

February 24,2023 Draft

# Fluoride Issues

by Tamar Clarke, MLS and MPA

April 2023

Note: This powerpoint is for educational purposes and not a substitute for qualified health care services.

# Why is there so much controversy about the use of adding Fluoride to municipal water systems?

- What is the fluoride we are talking about?
- Is it an essential nutrient? Instead of fluoride, what are the nutrients needed for healthy teeth and bones?
- What are the health issues regarding fluoride?
- Why did cities start adding fluoride to municipal water systems?
- Europe does not add fluoride to their municipal water systems.
- These are some of the issues that this PowerPoint seeks to address.

# Opening, part two

- When the practice of adding sodium fluoride to municipal water systems, it was done to reduce the incidence of cavities in children.
- It can be considered to be a form of cookie cutter medicine, where it is done to benefit a certain group of people, but it can cause harm to other people. This is bad medicine.
- What really happened in this case is what I would call is bad science as well as science politics. It is not done in Europe, the practice of adding fluoride.
- If anyone can remember the outcries by the tobacco industry saying that smoking does not cause cancer? Eventually, the truth did come out.
- We are having similar issues on the electromagnetic radiations from cell phones, GMO issues, as well as similar issues on vaccine effectiveness/safety. If we listen to the industry, they will say everything is fine. Meanwhile, research is coming out that it is there are issues.
- The underlying issue is the conflict between science and profit oriented companies with a hand in our political system.

# Overview

- History
- What is Fluoride like and where does it come from?
- Types of Fluoride Used in Municipal Water Systems
- Types of Fluoride Used in Dental Products
- Types of Fluoride – Other Types
- Harmful Effects of Fluoride
- Ethical and General Arguments Against Fluoridation
- Nutritional Support Against Fluoridation
- Other Facts on Fluoridation
- Other Sources of Fluoride
- Court Case against Fluoridation
- Addendum
- Addendum: For Healthcare Professionals
- Conclusion

# Addendum

- Bibliography (Internet and Print sources)
- Fluoride's Effects on Pipes
- Fluoride in Infant Formulas (and Medications)
- Fluoride in Organic Produce
- Glossary
- Health Issues Related to Fluoride
  - Arthritis
  - Brain Health
  - Hypothyroidism
  - Pregnancy
- History of Fluoride for Mind Control
- Methods to Detox Fluoride from the Body
- Resources
- Testing
- Questions

# Addendum: For Healthcare Professionals

- Coverage has already been done in the first addendum for:
  - Arthritis
  - Brain health
  - Hypothyroidism
  - Pregnancy Issues
- Medical
- Medical (Ages Fluoride is an Issue)
- Medical - Miscellaneous
- Medical – Bone Health
- Medical – Cardiovascular Issues
- Medical – Dental Fluorosis
- Medical – Kidney Issues
- Medical – Skeletal Fluorosis
- Medical - Detoxing

# History

- How did we get into the business of adding fluoride to municipal water systems in the United States?
- A dentist named Dr. Frederick McKay came to Colorado Springs, Colorado in 1901. He found a number of people with grotesque brown stains on their teeth. At first, he did not know what the source of these brown stains. It was found that 90% of the children in Colorado Springs had these stains. They found that their teeth was resistant to tooth decay. After some research along with Dr. G. V. Black, and Dr. Grover Kempf, they used photo spectrographic analysis, they found that the water had high levels of fluoride.
- They found that fluoride levels up to 1.0 ppm in drinking water did not cause enamel fluorosis in most people.
- In 1945, Grand Rapids, Michigan started the process to fluoridate their drinking water. And the caries rate among Grand Rapids, Michigan children dropped 60%.

Source: <https://www.nidcr.nih.gov/health-info/fluoride/the-story-of-fluoridation>

# What is Fluoride like and where does it come from?

- Fluoride comes from the phosphate fertilizer industry and the aluminum industry.
- Fluoride is found in bone meal.
- Fluoride enables aluminum to cross the blood brain barrier.
- Plants will absorb fluoride from the soil and air.
- Fluorides are general protoplasmic poisons, changing the permeability of the cell membrane by inhibiting certain enzymes (Source: Hidden History of Fluoride)
- Used as insecticidal sprays for fruits and vegetables (Source: Hidden History of Fluoride)
- Fluoride is added to dental products.
- Note: There are areas known as “fluoride belts” that have high levels of fluoride in their ground water. It includes parts of Africa, China, India, and the Middle East (<https://bebrainfit.com/fluoride-neurotoxin/> (Title: Fluoride as a Neurotoxin: How It Harms Your Brain by Patrick Alban, DC, posted February 23, 2022)

Sources: Fluoride: the Hidden poison in the National Organic standards  
and

<https://wareiscrime.com/new/hidden-history-fluoride/> (The Hidden History of fluoride by Gregg Prescott, MS, posted September 26, 2016)

# Types of Fluoride Used In Municipal Water Systems

- There are different types of fluoride used in municipal water systems. Below is a list:
- Fluorosilicic acid ( $H_2SiF_6$ ) is the most commonly used additive for water fluoridation in the United States.<sup>[39]</sup> It is an inexpensive liquid by-product of phosphate fertilizer manufacture.<sup>[35]</sup> It comes in varying strengths, typically 23–25%; because it contains so much water, shipping can be expensive.<sup>[36]</sup> It is also known as hexafluorosilicic, hexafluosilicic, hydrofluosilicic, and silicofluoric acid.<sup>[35]</sup>
- Sodium fluoride ( $NaF$ ) was the first compound used and is the reference standard.<sup>[35]</sup> It is a white, odorless powder or crystal; the crystalline form is preferred if manual handling is used, as it minimizes dust.<sup>[36]</sup> It is more expensive than the other compounds, but is easily handled and is usually used by smaller utility companies.<sup>[37]</sup> It is toxic in gram quantities by ingestion or inhalation.<sup>[38]</sup> It is a synthetic industrial type of fluoride. In its purest form, it is actually capable of eating through concrete. It was initially used in this country's tap water system, it has been changed to a different compound called fluorosilicic acid.
- Sodium fluorosilicate ( $Na_2SiF_6$ ) is the sodium salt of fluorosilicic acid. It is a powder or very fine crystal that is easier to ship than fluorosilicic acid. It is also known as sodium silicofluoride.<sup>[36]</sup>

Note: Sodium Fluoride is now classified along with lead, methylmercury, polychlorinated biphenyls, arsenic, and toluene as developmental neurotoxicants.

