


# Fluoride: Poison in Our Water



# What is Fluoride?

- It is a toxic by-product of the Phosphate, Aluminum, Cement, and Steel industries.
- It is a toxin more lethal than lead; widely used in the past as rat and cockroach poison.
- It is synthesized in laboratories where it may be added to drinking water.
- It is the most corrosive of all known elements.
- Fluorides are cumulative toxins.

# Why is it in our water?

- Fluoride was put into water systems in US cities to reduce cavities and tooth decay.
  - This was done as part of a national push in the late 1940's/early 1950's, well over a full decade before fluoride was introduced into toothpaste.
  - It has been proven since that the topical application of fluoride has the same effect without the associated risk of swallowing and ingesting this known poison.
- 

# Milwaukee's Fluoridation History

- In 1953, the Milwaukee Common Council voted to add fluoride to the water supply.
  - Sodium-fluoride was originally used to fluoridate the water supply. Today we use sodium fluorosilicate.
- Milwaukee currently spends \$540,000 on fluoridating its water supply.
  - \$530,000 for the fluoride.
  - \$10,000 for maintenance costs.

# Prevalence of artificial Fluoridation

- Roughly 40% of the U.S. is un-fluoridated
  - Albuquerque, NM
  - Colorado Springs, CO
  - Salt Lake City, UT
  - Portland, OR
  - Honolulu, HI
  - Palm Beach County, FL
  - Brookfield, WI
  - Elm Grove, WI
  - Muskego, WI
  - Delafield, WI...
- 98% of Europe does not fluoridate
  - France
  - Denmark
  - Norway
  - Germany
  - Austria
  - Belgium
  - Scotland
  - Italy
  - Sweden
  - The list continues...

# Optimal Fluoride concentration in drinking water changes

- 2011 Department of Health and Human Services (HHS) proposed a revision to .7 milligrams of fluoride per liter of water.
  - Milwaukee's current fluoridation level is 1.1 milligrams per liter of water. Past acceptable recommendation for HHS was .7 to 1.2 milligrams per liter.

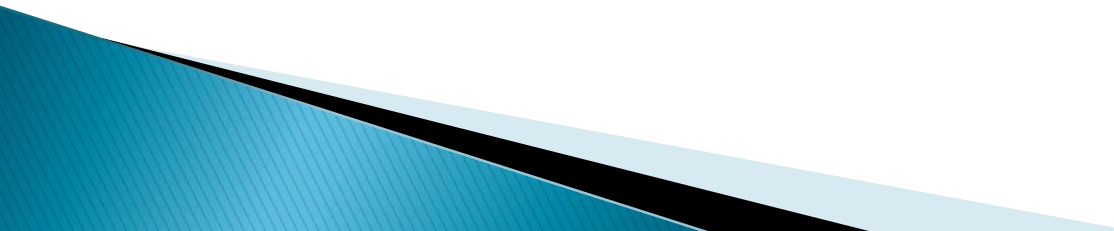
HHS sites a desire at “avoiding the unwanted health effects from too much fluoride” for their recommendation.

# Why Fluoride is not FDA approved

- ▶ Fluoride has not been approved as a drug by the FDA, and neither has it been “officially” tested by the agency. Why??
- ▶ Drug products on the market prior to 1938 were presumed safe by the FDA and grandfathered to be sold without testing. The irony??
- ▶ Fluoride was not used for “medical” reasons prior to 1938, but as rat poison.



# The Fluoride Deception

- ▶ Much of what is publicized today in caries prevention programs are derived from theories generated in the 1940s and '50s, when water fluoridation was actively promoted.
  - ▶ The downward trend in caries has more to do with improved diets/health, greater access to dental care and the advent of fluoride into toothpaste (Crest was first in 1965) than ingesting poisonous fluoride in water. Fluorides main benefits are derived from surface application to teeth and not from ingestion.
- 

# A Stacked Deck!! – Do Gov't Agency Scientists Really Believe Fluoridated Water is “One of the Great Health Achievements”?

- ▶ Eleven unions representing 7,000 EPA lab workers & scientists have called for a complete halt to water fluoridation, questioning the policy of EPA Administration.
- ▶ Recent F.O.I.A. documents reveal since the 1970s, the CDC's position on water fluoridation has been exclusively controlled by dentists without any input of toxicologists, scientists or other health experts.



