

Fluoride Alert

By Lita Lee, Ph.D.

The fight against fluoridation continues to rage years after fluoride was scientifically proven to be unrelated to dental caries and very toxic to all life on earth. If fluoride is a voter issue in your city or state, this information will be valuable to you, especially if you have been told that fluoride is safe.

Cities are using the citizens' tax dollars to pay the fluoride polluting industries (phosphate fertilizer, aluminum and others) to get rid of this toxic industrial waste by forcing the people to drink it in their water supply.

The EPA states that HF (hydrogen fluoride) is the 6th most common air pollutant in the U.S. It is the 3rd most emitted pollutant from industries.

The USDA reports that "airborne fluorides (from at least 15 industries) have caused more worldwide damage to domestic animals than any other pollutant and have been killing and crippling human beings since the 1930's." Water emissions from at least 7 industries add to the air emissions.

Fluoride pollution began in the 1850's at the beginning of the industrial revolution and was a key chemical in atomic bomb production in the 1940's. Millions of tons of fluoride (uranium hexafluoride) were used to manufacture bomb-grade uranium and plutonium for nuclear weapons during and after World War II. At the height of World War II, a severe fluoride pollution incident occurred in Gloucester and Salem counties downwind of the DuPont chemical factory in Deepwater, New Jersey, which was secretly producing millions of pounds of fluoride for the Manhattan Project. This area was noted for their high quality produce and the produce was fried. Farm workers who ate it vomited all night and the next day. Animals—horses, cows, chickens, etc.—became crippled and couldn't walk. The New Jersey farmers sued DuPont and the Manhattan Project. The lawsuits were ultimately stymied by the government's

refusal to reveal how much fluoride DuPont had vented into the atmosphere during World War II on the grounds that "disclosure would be injurious to the military security of the United States." The farmers received token financial settlements, in some cases amounting to little more than \$200.

Because of a major safety study by the Atomic Energy Commission, the federal government became involved in the suppression of information about fluoride poisoning. Formerly restricted government documents are now available under the Freedom of Information Act.

Grand Rapids, MI became the first city to officially fluoridate its drinking water in 1945. To date, 70% of the cities in the USA are now fluoridated. Out of the 50 largest cities, 41 are fluoridated. This adds up to 130 million Americans and 250 million people worldwide.

In 1998, the EPA estimated that 155,000 tons (310,000,000 pounds) of hydrogen fluoride were released into the air by industrial plants. Emissions into lakes, rivers, and oceans are estimated to be as high as 500,000 tons a year. No one can escape this poisoning. Because fluoride compounds aren't biodegradable, they accumulate in the environment, in the food chain, and in your bones, teeth, cells and organs.

In 1959 the average American ingested about 1.1 mg of fluoride daily. In 1988 this increased to 6 mg daily.

Fluoride Toxicity and Health Effects

Fluoride is cumulative and toxic to all forms of life even at extremely low dosages. Double-blind studies prove adverse health effects at a 1 ppm level in water. Airborne fluorides have caused more worldwide damage to domestic animals than any other air pollutant. Even in minute doses, fluoride accumulates in and damages the brain/mind development of children leading to reduced IQ in children.

Fluoride causes hypothyroidism. 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 fluoride doesn't affect thyroid gland function, especially when it has been used to suppress thyroid function in hyperthyroid people.

Fluoride causes cancer. In 1981, Dean Burk (Chief Chemist at the National Cancer Institute) testified at congressional hearings that over 40,000 yearly cancer deaths are attributable to fluoridation. He said that no chemical causes as much cancer, and faster, than fluorides. Public health officials say his data aren't verified, but the reverse is true. This information is well documented, verified and confirmed by epidemiological and animal studies.

The New Jersey Dept of Health found that the risk of bone cancer was about three times as high in fluoridated areas as in nonfluoridated areas. This is because bone is a target for fluoride.

The *Journal of Carcinogenesis* says that "fluoride not only has the ability to transform normal cells into cancer cells but also to enhance the cancer-causing properties of other chemicals."

Fluoride causes genetic damage. An article in *Mutation Research* says that a study by Proctor and Gamble, makers of Crest toothpaste, did research showing that 1 ppm fluoride causes genetic damage. Results were not published.

A National Institutes of Environmental Health Sciences publication, *Environmental and Molecular Mutagenesis*, also linked fluoride to genetic damage. "Fluoride exposure in cultured human and rodent cells results in increased chromosome aberrations resulting in birth defects and the mutation of normal cells into cancer cells."

Fluoride poisons over 100 enzymes in your body.

Fluoride disrupts collagen, the major connective tissue of the body, causing premature wrinkling and aging.

Fluoride causes seizures in humans and animals.

Fluoride causes bone disease—skeletal fluorosis—severe damage to the musculoskeletal and nervous systems resulting in muscle wasting, limited joint motion, spinal deformities, calcification of the ligaments and neurological damage. The US hip fracture rate is now the highest on earth.

Fluoride causes dental fluorosis: 2% of children drinking water with 1 ppm fluoride get dental fluorosis. Up to 23% of children living in areas with 4 ppm fluoride develop severe dental fluorosis. Other research gives higher figures of from 51 to 80%. Dental fluorosis is more than a cosmetic problem. It is associated with elevated tooth decay levels. A class action suit has been filed in England against fluoride-toothpaste makers on behalf of children suffering from dental fluorosis.

From 1967 to 1975, intentional dumping of massive quantities of fluoride into the air and water caused severe fluoride poisoning on a Mohawk 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..." Industrial fluoride pollution devastated the herd and the Mohawks' way of life. The Mohawks filed suit against the Reynolds Metals Co. and Alcoa in 1960 but ended up settling out of court where they received only \$650,000 for their cows.

Fluoridation Does Not Prevent Tooth Decay

Children who live in areas of the U.S. where the water supplies are fluoridated have tooth decay rates nearly identical with those who live in non-fluoridated areas.

School districts recently reporting the highest caries free rates were totally non-fluoridated. Dental caries either didn't increase or actually decreased in cities where fluoridation was discontinued.

More children had decayed teeth and fluorosis in the high fluoridated areas than in non-fluoridated areas. This confirms the association between high fluoride levels in the drinking water and dental caries and fluorosis.

Regarding Water Filters and Fluoride

Carbon filters do not remove fluoride and there is no fluoride removal system that I know of that will reduce fluoride fast enough for a shower or a bath. The only purifiers I know of that reduce fluoride are reverse osmosis, distillation, and ion exchange. Distillers, reverse osmosis, and pitcher filters produce water very slowly and require a storage reservoir to collect the water. For example, distillers require 4-8 hours to produce one gallon of pure water. Reverse osmosis units require 3-6 hours to produce one gallon. On the other hand, ion exchange purifiers produce one gallon of pure water per minute. There are probably many companies who sell both filters and ion exchange units that will work for your drinking/cooking water, but not your shower. The one I recently contacted is Custom Pure and their web address is www.custompure.com.

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