# Types of Fluoride Used in Municipal Water Systems - More

- Fluoridation does not affect the appearance, taste, or smell of drinking water.<sup>[1]</sup> It is normally accomplished by adding one of three compounds to the water: sodium fluoride, fluorosilicic acid, or sodium fluorosilicate.
- These compounds were chosen for their solubility, safety, availability, and low cost.<sup>[35]</sup> A 1992 census found that, for U.S. public water supply systems reporting the type of compound used, 63% of the population received water fluoridated with fluorosilicic acid, 28% with sodium fluorosilicate, and 9% with sodium fluoride.<sup>[40]</sup>

# Types of Fluoride used in Dental Products

- Sodium fluoride is another type of fluoride you might see in oral health products, such as some toothpastes. It can help fight cavities while strengthening your enamel. However, it can't fight gingivitis, prevent tooth decay, and freshen your breath like stannous fluoride.
- Stannous Fluoride (tin difluoride,  $\text{SnF}_2$ ) - This was the first fluoride compound added to the formulation of a commercial toothpaste as an anticavity agent (1956).

# Types of Fluoride – Other Types

- Calcium Fluoride – a natural type of fluoride found in the soil (Source: Eldorado Natural Spring Water)

Note #1: Fluoride exist in combination with other chemicals/elements.

Note #2: Fluoride is odorless and tasteless.

# Harmful Effects of Fluoride

- One, a major concern about fluoride is that damage areas of the brain, leading to:
  - Can cause a decline in cognitive abilities.
  - Factor in ADD, ADHD, dyslexia, and other cognitive impairments
  - Lower IQs in children
  - Factor in Alzheimer's disease
  - Accumulate in Pineal Gland
  - Affect brain cells in the fetus
  - Weaken the cortical bone
- Two, it can lead to:
  - Bone cancer
  - Cardiovascular disease
  - Cell death
  - Impaired thyroid function
  - Increase hip fractures
  - Increase fluorosis
  - Increase infertility
  - Muscle disorders
  - Skeletal fluorosis
- Three, it can damage the intestinal lining. It can also lead to an earlier menarche

Note: Fifty percent of the fluoride that your body absorbs gets stored in your body tissue. Usually, the remaining 50% is flushed out via urine within 24 hours provided that you have healthy and properly functioning kidneys.

# Harmful Effects of Fluoride continued

- More acid urine means an increase in fluoride retention.
- Vast majority of fluoride (99%) that the body stores accumulates in calcified tissue, meaning your bones and teeth. The remaining 1% ends up in soft tissues, which includes the brain and the pineal gland.
- In bones, fluoride binds to calcium phosphate compounds. Over a lifetime, relatively high levels of fluoride can deposit in your skeleton, which can result in joint pain (which can be confused with arthritis).
- Too much fluoride can cause stiff and painful joints, mimicking arthritis.

Source: <https://best-osmosis-systems.com/fluoride-detox-science-based/> (Title: Fluoride Detox: How to Remove the Toxin From Your Body (100% Science-Based) and

Why Fluoride is Toxic by Russell L. Blaylock, MD (Published in the Blaylock Wellness Report, September 2004, Vol. 1, no. 4, pages 1-9) and

<https://naturalsociety.com/Harvard-says-adhd-autism-caused-fluoridated-water/> (Title: Harvard says Fluoridated Water is causing Cognitive Disorders by Christina Sarich, posted March 9, 2014 and updated November 2, 2021)

# Harmful Effects of Fluoride continued

- Fluoride overload can end up in the tiny organ in the brain called the pineal gland. Its task is to produce and secrete melatonin which plays a role in sleep. The pineal gland has a rich blood supply and is a calcifying tissue, it too can accumulate fluoride. High levels of fluoride-to-calcium concentrations in the pineal glands of fluorosis patients that had died in old age, than concentrations found in their bones. Too much fluoride in the pineal gland can result in:
  - Sleep disorders
  - Fatigue
  - Depression
- People with impaired kidney function accumulate more fluoride in their bones as well as their kidneys.

# Ethical and General Arguments Against Fluoridation

- Modern medical ethics – a government does not have the right to force individuals to take a medication against their wishes
- 1. Need for informed consent – this means that the patient has a right to know the benefits as well as the risk for any type of medical protocol
- 2. No control over who gets the medicine
- 3. No control of dose
- 4. People vary in their responses to the same dose
- 5. Does fluoridation actually improve dental health? What are the real issues behind the development of dental cavities.

Source: The case against fluoride by Paul Connett, PhD, James Beck, MD, PhD, and H.S. Micklem, DPhil.

# Ethical and General Arguments Against Fluoridation continued

- 6. It is a form of mass medication. Not everyone needs it and it can be harmful to certain people, even children.
- 7. Where are the long term studies showing the benefits of fluoridation?
- 8. There is a difference between fixed amount and dosage. How does this affect body weight?
- 9. the 2006 National Research Council study showed that 4 ppm (parts per million) was not a safe limit, and even 2 ppm was not safe. What can be tolerated by an adult can be harmful to an infant.

# Nutritional Support to Protect Yourself from Fluoride

- Calcium Citrate
- Curcumin
- Magnesium Malate
- Multi-vitamin/mineral
- Selenium
- Vitamin C
- Vitamin D
- Vitamin E succinate or natural form

Source: Dr. Russell Blaylock, MD

# Other Facts on Fluoridation

- One, the actual fluoride used in municipal water systems can actually corrode pipes. This means that at a later date, these pipes will need to be replaced.
- Two, fluoride combined with aluminum in drinking water causes a number of problems.
- Three, fluoride may be a factor in arthritis.
- Four, fluoride is not a nutrient.
- Note: More information is covered in the addendum.

Source: <http://nooganoics.com/2016/06/fluoride-damages-plant-worrying-soddy-daisy-operator> (Title: Fluoride Corrodes Plant, Worries Soddy-Daisy Operator  
<http://www.crescentcitytimes.com/how-bad-is-hfsafluoride-in-the-water-pipes/> (Title: How Bad is HFSA/Fluoride in the Water Pipes? By Katherine K. Kelly.