# What the CDC Says About Fluoride

- ▶ “Fluoride's caries-preventive properties initially were attributed to changes in enamel during tooth development because of the association between fluoride and cosmetic changes in enamel and a belief that fluoride incorporated into enamel during tooth development would result in a more acid-resistant mineral. However, laboratory and epidemiologic **research suggests that fluoride prevents dental caries predominately after eruption of the tooth into the mouth, and its actions primarily are topical for both adults and children.**”
- ▶ Centers for Disease Control, MMWR Weekly Report, October 22, 1999 /48(41);933-940 “Achievements in Public Health, 1900-1999: Fluoridation of Drinking Water to Prevent Dental Caries.”

# What the EPA says about Sodium Fluorosilicate

- ▶ "Sodium fluoride and fluorosilicate used as insecticides present a **serious hazard to humans** because of **high inherent toxicity**, and the **possibility that children** crawling on floors of treated dwellings **will ingest the material**."
- ▶ "Absorption across the skin is probably slight, and methods of pesticide use rarely include a hazard of inhalation, but **uptake of ingested fluoride by the gut is efficient and potentially lethal**."
- ▶ -EPA, Recognition & Management of Pesticide Poisonings, 5<sup>th</sup> Edition

# ADA calls on dentists to ignore growing research against fluoridation.

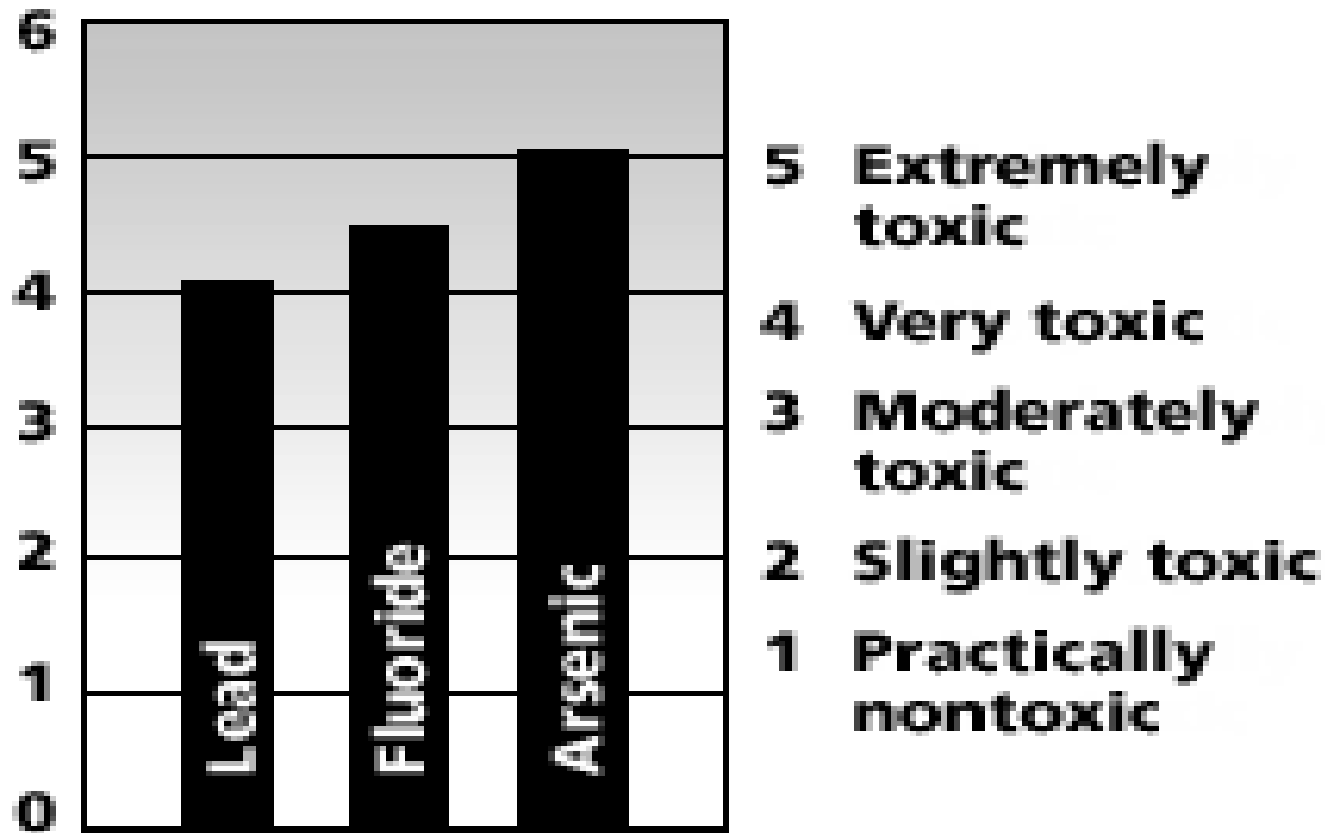
- ▶ “Individual dentists must be convinced that they need not be familiar with scientific reports of laboratory and field investigations on fluoridation to be effective participants in the promotion program.”

