


Dangers of Fluoride



How something
you do everyday
could kill you.

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Dangers of Fluoride:

How something you do every day could kill you

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What is fluoride exactly?

For years, fluoride has been internationally recognized as a poison. Yes, you read that correctly, fluoride is a poison. A toxic waste, and until recently its only approved use was as an insecticide or rat poison. {1} Despite those restrictions on its use, fluoride is still being blindly recommended by dentists as a preventative measure for cavities and tooth decay.

Fluoride is also added to drinking water around the world under the guise of preventing tooth decay, its current use falls under the FDA's definition of a drug – something it obviously is not. Under the FDA's Food, Drug and Cosmetic Act the term "drug" is "*articles intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease in man or other animals, and articles (other than food) intended to affect the structure or any function of the body of man or other animals.*" {41}

The purpose of adding fluoride to public drinking water is to affect the structure of the teeth, and therefore it is a drug. While this fact alone is quite staggering, it actually gets **worse**.

The cavity prevention additive to most commercial toothpastes and drinking water is **sodium fluoride**, an inorganic compound of the naturally occurring, highly poisonous fluorine gas. It is manufactured by neutralizing **hydrofluoric acid** or **hexafluorosilicic acid**, which are byproducts of **fertilizer** production and heavy metal manufacturing. {2} Fluorine was an integral part in the production of **nuclear weapons** during WWII and the Cold War, as it was and still is used to enrich uranium and plutonium. {3} Sodium fluoride is classified as **toxic by both inhalation and ingestion**. In high enough doses it has been shown to affect the heart and circulatory system. {4} For a human, **5 grams can be lethal**. {5}

There are numerous dangers associated with exposure to fluoride and all of them outweigh the importance of preventing cavities. It is important that you know what those dangers are, and how they can affect your body's overall health so you can make an educated, well informed decision before continuing the use of products that contain fluoride.

"Sodium fluoride is classified as toxic by both inhalation and ingestion. In high enough doses it has been shown to affect the heart and circulatory system. {4} For a human, 5 grams can be lethal. {5}"

Fluoride does NOT prevent cavities

When the United States began fluoridating water supplies in the 1930s the basis for this program was to prevent tooth decay. Since then there have been numerous instances where studies have been performed to prove otherwise, or areas that ceased to fluoridate their public water saw a decline in tooth decay once they stopped – the exact opposite result as intended! Here are a few examples:

- ❖ M. Diesendorf, Tooth decay not related to fluoride intake from water {6}
- ❖ J. Colquhoun, Tooth decay related to economics of family {7}
- ❖ J. Colquhoun, Fluoride does not reduce tooth decay {8}
- ❖ Dr. John Yiamouyiannis, No correlation found between fluoride in water and dental caries {9}
- ❖ Fewer cavities found in children 7 years after Cuba stops fluoridation {10}
- ❖ Former East Germany fluoride cessation results in fewer cavities {11}

“It is time for the U.S., and the few remaining fluoridated countries to recognize that fluoridation is outdated, has serious risks that far outweigh any minor benefits, violates sound medical ethics and denies freedom of choice. Fluoridation must be ended now.”

Not only does fluoride **not prevent cavities**, it can cause **damage to connective tissues** in the body by destroying protein bonds in cells {12}, and this includes the tissue in the gums that connects them to the teeth. This can result in “pockets” in the gums where the tissue is separated. {13} If fluoride damages this connective tissue that attaches your gums to your teeth, then the continued use of fluoride products can greatly hinder the possibility of your gum tissue reconnecting to your teeth. This means that the “pocket” may not heal, and will therefore continue to be a hiding place and breeding ground for the harmful types of bacteria that wreak havoc on your gums and teeth. These “pockets” can also be gateways for harmful bacteria to enter your blood stream and cause infections in other parts of the body.

“Not only does fluoride not prevent cavities, it can cause damage to connective tissues in the body by destroying protein bonds in cells {12}, and this includes the tissue in the gums that connects them to the teeth.”

In 2009, more than 200 medical, scientific, and environmental health professionals signed a petition {14} presented to the United States Congress. The petition was essentially a call to action, attempting to encourage Congress to pass new regulations that would outlaw fluoridation of the United States water supplies. The mission statement of this assembly of renowned professionals is found on the cover of the report:

“It is time for the U.S., and the few remaining fluoridated countries to recognize that fluoridation is outdated, has serious risks that far outweigh any minor benefits, violates sound medical ethics and denies freedom of choice. Fluoridation must be ended now.”