# Other Sources of Fluoride

- Municipal water systems
  - Drinking water
  - Taking showers/baths (64% of the fluoride can be absorbed through the skin)
- Used in beverages and cooking
- Watering the garden
- 25,000 tones of pure fluorine are leased into the atmosphere annually (Source: Hidden History of Fluoride)
- Note: Some areas in the world have ground water that is high in fluoride.

# Court Case Against Fluoridation

- Under the Toxic Substances Control Act, the Food and Water Watch, Inc. have sought to ban fluoridation against the EPA, Environmental Protection Agency.
- This lawsuit was started in November 22, 2016.
- The federal court, a judge in Northern District of California, has denied a motion by the Environmental Protection Agency (EPA) that sought to limit the information available to the court while making their decision on whether or not to ban water fluoridation.

Source: <https://www.activistpost.com/2018/03/court-decision-epa-banning-water-fluoridation.html> (Title: Court Decision Could Lead to EPA Banning Fluoridation by Derrick Broze, posted March 3, 2018). This article also refers to the adverse health outcomes from fluoride including ADHD, negative effect on the thyroid, depression, weight gain, fatigue, and aching muscles.  
and <https://childrenshealthdefense.org/child-health-topics/known-culprits/fluoride/fluoride-toxicity-trial-update/> (Title: Fluoride Toxicity Trial Update by Stuart Cooper, Fluoride Action Network, posted June 23, 2020)

# Addendum

# Addendum

- Bibliography (Internet and Print sources)
- Fluoride's Effects on Pipes
- Fluoride in Infant Formulas (and Medications)
- Fluoride in Organic Produce
- Glossary
- Health Issues Related to Fluoride
  - Arthritis
  - Brain Health
  - Hypothyroidism
  - Pregnancy
- History of Fluoride for Mind Control
- Methods to Detox Fluoride from the Body
- Resources
- Testing
- Questions

# Addendum: Bibliography (Internet)

- <http://fluoridealert.org/researchers/government-reports/timeline-the-tsca-law-suit-against-u-s-epa/>
- <http://Healthline.com/health/stannous-fluoride#vs-sodium-fluoride> (*Title: Stannous Fluoride: Pros and Cons, Vs. Sodium Fluoride (healthline.com)*)
- <http://nooganoics.com/2016/06/fluoride-damages-plant-worrying-soddy-daisy-operator> (*Title: Fluoride Corrodes Plant, Worries Soddy-Daisy Operator*) (not online)
- <http://www.actionpa.org/fluoride/aluminum.html>
- <http://www.crescentcitytimes.com/how-bad-is-hfsafluoride-in-the-water-pipes/>  
(*Title: How Bad is HFSA/Fluoride in the Water Pipes? By Katherine K. Kelly.*)
  - <http://www.healthy-holistic-living.com/fluoride-officially-classified-neurotoxin-worlds-prestigious-medical-journal.html> (*Title: Fluoride Officially Classified as a Neurotoxin in World's Top Medical Journals*)
  - <http://www.neonnettle.com/news/4153-massive-lawsuit-set-to-end-water-fluoridation-in-the-us> (*Title: Massive Lawsuit Set to End Water Fluoridation in US, Anti-water fluoridation saw a massive victory by Daniel Newton, on May 7, 2018*)
  - <https://www.nidcr.nih.gov/health-info/fluoride/the-story-of-fluoridation> (*Title: The Story of Fluoridation*)

# Addendum: Bibliography (Internet) continued

- <https://bebrainfit.com/fluoride-neurotoxin/> (Title: Fluoride as a Neurotoxin: How it harms your brain, edited and medically reviewed by Patrick Alban, DC, written by Deane Alban, posted February 23, 2022)
- <https://best-osmosis-systems.com/fluoride-detox-science-based/> (Title: Fluoride Detox: How to Remove the Toxin From Your Body (100% Science-Based))
- <https://childrenshealthdefense.org/child-health-topics/known-culprits/fluoride/fluoride-toxicity-trial-update/> (Title: Fluoride Toxicity Trial Update by Stuart Cooper, Fluoride Action Network, posted June 23, 2020)
- <https://childrenshealthdefense.org/defender/americans-fluoridated-water-risk/> (Title: 73% of Americans Drink Fluoridated Water, But Debate About Safety Rages On)
- <https://en.wikipedia.org/wiki/Fluoride>
- <https://fluoridealert.org/about/>
- <https://fluoridealert.org/content/fluoride-the-hidden-poison-in-the-national-organic-standards/> (Title: Fluoride: the hidden poison in the National Organic Standards by Ellen and Paul Connett, PhD, in Pesticides and You, vol. 21, no. 1, 2001)
- <https://fluoridealert.org/issues/health/arthritis/> (Title: Fluoride Action Network, issued January 28, 2012)
- <https://hsionline.com/2017/04/13/has-arthritis-become-rampant-due-to-this-common-practice/> (Title: Has Arthritis become rampant due to this common practice from Health Sciences Institute)

# Addendum: Bibliography (Internet) continued

- <https://naturalsociety.com/harvard-says-adhd-autism-caused-fluoridated-water/> (Title: Harvard Says Fluoridated Water is Causing Cognitive Disorders by Christina Sarich, posted March 9 2014)
- <https://wakeup-world.com/2014/04/12/15-facts-most-people-dont-know-about-fluoride/> (Title: 15 Facts Most People Don't Know About Fluoride)
- <https://wariscrime.com/new/hidden-history-fluoride/> (Title: The Hidden History of Fluoride by Gregg Prescott, M.S., posted September 26, 2016)
- <https://www.activistpost.com/2018/03/court-decision-epa-banning-water-fluoridation.html> (Title: Court Decision Could Lead to EPA Banning Water Fluoridation by Derrick Broze)
- <https://www.eldoradosprings.com/blog/an-explanation-of-the-different-types-fluoride> (Title: An explanation of the Different Types of Fluoride)

# Addendum: Bibliography (Internet) continued

- <https://www.livestrong.com/article/13731496-arthritis-statistics/> (Title: 100 Arthritis Statistics You should Know 100 Arthritis Statistics You Should Know by Maria Masters, updated January 6, 2023)
- <https://www.mamavation.com/health/best-worst-shower-filters.html> (Title: Best & Worst Shower Head Filers for Ridding Water of Toxins 2020, by Becky, posted July 10, 2020)
- <https://www.naturallifeenergy.com/super-method-to-detox-fluoride-from-the-body/> (Title: SUPER METHOD TO DETOX FLUORIDE FROM THE BODY)
- <http://www.trueactivist.com/6-ways-to-detox-fluoride-a-known-neurotoxin-from-your-body/> (Title: 6 Ways to Detox Fluoride – a Known Neurotoxin – From Your Body)
- <https://youtube.com/watch?v=FoY6fUqwY7A&feature=share> (Title: The Great Culling)
- <https://www.thoughtco.com/fluorine-vs-fluoride-3975953>.

