



If fluoride is unhealthy for us, why is it in our drinking water?

Fluoride was used to enrich uranium in World War II weapons production (the famous Manhattan Project which created the atomic bomb). Due to extreme reactivity and volatility, process gas explosions at America's wartime facilities were not uncommon, with devastating results to nearby towns and farmland. Crops and orchards suffered from the toxic spread of fluorides, as did people and animals. Americans remained loyal, however, to the need to win the war, and quietly tolerated the damage. In later years, as fluoride made its way into metals manufacturing and yet more Americans were exposed to these noxious chemical agents, the toll on industry workers' health was increasingly obvious. Skeletal fluorosis caused painful crippling, loss of teeth, arthritis, nervous-system damage and respiratory disease.

People began to take action. Lawsuits were filed and government agencies formed to deny and defend the complaints. Experts lined up to present opposing views on the controversy in court. When the famous *Martin vs. Reynolds Metals* case in Oregon resulted in a win for the plaintiffs in 1957, the federal government stopped monitoring fluoride in the air.

As lawsuits from citizens were mounting, measures had to be taken to change the perception of fluoride in Americans' minds. Edward Bernays, advertising genius of the 1900s, was put to work to sell fluoride to the masses, with the fluoridation of public drinking

water chosen as a means to conceal the original source of harm to those who had spoken out and sought damages. Bernays had the word "fluoridation" defined in dictionaries and encyclopedias and saw to it that articles were published in newspapers and magazines, thereby getting doctors and health authorities to embrace the new trend. It worked like a charm. America's parents and officials enthusiastically came on board.

Today the source of fluoride used as a "health protection" measure in the public water supply (not all communities are fluoridated) is hydrofluosilicic acid, and is only 17% fluoride. In addition to being a very toxic industrial waste product, it contains arsenic and other hazardous chemicals. The principle of dilution is what authorities tell us makes hydrofluosilicic acid "safe" for us to drink.

Let your friends and family know about the big political story behind America's adoption of fluoride. You can also minimize your exposure by making informed consumer choices. (In addition to much of our drinking water, pots and pans coated with Teflon, packaged foods with linings, and stain-resistant clothing are likely sources of fluoride.)

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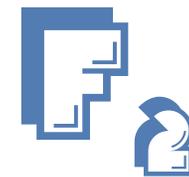
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www.FluorideAlert.org

Read

"The Fluoride Deception"

by Christopher Bryson



The Nature of Fluoride

Fluorine is the most negatively charged element in the world. It is the most interactive of all the elements and the most aggressive seeker of another electron. Referred to as "promiscuous," it is not found in nature without a "partner." Fluorides (as the different compounds formed by fluorine are known) are prized by industry for their extreme corrosiveness and their ability to break molecular bonds, as well as to create stronger and tighter molecular bonds. Extremely disruptive, fluorides inhibit enzyme activity. They are used to refine metals (uranium hexafluoride was used to make the atomic bomb), they can "crack" petroleum products, and they can separate lead from brass.

ScotchGard, Teflon and GoreTex are fluoride-based products with tight molecular bonds that resist penetration or sticking. Fluoride is also used to coat the inside of food containers, keeping the contents from eating through the sides.

Fluorides are found in Prozac, Zoloft and many pharmaceutical drugs that inhibit serotonin (a neurotransmitter). The drug Blaycol was taken off the market due to muscle degeneration; Fenfluramine was the real name for Fen-Phen, banned for creating heart-valve damage; Sarin nerve gas is a fluoride product, as is Rohypnol, a date-rape drug that causes retrograde amnesia. Sevoflurane, Halothane and Fluorothane are combinations of fluorine, bromine and chlorine, and are administered in hospitals for anesthesia during surgery.

Fluorine, chlorine, bromine and iodine make up a group of elements known as *halogens*. All four carry a negative electromagnetic charge. When ingested, fluorine (the lightest of the halogens) displaces iodine, which is essential to human health.