American Dental Association White Paper on Fluoridation (1979)

In a sense, close your eyes to all of the science and do as we tell you to do.



# Just how toxic is Fluoride?

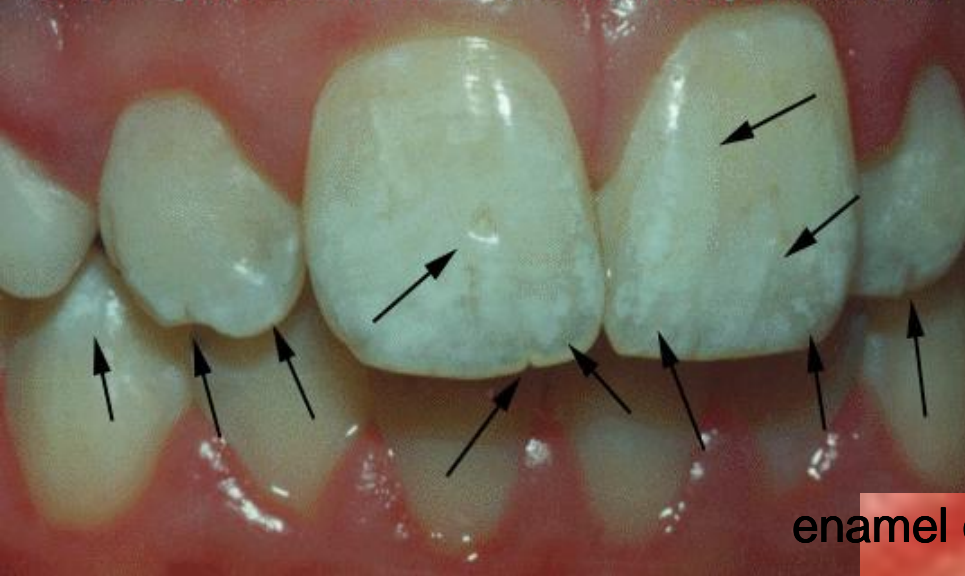


Based on LD50 data from Robert E. Gosselin et al, Clinical Toxicology of Commercial Products 5th ed., 1984

# Why is Fluoride bad to ingest?

- Over exposure to fluoride has been proven to cause:
  - Dental fluorosis
  - Skeletal fluorosis
  - Lower I.Q.'s & hyper-activity in kids
  - Lowering of the thyroid function
  - Damage to kidneys
  - Interference with the pineal glands
  - Osteosarcoma, a form of bone cancer, especially in males
  - Increased cardiovascular risk

***Moderate effects of Fluoridated water***  
***Arrows point to discolored, cracked or pitted areas***



**Over 40% of U.S. teens have Dental Fluorosis— a condition of permanent enamel damage caused by excessive fluoride intake during tooth development.**

**Dental Fluorosis is the first visible sign of fluoride poisoning and an indication that much more may be going on which isn't visible to the eye.**

