

WHAT THEY HAVEN'T TOLD YOU ABOUT...

FLUORIDATION

KNOWN AND POTENTIAL HAZARDS REVEALED
IN THIS 1975 QUESTION AND ANSWER REPORT

BY JOHN YIAMOUIYANNIS, PH.D.

What is fluoridation?

Fluoridation is the addition of fluoride to the public water systems, usually at the rate of about 1 part fluoride for every million parts of water (1ppm), by weight.

What is fluoride?

Most notably, fluoride is a poison. According to the National Academy of Sciences (1971), "... fluoride has been used as an insecticide for the control of cockroaches . . . lice, grasshoppers, cutworms, silverfish, and other chewing insects . . ." ¹ Fluorides also have been used in pesticide preparations for the control of mice, rats, and other small pests. In human adults, eating about one tenth of an ounce of fluoride will lead to death. ²

Fluoride is a pollutant. Industries throw over 100,000 tons of fluoride into our atmosphere yearly. ³ This has led to the destruction of wildlife, crops, domestic animals, and human health. We have no idea how much fluoride is being dumped into our waters but by calculation, between 5000 and 50,000 tons are being added each year by public water fluoridation alone, and this is by no means the largest source.

Fluoride has also been used as a drug. In the presence of large doses of calcium and vitamin D, fluoride has been used to treat osteoporosis. While temporary benefits have been observed, *long term side-effects due to the toxicity of fluoride* have led to discontinuation of this method by many physicians. It has been topically applied to teeth by painting, rinsing, and brushing in an attempt to reduce tooth decay. The results are not convincing. According to N. C. Cons of the New York State Bureau of Dental Health, topical fluoride as applied by dentists is practically ineffective in reducing tooth decay. ⁴

Some children, brushing or rinsing with high-fluoride gels and rinses have had to stop because of nausea and vomiting caused by the fluoride.^{5,6} Swedish scientists suggest that preschool children living in a fluoridated area and brushing their teeth with fluoridated toothpaste should only be allowed to brush their teeth once a day and then only with a pea-sized quantity of toothpaste under the supervision of an adult.⁷ And, of course, fluoride has been added to the water supply in an attempt to reduce tooth decay.

Is fluoride an essential nutrient?

Rats maintained on diets with virtually no fluoride (0.005 to 0.007 ppm fluoride) have lived through as many as 4 generations with no difference in general health, dental health or weight gain.⁸

“To date (1974) [fluoride has] . . . not been shown essential for man.”⁹

Does fluoride reduce tooth decay?

No carefully designed scientifically-controlled experiments have ever been performed to indicate that fluoridated water appreciably reduces tooth decay. Some studies have shown reductions among 6-year-olds, but as these children grow older (12-18), their tooth decay rates do not differ appreciably. As an example, Baltimore, which has been fluoridated since 1952, has one of the highest tooth decay rates in the country.

What is mottling?

Mottling, or dental fluorosis, is one of the earlier signs of fluoride poisoning. In mild cases, it appears as a chalky-white area on the tooth. In more advanced cases, teeth become yellow, brown, or black and the tips break off.

Will drinking fluoridated water interfere with my ability to have children?

It has been reported that interference with reproduction by fluoride occurs before any other signs of ill health, including mottling.¹⁰

Will fluoride lead to birth defects?

The number of Mongoloid births in fluoridated areas has been reported to be more than twice the number of Mongoloid births in nonfluoridated areas.^{11,12} Laboratory experiments indicate that fluoride causes chromosomal (genetic) damage in barley,¹³ onion,¹⁴ tomato,^{15,16} fruit flies,^{17,18,19,20,21} rats,^{22,23} sheep,²⁴ and cows.²⁴

If I live in a fluoridated community are my chances of getting cancer greater?

Preliminary studies of cities with a population of 1,000,000 and over indicate that this may be so. Six of the cities (Baltimore, Philadelphia, New York, Cleveland, Detroit, and Chicago) are fluoridated and have a cancer death rate of from 18 to 34% *above* the national average, whereas the two nonfluoridated cities (Houston and Los Angeles) have cancer death rates 0-27% *below* the national average.^{25,26} Gastric cancer has been associated with fluoride intake²⁷ and the cancer-causing ability of fluoride has been supported by animal experiments.^{28,29}

Has total fluoride intake increased over the last 25 years?

Yes, markedly.

Is this due to fluoride pollution?

In part, but the fluoride content of food has also increased due to the increasing use of fluoridated water in crop irrigation and food processing.

What about baby formulas, are they fluoridated too?

Yes. All of the major infant formula manufacturers have 1 ppm fluoride in their formulas.

Will this harm my baby?