# Addendum: Bibliography (Print Sources)

- The Case Against Fluoride: how hazardous waste ended up in our drinking water and the bad science and powerful politics that keep it there (2010) by Paul Connett, James Beck, and H.S. Micklem. (Publisher: Chelsea Green Publishing)
- Is fluoride making our kids stupid? The startling truth behind fluoride neurotoxicity by Jonathan V. Wright, MD. (Published in Nutrition & Healing, volume 20, Issue 4, July 2013. (pages 1-2,5, & 8)
- Why Fluoride is Toxic by Russell L. Blaylock, MD (Published in the Blaylock Wellness Report, September 2004, Vol. 1, no. 4, pages 1-9)
-

# Addendum: Fluoride's Effects on Pipes

- Steve Roark ran a Tennessee water plant for more than two decades
- He saw the effects of this chemical to matter, how corrosive it was, including concrete.
- It damages pipes and valves.
- Staff was also breathing this chemical.
- Ammonium fluosilicate increases lead levels in the water.



<https://www.facebook.com/noogaradio/videos/1037010233032839/> and <http://nooganomics.com/2016/06/fluoride-damages-pant-worrying-soddy-daisy-operator/> (no longer available) and <http://www.crescentcitytimes.com/how-bad-hfsafluoride-in-the-water-pipes/> (Title: How Bad is HFSA/Fluoride in the Water pipes? By Katherine Kelly)`

# Addendum: Fluoride in Infant Formulas (and other medications)

- Breast milk generally contains 0.02 ppm and lower than commercially available infant formulas.
- Infant formulas can contain fluoride ranging from 0.12 ppm in milk based powdered concentrate and liquid concentrate and ready-to- feed had a mean level of 0.27 ppm and 0.15 ppm.
- When formula are reconstituted with water contain greater fluoride (i.e. >0.5 ppm) or exposed to multiple sources of dietary fluoride, they may exceed the recommended limit and develop enamel fluorosis.
- Recommendation is for breastfeeding. About 21% of the mothers in the U.S. do not breastfeed their newborn.
- Fluoride is found in Prozac and other anti-depressants

<https://fluorideexposed.org/fluoridescience/fluoride-infant-formula> (Title: Fluoride and Infant Formula by Center for Fluoride Research Analysis, Fluoride Science Editorial Board, posted September 16, 2016)

# Addendum: Fluoride in Organic Produce

- The US Dept. of Agriculture revised rule on National Organic Standards (NOS) was finalized in December 2000.
- Issues and comments about fluoride was ignored.
- Fluoride is a persistent and non-degradable poison that accumulates in soil, plants, wildlife, and humans.
- It defies one of NOS's stated principles: Producers shall not use “natural poisons such as arsenic, or lead salts that have long-term effects and persists in the environment.”
- This undermines the public's confidence and safety in organic food. One recommendation is to seek food labeled organic and fluoride free.

Source: <https://fluoridealert.org/content/fluoride-the-hidden-poison-in-the-national-organic-standards/> (Title: Fluoride: the Hidden Poison in the National Organic Standards by Ellen and Paul Connett, PhD, Pesticides and You, Vol. 21, No. 1, 2001) Note: This sources covers sources of fluoride.

# Addendum: Glossary

- Bioaccumulation- It is the buildup of toxic substances in the body.
- Dental Fluorosis – It is mottling of tooth enamel. 32% of school children aged 6 to 19 have moderate to severe dental fluorosis. It looks like opaque white spots and brown ugly teeth. (Affects one in five children in the U.S.)
- Dosage issues – Fluoride now comes from a variety of sources (including food, bathing, and showering) and there is no control how much one is absorbing. Furthermore, a certain level can be much more problematic to a infant or someone with a compromised immune system than to a healthy adult. Fluoride comes from other sources.
- Endocrine disrupter – Fluoride is an endocrine disruptor and interfere with various enzymes produced by organs part of the endocrine system.

# Addendum: Glossary continued

- Euthyroid Sick Syndrome – This occurs when someone has symptoms and signs of hypothyroidism, but the lab tests appear to be normal.
- Fluorine – Fluorine is an element. Fluoride either refers to the fluorine ion or to a compound that contains the element fluorine.
- Fluorosis – a chronic condition caused by excessive intake of fluorine compounds, marked by mottling of the teeth and, if severe, calcification of the ligaments.
- Informed medical consent – There is no informed medical consent when fluoride is added to municipal water systems for “medical” reasons.

# Addendum: Glossary continued

- Iodine - Iodine deficiency common in people with thyroid issues. A number of other chemicals interfere with iodine absorption. These chemicals are chemically similar to iodine and the body will have trouble telling them apart from iodine. They are known as toxic halides and include:
  - Chlorine
  - Bromine
  - Fluorine

Note: These chemicals can be absorbed through the skin like in a shower. The amount of iodine added to salt prevents goiter, but it is not the level needed for optimum health.

- Organic Foods – USDA Organic allows fluoride to be in organic foods
- Precautionary principle – Followed in Europe where a chemical has to be tested for their safety before being used.
- ppm – parts per million
- Skeletal Fluorosis – A disease affecting bone health (covered in more detail in a later slide)

# Addendum: Glossary continued

- Spinal stenosis – A condition where spinal column narrows and compresses the spinal cord.
- Subclinical hypothyroidism – Symptoms are slight and blood tests show normal levels of both T3 and T4, but elevated levels of TSH.
- Synergy- (plural: syn·er·gies) The interaction of elements that when combined produce a total effect that is greater than individual items. An example, it is a problem when fluoride combines with aluminum and it is able to bypass the blood/brain barrier into the brain tissue.
- Thyroid – Those deficient in iodine were found to be more sensitive to fluoride.