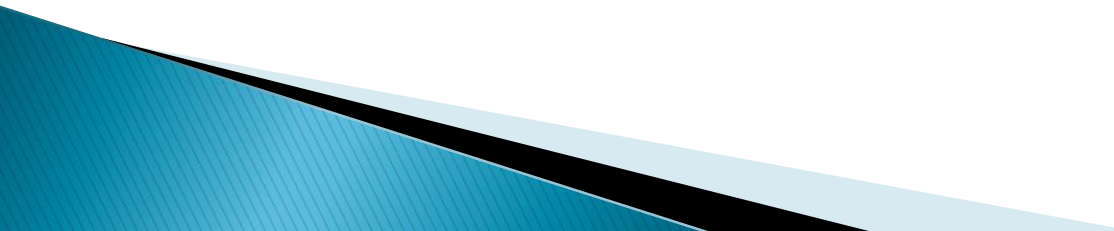


# Fluoride and public health...a few reports...

- **"Segments of the population are unusually susceptible to the toxic effects of fluoride. They include "postmenopausal women and elderly men, pregnant woman and their fetuses, people with deficiencies of calcium, magnesium and/or vitamin C, and people with cardiovascular and kidney problems."** *United States Public Health Service Report (ATSDR TP-91/17, pg. 112, Sec.2.7, April 1993)*
- **"...fluoride damages bone even at levels added to public drinking water."** *American Journal of Epidemiology*, October 1999
- **"...significant increase in the risk of hip fracture in both men and women exposed to artificial fluoridation at 1 ppm."** *Journal of the American Medical Association*, August 1992
- **"The EPA should act immediately to protect the public, not just on the cancer data, but on the *evidence of bone fractures, arthritis, mutagenicity and other effects.*"** – Dr. William Marcus, Senior Toxicologist at

E.P.A.

# What an AGD Editor Says:

- ▶ Supporters of fluoridation have had an "unwillingness to release any information that would cast fluorides in a negative light," and organized dentistry has "lost its objectivity—the ability to consider varying viewpoints together with scientific data to reach a sensible conclusion."
  - ▶ Zev Remba, Washington Bureau editor of *Academy of General Dentistry* (monthly magazine).
- 

# The ADA Claims Fluoridated Water is Necessary-- Here's Why It Isn't.

- ▶ A comparison of results from 24 studies of un-fluoridated districts in 8 countries revealed the reduction in dental caries are just as great in non-fluoridated areas as in fluoridated.
  - ▶ – "The Mystery of Declining Tooth Decay", Nature; 322: 125–129 (1986).
- ▶ A 2007 University of Iowa College of Dentistry research study of children concluded "bottled water users had significantly lower fluoride intakes," but "no conclusive evidence of an association of increased caries" when compared to municipal fluoridated water drinkers.
  - ▶ – National Institute of Dental and Craniofacial Research, Oct 23, 2007.

# More Evidence...

- ▶ **British Columbia with the lowest rate of fluoridation of any Canadian province has the lowest rate of tooth decay in Canada.<sup>1</sup>**
- ▶ **Studies show that dental health continued to improve following cessation of water fluoridation programs in European Countries.<sup>2</sup>**
- ▶ **World Health Organization studies reveal caries rates have declined irrespective of water fluoride concentrations in water supplies.<sup>3</sup>**

