

By C. Vyvyan Howard, M.B., Ch.B, Ph.D

The Case Against Fluoride: How Hazardous Waste Ended up in our Drinking Water and the Bad Science and Powerful Politics that Keep It There by Paul Connett, James Beck, and H. Spedding Micklem (ISBN 978-1603582872; Chelsea Green Publishing, White River Junction, Vermont USA; www.chelseagreen.com; paperback, 392 pages; \$24.95)

If you are interested in the fluoride debate, you should read this book. However, more importantly, if you are disinterested in the fluoridation of drinking water or are strongly pro-fluoridation, you must also read this book. The authors have produced a well-researched, cogently argued, and very readable text that summarizes historical, political, ethical, toxicological, and epidemiological scientific data behind drinking water fluoridation. The text is approachable by non-scientists and specialists, although an extensive technical bibliography is provided for those who wish to delve deeper.

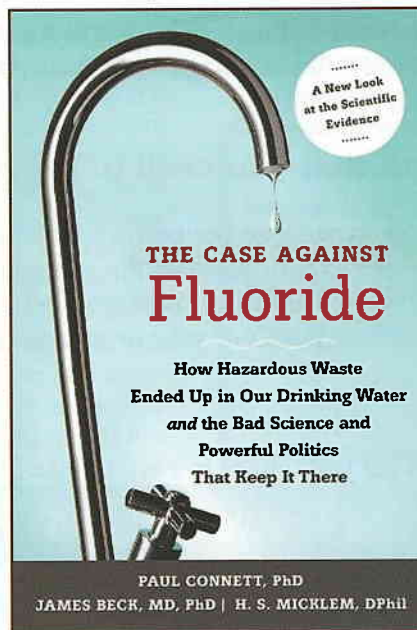
A complete discussion of water fluoridation requires knowledge of its history, the political pressures during that period of history, the toxicology of fluoride, and the epidemiological impact on exposed populations. This undertaking requires a great deal of effort on behalf of the non-expert. In this respect, the authors have done an excellent job in analyzing the current knowledge base and presenting it in a fairly non-technical manner.

The ethical basis for exposing a whole population to a therapeutic agent without informed consent has to be called into question in the 21st Century. We live in a far less paternalistic society now. The idea that a “one dose fits all” can be applied to a whole population makes a mockery of all that is currently happening in medicine, where tailoring therapies to the individual is a major thrust of research. The admission that infants being fed formula milk made up with

fluoridated tap water are being overdosed is a key example of the failure of that approach. We now know that fluoride acts topically on dental enamel, not systemically, which is another good reason for not administering it by ingestion. The margin of safety of fluoride is much lower than was originally envisaged. If any of the toxicological sequelae highlighted in the book – lowering of IQ in children, increased incidence of bone cancer in teenage boys, increased incidence of bone fractures, and thyroid-gland dysfunction – are likely, then the argument for adopting a precautionary stance becomes overwhelming.

After reading the book, one is left with the strong impression that water fluoridation is an idea that is well past its “sell by date” and that it should be rapidly phased out. What is now clear is that, if proposed today, fluoridation of drinking water to prevent tooth decay would stand virtually no chance of being adopted, given the current status of scientific knowledge. HFN

Professor C. Vyvyan Howard, M.B., Ch.B, Ph.D, FRCPath is a professor of bioimaging at the Biomedical Sciences Institute at the University of Ulster, in Coleraine, United Kingdom. Dr. Howard is a medically-qualified, toxicopathologist specialising in the problems associated with the action of toxic substances on the fetus and the infant. He has written a number of papers and book chapters and spoken in a variety of forums to draw attention to the threat posed by environmental pollutants to the developing fetus. He is an internationally-recognized expert in his field, and a Fellow of the Royal College of Pathologists, Past President of the Royal Microscopical Society, Member of the British Society of Toxicopathologists, Immediate Past President of the International Society of Doctors for the Environment, and Member of the European Teratology Society. He has also completed 6 years as a toxicologist on the UK Government DEFRA Advisory Committee on Pesticides.



How to Revive Your Body –The Power of Wild Chaga Mushroom Continued from Page 15

wild chaga syrup in a raw-honey and muscadine-berry base can be consumed. So take advantage of wild chaga in its various forms. But beware of cheap imitations made in a lab. Only wild chaga grown on trees should be consumed internally. Use wild chaga and enjoy vital health, through the power of raw nature. HFN

Dr. Cass Ingram is a renowned expert, speaker, and lecturer on the nutritional and medicinal benefits of chaga mushroom. He is the author of over 20 books, including Natural Cures for Health Disasters, The Cure in the Cupboard, and most notably The Cure is in the Forest. Dr. Ingram travels the World extensively in his research and quest for holistic remedies and cures. He is committed to providing the safest and most natural medicines for the benefit of human health.

The Diabetes and Celiac Link Continued from Page 18

have her medication adjusted. Still, she struggled with her diabetes right on up to the time of her passing. I wish she was here now so I could show her this article and maybe it would have opened her eyes to gluten intolerance. HFN

Janis I. Soucie is a health writer living in Vermont. Janis has been writing poetry and lyrics since 1999, but in 2006 she began periodically writing articles on various topics, mostly health, for the website AssociatedContent.com. She also writes short stories. In her free time, she enjoys a wide variety of activities, including sports. She can be reached at jsoucie@gmail.com. Among other resources, she recommends the following: Allergic Living Magazine, “The Diabetic Link” by Claire Gagne at pgs 37-38 (2010).