

“Fluoride Is Toxic” by Theresa Dale

I have compiled urgent information to enhance your awareness about Fluoride.

Nearly all European countries have banned fluoridation? What do they know that we don't?

There is a link between fluoride and problems ranging from the cosmetic to the critical.

Lets look at the health issues caused by fluoride:

- * Dental fluorosis, which leaves your teeth brown and mottled...
- * Increased bone fractures, devastatingly deadly to the elderly...
- * Skeletal fluorosis, bony overgrowths that can lead to bone spurs or spinal stenosis... or perhaps even cripple you...
- * Goiter or decreased function of the thyroid gland (pregnant women with low thyroid function run a higher risk for mental retardation in their children)...
- * Learning and behavioral problems in children (even lowered IQ and brain damage)...
- * Abnormal, mutated sperm, impotence, lowered testosterone and male infertility...
- * The malignant bone cancer osteosarcoma (not to mention increased cancer of the lung, bladder and larynx)...
- * And last, but certainly not least...
- * Alzheimer's disease and other degenerative brain disease (like Lou Gehrig's and Parkinson's)...

Think twice about what's in the water you drink (and the toothpaste you use) and make necessary changes in your patient protocol.

Is your city's drinking water fluoridated? Find out now!

In order to find out how much fluoride is added to your city's drinking water supply, google "city water" and the name of your city and state Then, click on the *city's municipal water supply website* and the fluoride content should be documented there.

Fluoride- Adverse Health Effects

Fluoride can be one of the most volatile and active harmful chemicals in the body. Fluoride can attack mercilessly, against any age group, but its effects are especially harmful to developing children and the elderly. The detrimental effects of fluoride are varied. Click here to view a list of some of the recently documented, harmful effects of drinking fluoridated water: <http://www.historyofwaterfilters.com/fluoride-2.html>

The Hidden and Dangerous Side Effects of Fluoride

Controversial fluoride is one of the basic ingredients in both PROZAC (FLUoxetine Hydrochloride) and Sarin nerve gas (Isopropyl-Methyl-Phosphoryl FLUoride).

Sodium fluoride, a hazardous-waste by-product from the manufacture of Aluminum, is a common ingredient in rat and cockroach poisons, anesthetics, hypnotics, psychiatric drugs, and military nerve gas. It's historically been quite expensive to properly dispose of, until some aluminum industries with an overabundance of the stuff sold the public on the terrifically insane but highly profitable idea of buying it at a 20,000% markup, injecting it into our water supplies, and then DRINKING it. Yes, a 20,000% markup: Fluoride – intended only for human consumption by people under 14 years of age – is injected into our drinking water supply at approximately 1 part-per-million (PPM), but since we only drink ½ of one percent of the total water supply, the rest literally goes down the drain as a free hazardous-waste disposal for the chemical industry, where we PAY them so that we can flush their expensive hazardous waste down our toilets. How many salesmen dream of such a deal? (Follow the money.)

Independent scientific evidence repeatedly showing up over the past 50 years reveals that fluoride allegedly shortens our life span, promotes cancer and various mental disturbances, accelerates osteoporosis and broken hips in old folks, and makes us stupid, docile, and subservient, all in one package. There are reports of aluminum in the brain possibly being a causative factor in Alzheimer's disease, and evidence points towards fluoride's strong affinity for aluminum and also its ability to "trick" the blood-brain barrier by looking like the hydrogen ion, and thus allowing chemical access to brain tissue.

Click here to read more of this article:

<http://themsfoundation.org/The%20Hidden%20And%20Dangerous%20Side%20Effects%20Of%20Fluoride.htm>

Fluoride Effects on the Brain:

Animal studies have documented considerable evidence of direct toxic effects of fluoride on brain tissue, even at levels as low as 1 ppm fluoride in water (Varner 1998). These effects include:

- reduction in nicotinic acetylcholine receptors;
- reduction in lipid content;
- impaired anti-oxidant defense systems;
- damage to the hippocampus;
- damage to the purkinje cells;
- increased uptake of aluminum;
- formation of beta-amyloid plaques (the classic brain abnormality in Alzheimer's disease);
- exacerbation of lesions induced by iodine deficiency; and
- accumulation of fluoride in the pineal gland

Source: Varner JA, et al. (1998). Chronic administration of aluminum-fluoride and sodium-fluoride to rats in drinking water: alterations in neuronal and cerebrovascular integrity. Brain Research 784: 284-298.

Study on neurobehavioral function of workers occupationally exposed to fluoride

"The results of the NCTB (neurobehavioral core test battery) testing show the exposed groups with significant differences for various indices as compared to the reference standards and the control, with particular deficits in attention, auditory retention, and physical dexterity and acuity as well as abnormal emotional states. This is consistent with the symptoms of endemic fluoride poisoning, suggesting occupational exposure to fluoride has a harmful effect on the higher functions of the central nervous system, and negatively influencing both cognitive and autonomic functioning. There is a definite relationship between the damage caused by fluoride and the level of exposure."