To read this report in its entirety, [click here](#).

Fluoride has been banned in many countries

While fluoridation of water sources is still very prevalent in the United States, there are many other countries that have weighed the risks and made the decision to ban fluoride as an additive to water. The following is a list of countries that have completely banned the use of fluoride in water, or have made it a completely banned substance.

- ❖ [Austria](#) – “Toxic fluorides have never been added to the public water supplies in Austria.” (M. Eisenhut, Head of Water Department, Osterreichische Vereinigung für das Gas- und Wasserfach Schuberting 14, A-1015 Wien, Austria, February 17, 2000)
 - ❖ [Belgium](#) – “This water treatment has never been of use in Belgium and will never be (we hope so) into the future. The main reason for that is the fundamental position of the drinking water sector that it is not its task to deliver medicinal treatment to the people. This is the sole responsibility of health services.” (Chr. Legros, Directeur, Belgaqua, Belgium, February 28, 2000)
 - ❖ [China](#) – “The Chinese government now considers any water supply containing over 1 ppm fluoride a risk for skeletal fluorosis. (Bo Z, et al. (2003). Distribution and risk assessment of fluoride in drinking water in the West Plain region of Jilin Province, China. Environmental Geochemistry and Health 25: 421-431.)
 - ❖ [Czech Republic](#) – “Since 1993, drinking water has not been treated with fluoride in public water supplies throughout the Czech Republic. Although fluoridation of drinking water has not actually been prescribed, it is not under consideration because this form of supplementation is considered uneconomical, unecological, unethical, and toxicologically and physiologically debatable.” (Dr. B. Havlik, Ministerstvo Zdravotnictvi Ceske Republiky, October 14, 1999)
 - ❖ [Denmark](#) – “We are pleased to inform you that according to the Danish Ministry of Environment and Energy, toxic fluorides have never been added to the public water supplies. Consequently, no Danish city has ever been fluoridated.” (Klaus Werner, Royal Danish Embassy, Washington DC, December 22, 1999)
 - ❖ [France](#) – “Fluoride chemicals are not included in the list (of chemicals for drinking water treatment). This is due to ethical as well as medical considerations.” (Louis Sanchez, Directeur de la Protection de l’Environnement, August 25, 2000)
 - ❖ [Finland](#) – “Drinking water fluoridation is not prohibited in Finland, but no municipalities have turned out to be willing to practice it. Water suppliers, naturally, have always been against dosing of fluoride chemicals into water. (Leena Hiisvirta, M.Sc., Chief Engineer, Ministry of Social Affairs and Health, Finland, January 12, 1996)
 - ❖ [Germany](#) – “Generally, in Germany fluoridation of drinking water is forbidden. The relevant German law allows exceptions to the fluoridation ban on application. The argumentation of the Federal Ministry of Health against a general permission of fluoridation of drinking water is the problematic nature of compulsory medication.” (Gerda Hankel-Khan, Embassy of Federal Republic of Germany, September 16, 1999)
 - ❖ [Luxembourg](#) – “Fluoride has never been added to the public water supplies in Luxembourg. In our views, the drinking water isn’t the suitable way for medicinal treatment and that people needing an addition of fluoride can decide by their own to use the most appropriate way, like the intake of fluoride tablets, to cover their needs.” (Jean-Marie RIES, Head, Water Department, Administration De L’Environnement, May 3, 2000)
 - ❖ [Norway](#) – “In Norway we had a rather intense discussion on this subject some 20 years ago, and the conclusion was that drinking water should not be fluoridated.” (Truls Krogh & Toril Hofshagen, Folkehelse Statens institutt for folkehelse (National Institute of Public Health) Oslo, Norway, March 1, 2000)
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Additional dangers of fluoride

The following information and statements regarding fluoride and its potential health effects is all backed by scientific studies or endorsed by doctors.

