA violation to dispose of fluorosilicic acid in our soil, waters or air. It would perpetually cost these robber barons many thousands of dollars per truck load to dispose of it by deep well injection. So, the robber barons paid off Congress to permit them to dilute it into our water supplies (as a profitable means of disposal) (and a way to pacify the natives) under the guise of a dental decay preventative with one hokey study missing half it's target data. The Khazarian Zionists (psychotic robber barons/banksters) first introduced water fluoridation in Hitler's concentration camps when they used it to pacify their prisoners. The guards had a clean water supply.

Many scientific studies have proven that adding fluorosilicic acid to our drinking water supplies can cause brain damage, many types of cancers, excessive thirst, headaches, blurred vision, arthritis in shoulders, elbows and knees, gastrointestinal disturbances, gene mutations via free radicals, adverse reproductive effects such as infertility, impotence, miscarriages and early puberty, neurotoxicity, dental fluorosis, skeletal fluorosis, depression, hypothyroidism (cold extremities), detrimental effects on the nervous, immune and endocrine (hormone) systems, osteosclerosis, ADHD, hardening of the pineal gland, Down's Syndrome, lower intelligence, dementia, Alzheimer's Disease, arthritis and osteoporosis, most of which weren't identified until decades after fluoridation began.

And, I assure you we haven't discovered all the pain and misery water fluoridation causes. Fluoride is not approved by the Food and Drug Administration as safe to ingest, though it appears in many forms throughout pharmacology and the food chain. No study with scientific standards has ever proven it to be an effective treatment for teeth when ingested: when over

500 scientific studies by prominent scientists have proven its wide-ranging detrimental effects on humans beyond any doubt. And, the attached information documents all these claims. Fluoride's only purported humanly beneficial application is when applied topically to teeth. But, even that's erroneous, considering the incredible absorption rate of mucous membranes in the mouth and the tiny size of the fluorine molecule, which has only one atom more than water. So, even distillation can only remove about 20% of it, because it evaporates at essentially the same temperature as water. No water filters can remove it, regardless of their commercial claims. There are thousands of official warnings about ingesting fluoride throughout the world. And, just half the fluoridated toothpaste in an average sized tube can kill a child. As city fathers, you should be warning people to drink only spring water rather than secretly poisoning them.

The problem doesn't end there. We're poisoning the oceans ~ poisoning Our Mother Earth! Our waste water treatment systems can't remove any of the fluoride and most other poisons from our waste water. From municipal waste water discharges to agricultural herbicide runoff, we are perpetually poisoning our rivers which perpetually poison our oceans. Fluorosilicic acid is the "acid" that in 50 years killed America's coral reefs that took hundreds of thousands of years to form.

It's conceivable that some evil, deranged, elite minds might want to poison humanity, seeing Us as rats. But, to intentionally poison our land, rivers and oceans makes no sense to anyone who is planning to continue inhabiting planet Earth. It seems that this should certainly violate some laws, somewhere. And, it seems that you should grow a social conscience and help Us put an end to the fluoride nightmare, which will prove to be one of history's worst crimes against Humanity.

Al Smith of MajorityVoice.org ~ Mankind's first and only system of real democracy

Learn all the ugly truths about water fluoridation online for yourself at:

www.FluorideAlert.org or <http://www.FluorideFreeAustin.com> or

<http://www.HolisticMed.com/Fluoride/> or

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

<http://www.Healthy-Communications.com/FluorideAsRatPoison.html>

The Fluoride Nightmare is a compilation of facts from these sources:

Sodium fluoride ingestion in any form 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>

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.

The lethal dose of NaF (sodium fluoride) is 50 times smaller than that of CaF₂ (a naturally-occurring calcium fluoride). ~ Dr. Hardy Limeback, biochemist and Professor of Dentistry, University of Toronto, former consultant to the Canadian Dental Association

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 sodium fluoride, as compared to those who did not receive fluoride.

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

"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."

([source](#))

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 by deep well injection are instead sold 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)

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)

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](http://www.fluoridation.com)

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)

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)

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, at least none proving its safety.

- Dr. P. Mullenix, Ph.D.

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

[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)

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)

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 (or aluminum) 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)

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

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_fl_a_water.htm
From NoFluoride.com

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

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

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

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.

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

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.

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

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

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

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.

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

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."

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

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.

From Rense.com/health/fluoride1.htm

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]

From Rense.com/health/fluoride1.htm

"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."

From Rense.com/health/fluoride1.htm

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."

From Rense.com/health/fluoride1.htm

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.

From Rense.com/health/fluoride1.htm

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.

From Rense.com/health/fluoride1.htm

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.

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

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.

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

"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.

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

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.

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

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?

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

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."

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

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.

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

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..."

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

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.

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

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.

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

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.

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

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.

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

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.

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

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!

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

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

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

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.

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

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..."

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

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.

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

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.

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

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.

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

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."

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

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.

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

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

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

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)

<http://www.bruha.com/pfpc/>

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.

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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".

[From Bruha.com](http://FromBruha.com)

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.)

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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".

[From Bruha.com](#)

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).

[From Bruha.com](#)

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.

[From Bruha.com](#)

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

[From Bruha.com](#)

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.

[From Bruha.com](#)

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."

[From Bruha.com](#)

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"

[From Bruha.com](#)

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"

[From Bruha.com](http://FromBruha.com)

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"

[From Bruha.com](http://FromBruha.com)

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"

[From Bruha.com](http://FromBruha.com)

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"

[From Bruha.com](http://FromBruha.com)

"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"

[From Bruha.com](http://FromBruha.com)

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"

[From Bruha.com](http://FromBruha.com)

...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"

[From Bruha.com](http://FromBruha.com)

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"

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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

- Green Tea & Fluoride

[From Bruha.com](http://FromBruha.com)

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

- Green Tea & Fluoride

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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".

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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!

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

Toxicologists 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.

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://FromBruha.com)

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).

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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].

[From Bruha.com](http://FromBruha.com)

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]

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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!

[From Bruha.com](http://Bruha.com)

Fluoride is one of the most bone seeking elements known.

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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

[From Bruha.com](http://FromBruha.com)

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!

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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]

[From Bruha.com](http://FromBruha.com)

Studies proving the neurotoxicity of fluoride in rats have been conducted by Dr. Phyllis Mullenix. 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 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 animals displayed depressed activity.

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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.

From Bruha.com

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

From Bruha.com

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

From Bruha.com

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

From Bruha.com

The FDA does not consider fluoride an essential nutrient.

From Bruha.com

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!]

From Bruha.com

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].

From Bruha.com

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.

From Bruha.com

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.

From Bruha.com

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!

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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.

[From Bruha.com](http://Bruha.com)

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)

[From Bruha.com](http://Bruha.com)

[Return to TOC](#)

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.

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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.

[From Bruha.com](http://FromBruha.com)

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.)

[From Bruha.com](http://FromBruha.com)

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 a profitable outlet for their poisonous by-product, 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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