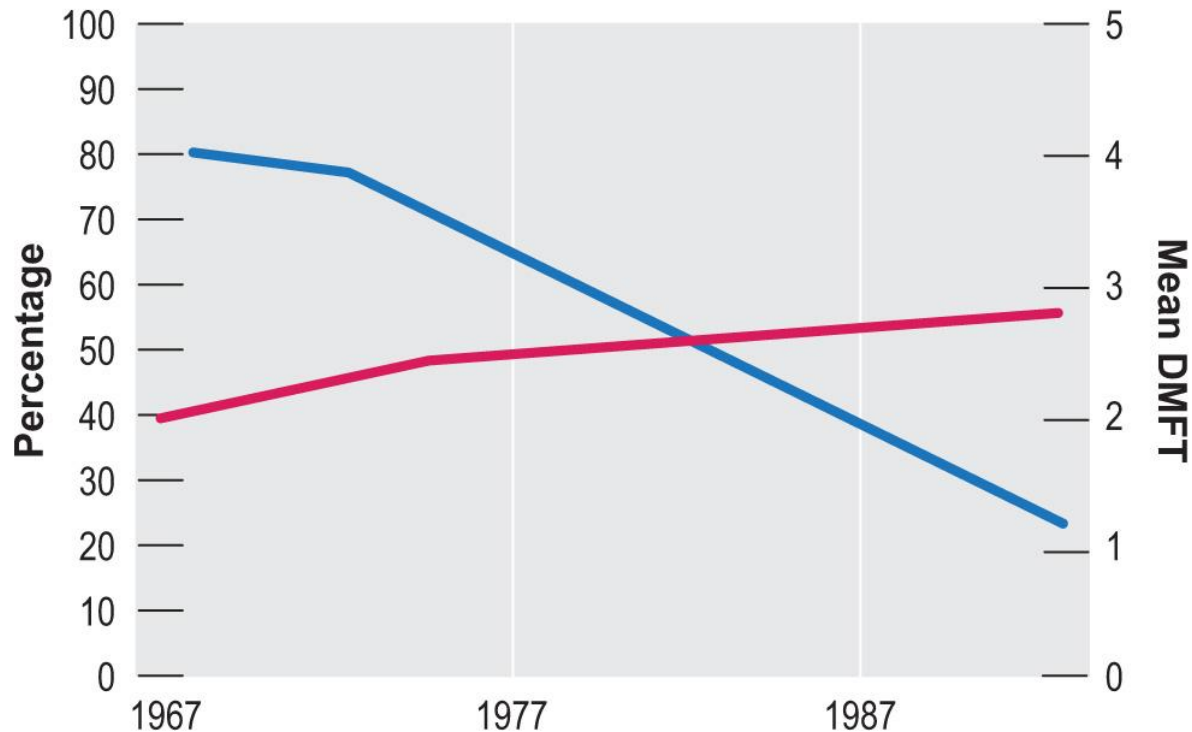
1. Gray AS. Fluoridation: time for a new baseline. *Journal of the Canadian Dental Association* 53(10):763–765 (October 1987).

2. R. Ziegelbecker. Fluoridation in Europe. *Fluoride* 31(3): 171–174.

3. The World Oral Health Report, 2003

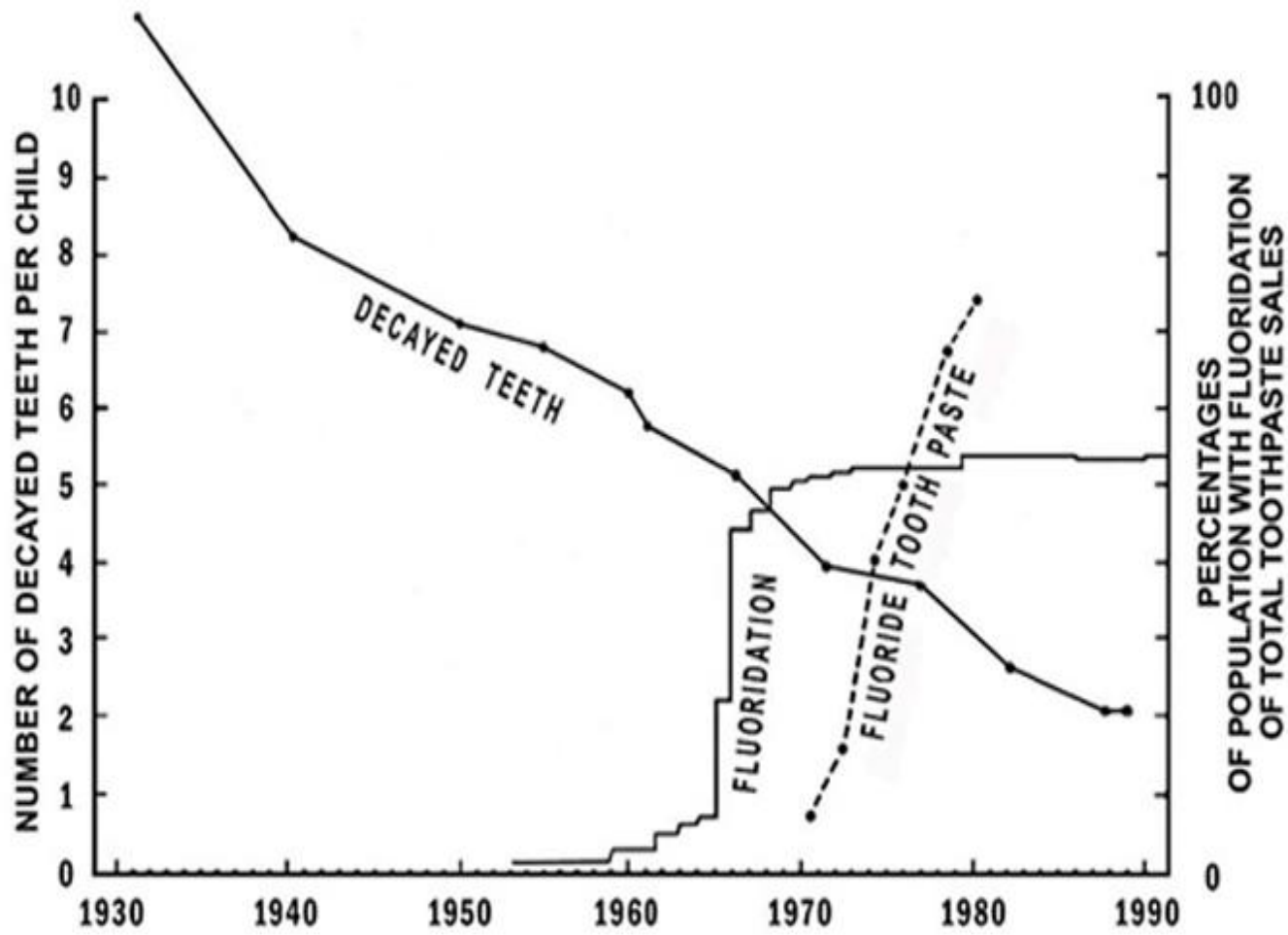
# Fluoride in toothpaste or water– what lowers dental caries?