# Addendum: Glossary continued

- Types of Fluoride Conditions
  - Hashimoto's
  - Hyperthyroidism (high)
  - Hypothyroidism (low)
  - Neonatal Hypothyroidism
  - Primary Hypothyroidism
  - Secondary Hypothyroidism
  - Tertiary Hypothyroidism
  - Drug (or Toxicity) Induced Hypothyroidism
  - Surgically Removed Thyroid

# Addendum: Glossary - Skeletal Fluorosis

- Skeletal Fluorosis – Three Stages
  - Preclinical
  - Stage one
  - Stage two
    - Arthritic symptoms
    - Calcification of ligaments
    - Chronic joint pain
    - Osteosclerosis of cancellous bones
  - Stage three
    - Crippling skeletal fluorosis
    - Excessive calcification in joints, ligaments, and vertebral bones

# Addendum: Health Issues Related to Fluoride – Arthritis

- Types of Arthritis (Two Major Groups)
  - Osteoarthritis (cartilage in joints wear down)
  - Inflammatory arthritis – due to autoimmune disease where the body's own immune system attacks the body. A common one is Rheumatoid arthritis is a common one.
  - It is noted that there are over 100 types of arthritis.
- Worldwide, over 500 million people have arthritis. An estimated 15% of the population over the age of 60 have osteoarthritis. In the United States, more than 47 million Americans have arthritis, or one in three Americans have some form of arthritis.
- In the United States, it has been found that levels of fluoride in the general population are high enough to activate an inflammatory enzyme in the body, that it can cause, aggravate, and intensify pre-existing arthritis).
- A New Zealand study wrote that younger adults who have been diagnosed with rheumatoid arthritis might very well have “early bone fluorosis”.
- Fluoride can cause arthritis and chronic joint pain.
- Arthritis is responsible for 17% of all hospitalizations in 2011.

Two sources: <https://hsionline.com/2017/04/13/has-arthritis-become-rampant-due-to-this-common-practice/>  
(Title: Has Arthritis become rampant due to this common practice from Health Sciences Institute)  
and  
Fluoride Action Network/issues/health/arthritis/ posted January 28, 2012

# Addendum: Health Issues Related to Fluoride – Brain Health

- When we refer to brain health, we are talking about IQ, mental health, brain development, ADD/ADHD (attention issues), learning disabilities, dyslexia, memory disorders, and sleep disorders. The incidence of neurodevelopmental disorders have doubled in the past seven years from six to twelve.
- A major concern is how fluoride affects brain development especially before birth and during early childhood. It lowers IQ in children and adults. It causes degeneration in certain regions of the brain, specifically the hippocampus, neocortex, and cerebellum. It impairs the pineal gland function. (Note: Include pesticides, herbicides, heavy metals, radioactive isotopes, GMO foods, heavy metals in vaccines, mercury in dental fillings, and etc.)
- Fluoridated water leaches lead from pipes and faucets.
- Fluoride also facilitates the entry of aluminum into the brain. High levels of aluminum are found in people with Alzheimer's.
- Fluoride is found in antidepressants, like Prozac.
- Fluoride affects the pineal gland (located in the brain) and can cause a number of health issues.
- Lancet, a major medical journal, has declared fluoride to be a neurotoxin. This was reported on April 10, 2018.

Sources: <https://bebrainfit.com/fluoride-neurotoxin/> (Title: Fluoride as a Neurotoxin: How it harms your brain, edited and medically reviewed by Patrick Alban, DC, written by Deane Alban, posted February 23, 2022) and <https://naturalsociety.com/harvard-says-adhd-autism-caused-fluoridated-water/> (Title: Harvard Says Fluoridated Water is Causing Cognitive Disorders by Christina Sarich, posted March 9 2014, and updated November 2, 2021.)

# Addendum: Health Issues Related to Fluoride

## – Hypothyroidism

- In communities that add fluoride to their water systems, the rate of hypothyroidism is double of areas that do NOT add fluoride to their water systems.

Source: Dr. Amy Myers, MD

# Addendum: Health Issues Related to Fluoride - Pregnancy

- There is increased risk for hypothyroidism in pregnant women. Those with iodine insufficiency had higher levels of hypothyroidism
- Their boys had a lower level of IQ scores
- Hypothyroidism is a known cause of brain-based disorders in children
- Hypothyroidism in women can cause:
  - Fatigue
  - Weight gain
  - Depression
- Pregnancy places more demands on the thyroid
- After two pregnancies, a mom's iodine reserves can be depleted, resulting in hypothyroidism and weight gain.
- Breast tissues contain a considerable amount of iodine. (Note: Iodine deficiency can cause fibrocystic breast disease.)
- Nutrition is important for a healthy and functioning thyroid.
- Important to be aware of the fetus' exposure to fluoride while in utero.
- Note: With all these variables, it might make sense to routinely measure thyroid function and iodine levels after pregnancy in women.

Source: Fluoride Action Network, Effect of Fluoride in water in Pregnancy, a study by Meaghan Hall, et. Al, 2023, Scientists from Toronto's York University, in the journal, Science of the Total Environment and

<https://www.thedailybeast.com/fluoridated-water-during-pregnancy-linked-to-lower-iqs-study-published-by-jama-pediatrics-says?>

(Title: Study Links Fluoridated Water During Pregnancy to Lower Iqs by Shira Feder and Tracy Connor, published August 19, 2019)

# Addendum: History of Fluoride for Mind Control

- Adolf Hitler sought an elixir that would create a more docile population and sterilization of certain groups. It was fluoride-laced medication and it was given to concentration camp prisoners. The Soviet Union picked up this practice to their concentration camps, to decrease resistance to authority .
- In the United States, in the 1940s, crops, plants, and livestock were killed by prolific industrial dumping. Corporations faced a major dilemma when legislators banned the environmental disposal of hazardous waste materials. American Aluminum Company director Frances Frary was determined to find a way around these new regulations.
- Phyllis Mullenix, MD ascertained that fluoride is linked to cancer, memory problems, and low IQ. She was fired from the Forsyth Dental Center for saying this.
- Since fluoride's implementation, rates of autoimmune diseases, cancer, and ADHD have increased exponentially.