Because babies consume such a tremendous amount of liquid as compared to their weight, heart damage as well as other complications may occur.^{30,31,32,33,34,35} Moreover, pediatricians, virtually all of whom are unaware that formulas contain 1 ppm fluoride (ask yours), suggest adding 1 ppm fluoride to baby formulas. This leads to 2 ppm fluoride in baby formulas which will increase the chance of heart damage during development.

What is the fluoride concentration of mother's milk?

Mother's milk contains only 0.01 - 0.05 ppm fluoride.³⁶

Has total fluoride intake ever been adequately determined before fluoridating?

No.

Is there any danger from malfunctioning fluoridation equipment?

Yes. In a North Carolina school over 200 children were poisoned with fluoride in April of 1974 due to malfunctioning fluoridation equipment. ³⁷

Is there a recommended daily allowance (RDA) of fluoride for adults?

No. No one really knows how much, if any, fluoride should be consumed a day for best overall health. We do know, however, that people on poor diets and in poor health are more susceptible to fluoride poisoning. Poorly nourished people consuming water with as little as 0.4 ppm fluoride have exhibited dental fluorosis. ³⁸

Does this mean that the underprivileged and undernourished people will be hurt most by water fluoridation?

Yes.

And those in poor health?

Yes.

What diseases are most likely to be aggravated by fluoride?

Kidney disease, diabetes, hypoglycemia, and hypothyroidism. In addition, pregnant women should make an effort to stay away from fluoridated water.

What about people on kidney machines?

In fluoridated areas they are developing osteomalacia (a bone disease) ³⁹ and being poisoned by fluoride in the water of kidney (dialysis) machines.

Is fluoride an enzyme poison?

Yes. At levels of 0.5 ppm and above, it inhibits a significant number of important enzymes.

Is fluoridation of the water mass medication?

Mass medication? Fluoridation of the water is chronic poisoning. It accumulates and can lead to complications in bones, teeth, kidneys, thyroid, reproductive organs, and liver.

Are dentists qualified to tell me that fluoride is safe?

No. Their training involves treatment of the teeth and only limited treatment of the mouth.

Are doctors qualified to tell me that fluoride is safe?

No. Their area of expertise lies primarily in the diagnosis of pathological conditions. While they use drugs; they are not, in general, involved in research to determine the toxicity and biochemical modes of action of various drugs. This is done by staff toxicologists and biochemists of drug manufacturers. Doctors depend on reports from the drug industry as to the potential hazards involved in the use of a particular drug.

If all this is true, why do the Public Health Service and American Dental Association continue to recommend fluoridation?

The reputations of the Public Health Service and the American Dental Association are at stake. Many in their ranks are incompetent and actually believe that fluoridation is safe and effective. Others who know better are afraid to say anything for fear of losing their jobs; the remainder knowingly make fraudulent statements concerning the safety and effectiveness of fluoride knowing that if the true facts were brought to light they would lose their jobs and suffer the burden of public indignation.

Can you cite any of these frauds?

Yes. One of the most glaring frauds is the Bartlett-Cameron study by Dr. N. C. Leone, et al.⁴⁰ In testimony before the Pennsylvania Environmental Hearing Board (Dec. 1974), the erroneous figures and manipulated tabulations were exposed. This fraudulent study has been the backbone of the fluoridation movement.

Then who can I turn to?

On any issue where experts are divided one should turn to common sense. It is not common sense to put a questionable substance like fluoride into life-sustaining water.

Not being an expert on fluoride, do I have the right to vote to put fluoride into the water of people who do not want it in their water?

No. Common decency should dictate that in a democracy no one has the right to impose their will to the extent that it infringes upon the rights of others. This is as true for the fluoridation issue as it is for religious or political beliefs.

What about reduction of tooth decay?

Nothing good ever comes easy. By restricting sugar intake, by eating well-balanced meals containing more roughage, by treating teeth with the same consideration given to dishes (at least rinsing them after each use), and by proper dental care (brushing at least twice a day), you can treat yourself to a mouth virtually free of tooth decay.^{41,42,43,44,45,46,47,48}

Dr. Yiamouyiannis, a biochemist, is Science Director of the National Health Federation, Monrovia, California. He is a graduate of the University of Chicago and the University of Rhode Island. Before joining the National Health Federation staff, he was associate biochemical editor of Chemical Abstracts, Columbus, Ohio. He is co-editor of the scientific journal, *Fluoride* and a member of the International Society of Fluoride Research. His recent work has centered on the study of the biological effects of fluoride. He has been an expert witness at environmental hearings before many government bodies from coast to coast and has appeared on many television and radio programs.

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Use common sense. Stop Fluoridation. Don't gamble with your health.

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