**Figure 1. Percentage drinking fluoridated water in the US, 1967-1992**



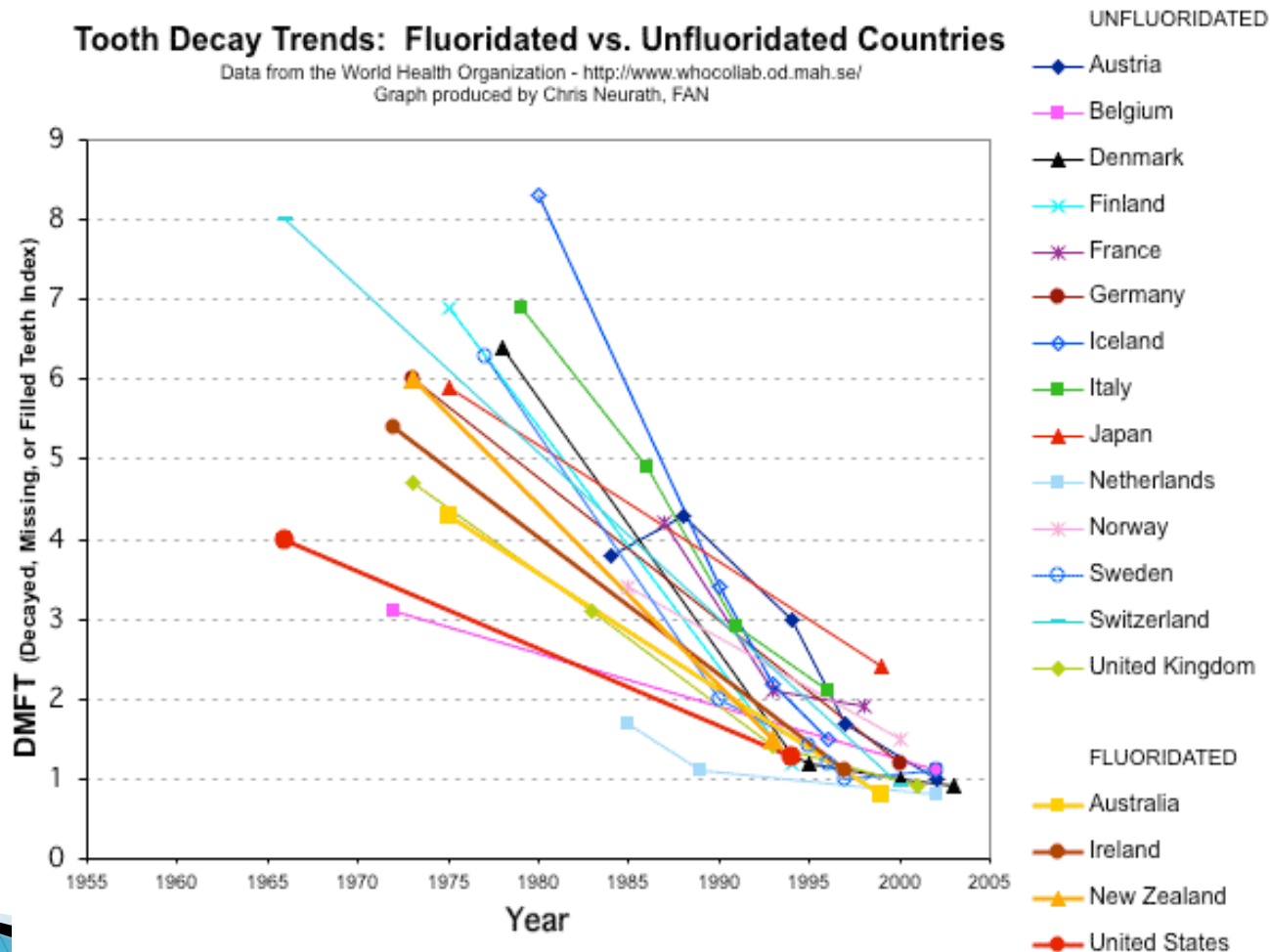
Percentage of population residing in areas with fluoridated community water systems and mean number of decayed, missing (because of caries) or filled permanent teeth (DMFT) among children aged 12 years.