Sources: ... <https://downthechupacabrahole.com/2022/02/22/mind-control-mass-poisoning-the-truth-about-fluoride/> (Title: Mind Control & Mass Poisoning: The Truth About Fluoride, posted February 22, 2022) and <https://wariscrime.com/new/hidden-history-fluoride/> (Title: The Hidden History of Fluoride by Gregg Prescott, M.S., posted September 26, 2016)

# Appendum: Methods to Detox Fluoride from the Body

- Reduce fluoride intake/exposure (This includes using fluoride free toothpaste.)
- Consume more boron (a mineral)
- Eat some tamarind
- Increase magnesium/calcium Intake
- Consume more iodine
- General liver cleanse
- Sit in a sauna (conflicting information)

Two Sources:

<https://www.naturallifeenergy.com/super-method-to-detox-fluoride-from-the-body/>

and <http://www.trueactivist.com/6-ways-to-detox-fluoride-a-known-neurotoxin-from-your-body/>

- Avoid Teflon coated cookware (best to use stainless steel, glass, or enamel)
- Avoid medications containing fluoride

# Addendum: Resources

- <http://fluoridealert.org/>

# Addendum: Testing

- Testing – There is a fluoride blood test, with a test code of 949. However it is used to measure environmental or occupational exposure to fluoride. It is not be as accurate in assessing chronic exposure.
- A urine fluoride test can be used if they have “normal” levels on a blood test.

# Addendum: Questions

- What follow-up studies have been done to measure the health impact of adding fluoride for:
  - The young
  - The elderly
  - Those with compromised immune systems, does this create toxic overload?
- If the main purpose of adding fluoride to water was to reduce the incidence of cavities, how about raising the question of nutrition. What are the nutrients needed for optimum dental health?
- RDA levels are designed to prevent disease, not support optimum health outcomes.
- Is it responsible public policy to do mass drug without people's knowledge and their permission? As well as the environment?
- What tests can be developed to assess fluoride toxicity before a disease state is reached? What tests are available to measure fluoride exposure in various parts of the body?
- Questions need to be addressed as to what are the long terms consequences of fluoride exposure.

# Addendum: For Healthcare Professionals

- Coverage has already been done in the first addendum for:
  - Arthritis
  - Brain health
  - Hypothyroidism
  - Pregnancy Issues
- Medical
- Medical (Ages Fluoride is an Issue)
- Medical - Miscellaneous
- Medical – Bone Health
- Medical – Cardiovascular Issues
- Medical – Dental Fluorosis
- Medical – Kidney Issues
- Medical – Skeletal Fluorosis
- Medical - Detoxing

# Addendum: Medical

- The thyroid is heavily dependent on iodine, and fluoride displaces the iodine from thyroid cells.
- “...one halogen can displace another one of a higher atomic weight but cannot displace one of lower weight thereby, results fluoride- thyroid-iodine antagonism which in turn lead to interference with iodine uptake. The fluoride is a universal G-protein activator/inhibitor. The stimulation of certain G-proteins occurs due to the toxic effects of fluoride, which has the effects of switching off the uptake into the cell of the active thyroid hormone. The thyroid control mechanism is compromised. The TSH output from pituitary gland is inhibited by fluoride, thus reducing thyroid output from thyroid glands. Fluoride competes for the receptor sites on the thyroid gland which respond to TSH; so that this hormone reaches the thyroid gland and so fewer hormone is manufactured.”[3]
- Fluoride also combines with the calcium in bones and teeth and makes them brittle over time,[4] and fluoride is even associated with the decline in cognitive ability.[5]

Source: <https://www.naturallifeenergy.com/super-method-to-detox-fluoride-from-the-body/>

# Addendum: Medical (Ages Fluoride is an Issue)

- Infant
  - Exposure to fluoride is much higher when their powdered formula is used with water containing fluoride
  - Infants and children excrete less fluoride from their kidneys and absorb 80% of the fluoride into their bones
- Children
  - Children are being over-exposed to fluoride
- Adolescents
  - 41% have dental fluorosis
  - Earlier menstruation (5 months) in girls
- Adults
  - Thyroid function is affected
  - Cause arthritic symptoms (one in three Americans)
  - Those with impaired kidney function are more vulnerable to bone damage and higher risk for skeletal fluorosis
  - Damages sperm
- Elderly
  - Hip fractures
  - Note: 2 fold increase in cortical bone defects, which is the outside layer of the bone and is important to protect against fracture

Source: 50 Reasons to oppose fluoridation by Dr. Paul Connett

# Addendum: Medical Issues – Miscellaneous

- Fluoride interferes with numerous enzymes
- Fluoride in combination with aluminum interferes with G-proteins
- Aluminum-fluoride have the potential to interfere with signals from growth factors, hormones, and neurotransmitters
- Tooth decay is higher in low-income communities. It is due to rampant poverty, inadequate nutrition, and lack of access to dental care.
- Fluoride exposure can cause impaired visual-spatial organization (during exposure in utero).
- Fluoride damages the sperm and increases the rate of infertility.
- Fluoride calcifies the pineal gland. This gland controls your inner clock provides good sleep, works with adrenal glands to handle stress, keeps the thymus gland fed and cared for, and communicates with the endocrine system. This also includes fatigue and depression.

# Addendum: Medical Issues – Bone Health

- Fluoride increases hip fractures in both older men and women. Even very low levels of 0.1 causes problems.
- Bone strength declined with increasing fluoride content.
- It has been shown to cause bone cancer (osteosarcoma).
- Fluoride can cause joint pains and stiffness, as well as tendinous insertions and calcification of ligaments.
- A 50% higher rate of hip fractures in postmenopausal women in areas with up to 1 mg per liter of fluoride in drinking water.