SOURCE: Guo Z, et al. (2001). Industrial Health and Occupational Disease 27:346-348.

Effects of high-fluoride on neonatal neurobehavioral development

"The effects of excessive fluoride intake during pregnancy on neonatal neurobehavioral development and the neurodevelopment toxicity of fluoride were evaluated. Ninety-one normal neonates delivered at the department of obstetrics and gynecology in five hospitals of Zhaozhou County, Heilongjiang province, China was randomly selected from December 2002 to January 2003. The subjects were divided into two groups (high fluoride and control) based on the fluoride content in the drinking water of pregnant women. The results showed that the urinary fluoride levels of mothers from the high fluoride group were higher than those of the control group. There were significant differences in the neonatal behavioral neurological assessment score and neonatal behavioral score between the subjects in endemic areas and the control group. There were also significant differences in the non-biological visual orientation reaction and biological visual and auditory orientation reaction between the two groups. It is concluded that fluoride is toxic to neurodevelopment. Excessive fluoride intake during pregnancy can cause adverse effects on neonatal neurobehavioral development."

SOURCE: Li J, Yao L, Shao Q-L. (2004). Chinese Journal of Endemiology 23:464-465.

Can Fluoride Cause Cancer?

According to the National Toxicology Program, "the preponderance of evidence" from laboratory 'in vitro' studies indicates that fluoride is a mutagen (a compound that can cause genetic damage).

It is generally accepted that if a substance can induce genetic damage there is a heightened risk that it could cause cancer as well.

While the concentrations of fluoride causing mutagenic damage in the in vitro studies is higher than the concentrations found in human blood, there are certain "microenvironments" in the body (e.g. the bones) where the concentrations of fluoride

can accumulate to levels comparable to, or in excess of, those causing mutagenic effects in the laboratory.

Of particular concern are a series of studies indicating that fluoride can cause osteosarcoma (bone cancer) in both fluoride-treated male rats and boys under the age of 20 living in fluoridated areas.

Source: <http://www.fluoridealert.org/health/cancer/>

Further research:

In the May 19th issue of the Journal of the National Cancer Institute, a 12-year follow-up study of workers in the cryolite industry confirms earlier reports of a link between occupational fluoride exposure and bladder & lung cancer.

In the May 19th paper, the authors - Dr. Philippe Grandjean & Jorgen Olsen – report:

“We previously reported the cancer morbidity from 1943 through 1987 for 422 male cryolite workers employed for more than 6 months at the mill from 1924 through 1961. We observed excess incidences of primary cancer of the lungs and of urinary bladder tumors (including bladder papilloma)... We have now extended the follow-up of this cohort by 12 years, at the end of which the total percentage of cohort members who had died exceeded 90%. These findings amplify our previous observation of increased bladder cancer rates among cryolite workers... We therefore believe that fluoride should be considered a possible cause of bladder cancer and a contributory cause of primary lung cancer.”

Source: Grandjean, P.; Olsen, J. (2004) Follow up Study. May, Journal of the National Cancer Institute.

“The Aging Factor: How to Recognize and Avoid the Devastating Effects of Fluoride” by Dr. John Yamouyiannis

Fluoride at levels as low as 1 part per million in the drinking water give rise to an irregular formation of collagen in the body. Collagen, which makes up about a third of our bodies, is a major component of skin, ligaments, tendons, muscles, cartilage, bones and teeth.

The disruption of this collagen is what results in wrinkling of the skin, weakening of the ligaments, tendons and muscles. When fluoride induces the breakdown or irregular formation of collagen in cartilage, irreversible arthritis and stiffness of the joints is observed. Moreover, fluoride interferes with the production of collagen in cells responsible for laying down tooth enamel and bone. This results in deformed teeth and bones which is characteristic of high fluoride intake.

A book by Dr. John Yiamouyiannis, titled "Fluoride, The Aging Factor," shows that the drug causes a premature aging process. He notes that in areas where fluoride is

consumed in the drinking water, there are higher rates of bone disorders (skeletal fluorosis, osteoporosis and arthritic pain) and people suffer from brown decaying teeth. "Fluoride is a poison!" Yiamouyiannis warns." The 1984 issue of Clinical Toxicology of Commercial Products lists fluoride as more poisonous than lead and just slightly less poisonous than arsenic. It has been used as a pesticide for mice, rats and other small pests. A 10-pound infant could be killed by 1/100 of an ounce and a 100-pound adult could be killed by 1/10 of an ounce of fluoride. **The Akron Regional Poison Center indicates that a 7-ounce tube of toothpaste contains 199 mg. of fluoride, more than enough to kill a 25-pound child."**

This information is based upon the book "Fluoride, The Aging Factor" by Dr. John Yiamouyiannis, Health Action Press, 1993.
url: <http://www.wholywater.com/fluoride.html>