# Tooth decay was coming down before fluoridation started.



Colquhoun, J. (1993). <http://www.fluoridealert.org/50-reasons.htm> Shows decayed teeth in 5 y.o. New Zealand children.

# Fluoridated or not- tooth decay is in decline.



# Medication Without Consent- the Ethical Dilemma

- Under Sec 51.61 Wisconsin Statutes, a patient's written, "informed consent" is required for all medication and treatment.
- Fluoride, in its various forms, has never been approved by the FDA as a drug for ingestion, and neither has it been FDA tested.
- Fluoride supplements require a prescription by a dentist or physician, where users are made aware of the potential risks.
- Fluoridated water is mass medication without consent or knowledge, with severe risk to many vulnerable populations and no viable alternative or "opt out" available to most citizens.

## **Warnings**

Keep out of the reach of children under 6 years of age. If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away.

## **Directions**

adults and children 2 years of age and older	brush teeth thoroughly, preferably after each meal or at least twice a day, or as directed by a dentist or physician
children 2 to 6 years	use only a pea sized amount and supervise child's brushing and rinsing (to minimize swallowing)
children under 2 years	ask a dentist or physician

**Inactive ingredients** sorbitol, water, hydrated silica, PEG-12, cellulose gum, tetrasodium pyrophosphate, sodium

# “Do Not Swallow!”

## “Call poison control if you do”

- ▶ You would only have to drink 9.2oz of Milwaukee water to get the same amount of fluoride you would get by swallowing a pea size amount of toothpaste.<sup>1</sup>
- ▶ Even if Milwaukee went to the .7ppm standard, 14.5 oz. of water would equal the recommended pea sized amount of toothpaste.



1. Based upon the current MWW standard of 1.1ppm of fluoride

Source: <http://www.oralhealth.com/2011/04/is-there-more-fluoride-in-a-pea-sized-amount-of-toothpaste-or-a-liter-of-water/>

# A Double Dose of Toxin?

- ▶ The City of Milwaukee uses sodium fluorosilicate to fluoridate its water.
- ▶ Fluorosilicic acids bind with lead\* – leaching high levels of soluble lead from lead water pipes, delivering a compounded dose of toxic lead with that of toxic fluoride to our water drinkers.<sup>1</sup>
- ▶ Fluorosilicic acid is used as a solvent for lead & other heavy metals in metallurgy. In industrial applications, chemical engineers use this acid to remove lead from leaded-brass machine parts. Silicofluorides also naturally contain lead.<sup>2</sup>