Source: (Source: <https://childrenhealthdefense.org/defender/americans-fluoridated-water-risk/> (Title: 73% of Americans drink fluoridated water, but debate about safety rages on by Dr. Joseph Mercola, posted 11/24/2021)  
And  
(Source-15 facts most people don't know about fluoride by Dr. Paul Connett.)

# Addendum: Medical Issues – Cardiovascular Issues

- Fluoride has also been shown to concentrate in the cardiovascular system. This can result in:
  - Increased blood pressure (hypertension)
  - Arterial calcifications
  - Arteriosclerosis
  - Myocardial damage
- Electrocardiogram abnormalities have also been observed in both humans and experimental animals chronically exposed to fluoride.
- Research has also found that patients with cardiac failure have significantly elevated levels of fluoride in their blood, even more than patients with kidney disease.

Source: <https://fluoridealert.org/issues/health/cardio/>

# Addendum: Medical Issues – Dental Fluorosis

- Dental fluorosis is an abnormality caused by excessive fluoride intake.
- It occurs when too much fluoride is consumed while the teeth are developing in childhood and permanently affects teeth.
- Fluorosis can affect the appearance of the teeth in a number of ways, depending on its severity.
- Fluorosis symptoms include:
  - Cloudy white lines, spots, or marks on teeth
  - Teeth with a chalky appearance
  - Yellow or brown discoloration
  - Surface irregularities
  - Visible pits in tooth enamel
- It can range from being mild to severe

# Addendum: Medical Issues – Dental Fluorosis Pictures



Source: <https://www.bing.com/images/> on dental fluorosis

# Addendum: Medical Issues – Kidney Issues

- The kidneys are the organ responsible for clearing fluoride from the body. In the process of doing so, the kidneys are exposed to concentrations of fluoride that exceed, by a factor of 50, the concentration of fluoride in human blood. As such, the kidney have long been considered a potential target organ for fluoride toxicity. Among soft tissues, the kidney has the highest fluoride concentrations.
- Kidney patients are at elevated risk because when kidneys are damaged they are unable to efficiently excrete fluoride from the body. As a result, kidney patients accumulate up to four times more fluoride in their bones than healthy individuals, and have similar increases in their blood as well.
- These kidney patients may develop skeletal fluorosis even at 1 ppm fluoride in the drinking water.
- **Note:** Since the publication of this report, it has been discovered that the soft tissue of the pineal gland contains higher fluoride levels than the kidney.

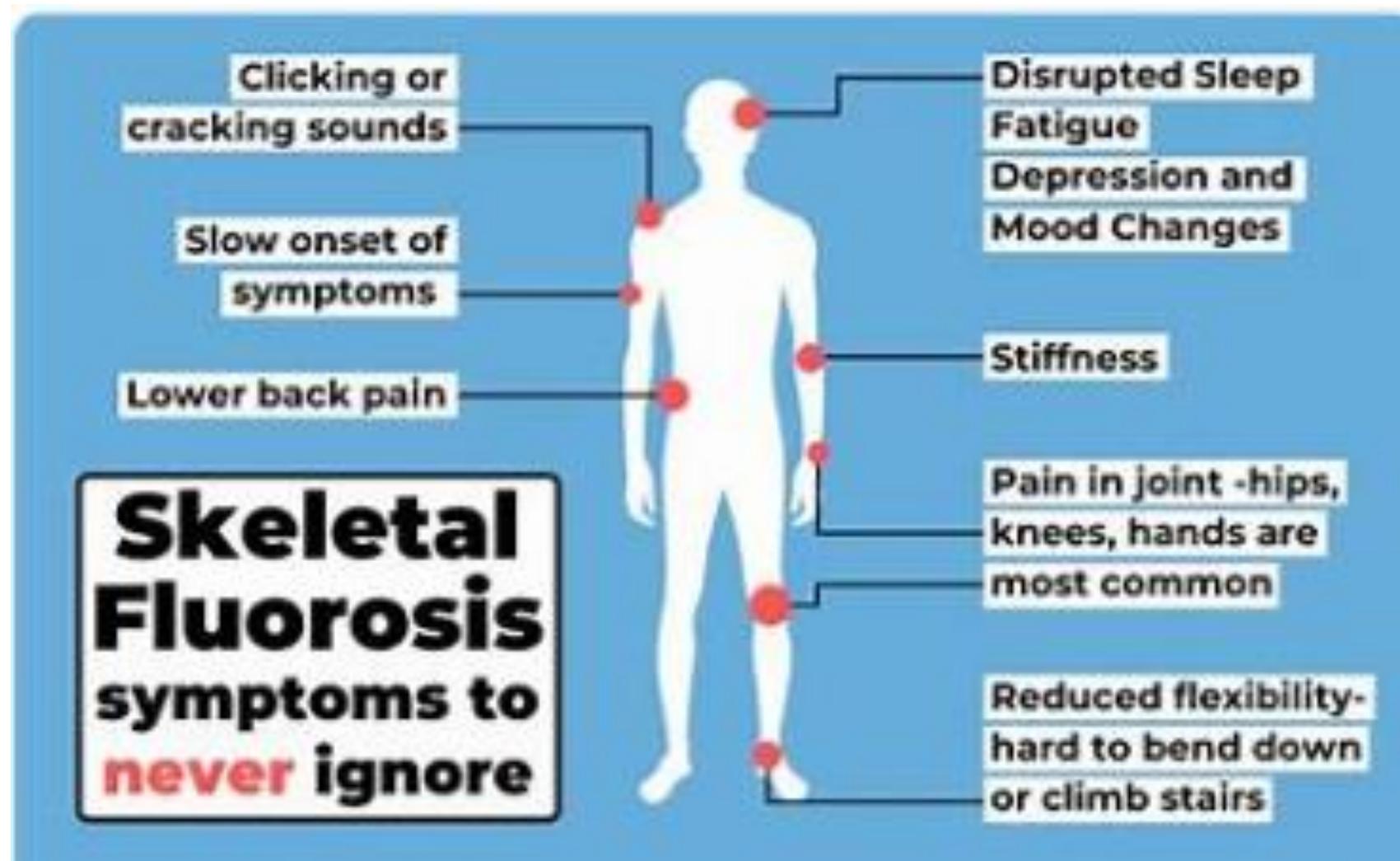
Source: <https://fluoridealert.org/studies/kidney01/> and  
<https://fluoridealert.org/studies/kidney06/>

# Addendum: Medical Issues – Skeletal Fluorosis

- Skeletal fluorosis is a bone disease caused by excessive accumulation of fluoride in bones. Skeletal fluorosis results in brittleness of bones, and pain in bones and joints.
- Boron is an excellent fluoride detox for the bones and joints. which was excreted in urine.
- Natural food sources high in boron include almonds, avocados, dates, hazelnuts, prunes, and raisins.
- They noted that in areas where boron consumption was low arthritis rates were high, and areas where boron consumption was high arthritis rates were low.