Pharmaceutical companies know that fluoride taken internally inhibits the production of melatonin, serotonin, insulin, thyroxin and the metabolism of calcium. All are vital to our body's regulatory functions. Fluoride compounds also act as a "taxi" or transport mechanism through the blood-brain barrier. Aluminum, for instance, is more easily carried into the brain by fluoride's bonding ability.

Want to polish aluminum, etch glass, clean computer chips? Fluorides do the job. Hydrofluosilicic acid is presently used to fluoridate our drinking water, and will eat through the wall of a steel or aluminum tanker on the way to the water treatment plant. (The rubber liners in such tankers need to be regularly replaced.)



Managing Fluoride Intake

Exposure to fluoride from many sources in our everyday lives is on the rise, even in communities where drinking water is not fluoridated. Why is this? Consumers mistakenly believe that drinking bottled water will solve the problem of exposure to fluoride. However, many bottled water brands are simply filtered tap water, from which fluoride has not been

removed. Soft drinks? In addition to containing fluoride from the water they are made of, soft drinks (Coke and Pepsi) contain additional fluoride from the phosphate syrup in their ingredients.

Cereals and other processed foods may carry high concentrations of fluoride (Wheaties and Shredded Wheat have almost 10 times the amount found in fluoridated water) due to pesticides used on the grains or source foods they are made from. Fruit juices, especially concentrates, contain fluorides from pesticide residues – in particular those made from white grape juice, an inexpensive filler found to have significant levels of the pesticide Cryolite.

Produce that is not organic can bring fluoride right to your dinner table. Cryolite (sodium aluminum fluoride) is permitted in concentrations of 180 parts per million on iceberg lettuce, 40 ppm on leaf lettuce (e.g. romaine), 22 ppm on the outside of potatoes (2 ppm inside), 45 ppm for cabbage, 30 ppm for tomatoes, and an astonishing 55 ppm on raisins. 45 ppm is found in tomato paste (and is not removable)!

Processed lunch meats, fish sticks and de-boned chicken contain high concentrations of fluoride from pulverized leftover bone fragments. Nuts and other imported products that are warehoused for inspection are routinely fumigated with sulfuryl fluoride – the same toxic gas used to rid houses of termites. Fluoride in whole milk products is bound with the calcium in the product, but 2% milk products show the same levels found in fluoridated water.

Tea? The camellia plant (used in black and green teas) thrives in soils that are rich in natural fluoride, with numbers coming in as high as 8 milligrams per cup (or 32 ppm). Advanced skeletal fluorosis is frequently found in China, where tea is a common drink. Arthritic conditions (connective-tissue

thickening and pain in the joints and lower back) are symptoms of the early stages of skeletal fluorosis.

Dental fluorosis manifests in the permanent scarring of tooth enamel, in the form of bright white spots, brown stains and yellowish mottling. Once thought to be merely cosmetic, these markings are actually signs of real harm, resulting in teeth that are weak and fracture prone. Dental fluorosis is the direct result of over-exposure to fluoride in early childhood – from pre-birth to approximately 8 years of age. It is one of the few visible windows to our systemic exposure, and a warning that other calcium-rich tissues (the heart, brain, kidneys and bones) may also be affected.

Interestingly, most European countries do not fluoridate their drinking water, and yet their populations show no adverse dental health effects. Sodium fluoride (a pharmaceutical product) applied to the surface of tooth enamel has been hailed as prevention against dental caries (cavities), yet *drinking* fluoride does not imply the same benefits, except by a stretch of poor logic. (We put sunscreen on our skin, but should we also drink it?)

Dental decay begins when oral bacteria (feeding on refined carbohydrates and sugars) produce acidic waste that penetrates the teeth. Because fluoride inhibits enzymes, it acts upon the bacterial acid, somewhat diminishing the corrosive results. Thus fluoride added to toothpaste *may* do us some good, but the proven neurotoxic effects of fluoride added to our water supply can only do us harm. (Note the poison warning on all fluoride toothpaste tubes!)

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