1. Studies UNC-Ashville & Duke University

2. <http://fluoride-class-action.com/hhs/comments-re-lead>

# Fluorosilicic acid's tie to lead

- ▶ Dr. Roger Masters of Dartmouth College conducted research of a number of communities finding convincing evidence that public drinking water fluoridated with fluorosilicic acid is linked to higher levels of lead in children (revealing elevated blood lead levels doubled in fluoridated communities).<sup>1</sup>
- ▶ With the cessation of water fluoridation (with fluorosilicic acid) in Tacoma Washington and Thurmont, Maryland, registered lead levels in public water systems dropped nearly 50% in Tacoma and 78% in Thurmont.<sup>2,3</sup>

1. <http://www.ncbi.nlm.nih.gov/pubmed/17420053>

2. <http://xa.yimg.com/kq/groups/8661722/1641790388/name/Peter+Van+Caulart+Petition+245+-+April+22+2008>

3. [+Fluorosilicate+Compounds+Increase+Drinking+Water+Lead+Levels+Hence+Source+Water+](#)

# Fluoridation: A Civil Rights Violation

- Andrew Young, Alveda & Bernice King, Rev. W. Owens of the Coalition of African American Pastors, LULAC, among a growing list of fluoride opponents.
- Minorities are more likely to use infant formula with fluoridated tap water. Those infants receive 175 times more fluoride than breast fed babies.
- Minority children ingest significantly more fluorides than whites and have higher rates of dental fluorosis. (2009 Journal of Public Health Dentistry Report & 2005 CDC Report)
- Alternatives to fluoridated water is too great an expense for most lower income families.

# What the Experts Have to Say...

- **"I am appalled at the prospect of using water as a vehicle for drugs. Fluoride is a corrosive poison that will produce serious effects on a long range basis. Any attempt to use water this way is deplorable."** – Dr. Charles Gordon Heyd, *Past President of the American Medical Association*
- **"fluoridation ... it is the greatest fraud that has ever been perpetrated and it has been perpetrated on more people than any other fraud has."** – Dr. Albert Schatz, (Microbiology), *Professor Emeritus, Temple University, ; PhD. Nobel Laureate for the co-discovery of streptomycin*
- **".. the evidence is quite convincing that the addition of sodium fluoride to the public water supply at one part per million is extremely deleterious to the human body".** – Chief Justice John Flaherty, of the Supreme Court of Pennsylvania (presided over litigation involving fluoridation)


# What the Experts Really Think...

- ▶ **"Fluoridation is the greatest case of scientific fraud of this century, if not of all time."** Dr. Robert Carton, Ph.D. , *US EPA scientist.*
- ▶ **"Water fluoridation is the single largest case of scientific fraud, promoted by the government, supported by taxpayer dollars, aided and abetted by the ADA and the AMA, in the history of the planet."** David Kennedy, DDS  
President International Academy of Oral Medicine and Toxicology

# 10 Reasons to Oppose Fluoride

1. Fluoride's benefit is topical not systemic.
2. Fluoride is the only chemical added to water for the purpose of medical treatment; it is not an essential nutrient, but a toxic poison.
3. There is evidence of many different adverse effects of fluoride intake: brain damage, osteosarcoma, bone damage, lowering of IQ, and thyroid damage.
4. The fluoride goes to everyone regardless of their age, health or vulnerability.
5. Growing evidence links fluoridated water with increased lead uptake.

# 10 Reasons to Oppose Fluoride

6. Fluoridation is unethical– no consent for delivery and no reasonable alternative for most residents.
  7. Tooth decay does not go up when fluoridation is stopped.
  8. Children are being over–exposed to fluoride; the highest doses of fluoride are going to bottle–fed babies.
  9. Once fluoride is added to water, there is no way to control who gets the drug or how much is ingested.
  10. Low income residents and minorities are particularly vulnerable to fluoride's adverse effects.
- 

# In Summary:

- “The plain fact that fluorine is an insidious poison harmful, toxic and cumulative in its effects, even when ingested in minimal amounts, will remain unchanged no matter how many times it will be repeated in print that fluoridation of the water supply is **safe.**”

Dr. Ludwig Grosse, *Chief of Cancer Research, U.S. Veterans Administration.*

Isn't it time for Milwaukee to end this?