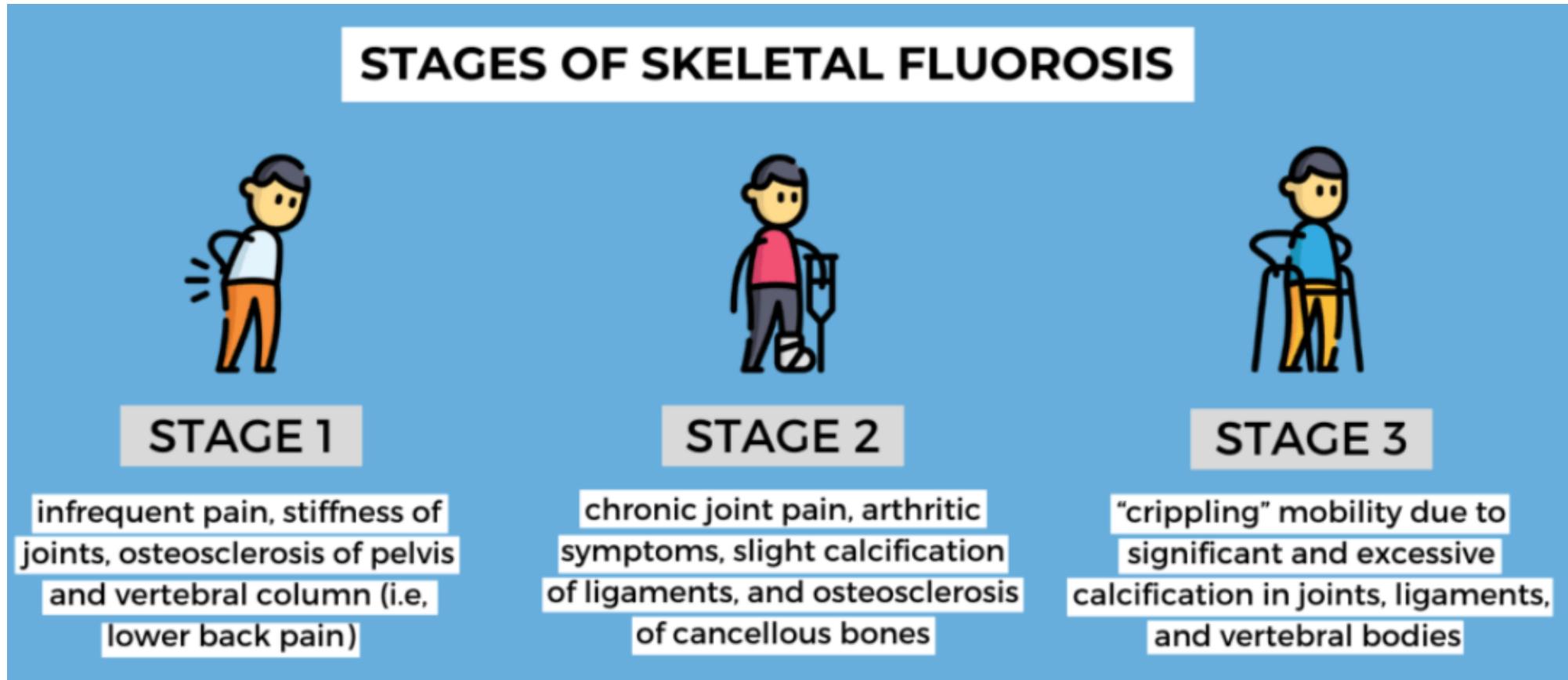
Source: <https://www.naturallifeenergy.com/super-method-to-detox-fluoride-from-the-body/>

# Addendum: Medical Issues – Skeletal Fluorosis



Source:  
[www.bing.com](http://www.bing.com)

# Addendum: Medical Issues – Skeletal Fluorosis



# Addendum: Medical (Detoxing)

- Increased intake of iodine can displace the fluoride and the fluoride is removed through urination.

# Conclusion, part one

- We are having similar issues on the electromagnetic radiation from cell phones, GMO issues, glyphosate from Roundup/Monsanto, as well as similar issues on vaccine effectiveness/safety, electromagnetic radiation, and endless TV drug ads from Big Pharma. If we listen to the industry, they will say everything is fine. Meanwhile, research continues to come out that fluoride is unsafe.
- Other chemicals along with fluoride include pesticides, herbicides, heavy metals, radioactive isotopes, GMO foods, and weather warfare chemicals are creating a dangerous neurological-toxic mix. It can cause birth defects in unborn children (along with other issues).
- The rates of autoimmune diseases, cancer, and ADHD have increased exponentially.
- The underlying issue is the conflict between science and profit oriented companies with a hand in our political system and controlling the mass media and misinformation. Is a war being waged against American health?
- Questions need to be raised, where are the statistics on children with learning disabilities, dyslexia, ADD, and etc. How many of them are now on medications?

# Conclusion, part two

- Hopefully, this presentation helps everyone to think seriously about the health benefits of adding fluoride to municipal water systems. It is banned in Europe.
- Furthermore, fluoride has officially been classified as a neurotoxin in the world's top medical journals.
- What testing protocols can be used or developed to identify fluoride-related health issues?
- When our government allows fluoride to be added to municipal water systems, it is a “betrayal of the public trust”.
- If anything, we hope that anyone reading or listening to this powerpoint will question information that is dispersed by our “government” and the “mass media”.

Source: <http://www.healthy-holistic-living.com/fluoride-officially-classified-neurotoxin-worlds-prestigious-medical-journal.html> (Title: Fluoride Officially Classified as a Neurotoxin in World's Top Medical Journals)