"In 1979, 8 kidney dialysis patients in Annapolis, MD suffered toxic reactions during their blood cleansing process and died after it led to cardiac arrest. The determined cause of death was an accidental spill of over 1,000 gallons of fluoride into the city's drinking water supply. {28}"

- ❖ Exposure to fluoride can disrupt your body's synthesis of collagen, which can lead to a breakdown of collagen in bone, muscle, tendon, skin, cartilage, lungs, kidney, and trachea. {15}
- ❖ Fluoride can stimulate oxygen consumption and granule formation in your white blood cells, but inhibits those processes when a white blood cell is challenged by a foreign agent in your blood. {16}
- ❖ Fluoride can confuse your immune system, causing it to attack your own tissue, helping to increase tumor growth rate if you are prone to cancer, or are a cancer patient. {17}
- ❖ Antibody formation in your blood can be inhibited by exposure to fluoride. {18}
- ❖ Fluoride can depress thyroid activity. {19}
- ❖ Several different types of tissues in the body can be negatively disrupted by exposure to fluoride. {20}
- ❖ Fluoride promotes the development and progression of bone cancer. {21}
- ❖ Fluoride causes premature aging of your body. {22}
- ❖ Studies show a link from fluoride to brain abnormalities and/or IQ deficits. {23}
- ❖ Fluoride was found to be an equivocal (of uncertain nature or classification) carcinogen. {24}
- ❖ Further studies by the New Jersey Department of Health have confirmed a 6.9 fold increase in bone cancer in young males. {25}
- ❖ Infertility in women was found to increase with water fluoridation. {26}

Considering that the facts above can largely be related to a majority of people, not just a specific niche, they can be quite startling.

You would think that most toothpaste and mouthwash manufacturers would steer clear of including fluoride in their products when studies like these exist, but the fact of the matter is that most of these companies boast the fact that their products contain an ingredient that can increase **tumor growth** {17}, lead to **bone cancer** {21}, and alter the way your bodies' immune system works toward keeping you healthy {16, 17, 18}.

"May 24, 1974, a 3 year old boy slips into a coma and eventually dies of cardiac arrest after being given an overdose of fluoride at his first dental visit. The fluoride itself was determined to be the actual cause of death. {40}"

"In 1942, 47 mental patients from the Oregon State Hospital for the Insane died from fluoride poisoning when sodium fluoride powder was used accidentally instead of powdered milk to make scrambled eggs. {27}"

Why does the ADA push fluoride?

The ADA is not a government agency, but they do have a very large influence on dental matters. Lobbyists for the ADA are very active in Washington, D.C., which is the epicenter for political decisions in the United States.

In June of 1951 the 4th annual Conference of State Dental Directors with the Public Health Service and Children's bureau was held at the Federal Security Building in Washington, D.C. The main topic of conversation at this conference was how to handle rising questions about the safety and validity of adding fluoride to water supplies in the U.S. The heads of this board knew that it would be difficult to get many communities to go along with this idea due to the lack of data. The keynote speaker, Dr. Frank Bull (Director, Dental Education State Board of Health, Madison, WI), had a number of interesting quotes in his speech on how to "sell" water fluoridation to the masses. Here are a few examples of the dishonest nature of this plan.

"Now, in regard to toxicity, I noticed that Dr. Bain used the term 'adding sodium fluoride'. We never do that. That is rat poison. You add 'fluorides'." {30}

"This toxicity question is a difficult one. After all, you know fluoridated water isn't toxic, but when the other fellow says it is, it is difficult to answer him. I can prove to you that we don't know the answer to that one, because we had a city of 18,000 people which was fluoridating its water for 6 or 8 months. Then a campaign was started by organized opposition on the grounds of toxicity. It ended up in a referendum and they threw out fluoridation." {30}

- ❖ "We dare not let these people write a whole new standard for us when we introduce our dental program. We must not let them say that it has got to have 100% approval, or advance as a valid objection the fact that it may possibly have some bad to it." {29}
- ❖ "Isn't fluoride the thing that causes mottled enamel or fluorosis? Are you trying to sell us on the idea of putting that sort of thing in the water? What is your answer? You have got to have an answer, and it had better be good." {29}
- ❖ "Now we tell them this, that at one part per million dental fluorosis brings about the most beautiful looking teeth that anyone ever had. And we show them some pictures of such teeth. Don't try to say that there is no such thing as fluorosis, even at 1.2 parts per million, which we are recommending. But you have got to have an answer. Maybe you have a better one." {29}
- ❖ "They are going to bring up the question of whether fluoride added to the water supply is the same as natural fluoride. Incidentally, we never use the term 'artificial fluoridation'. There is something about that term that means a phony." {29}
- ❖ "We never had any 'experiments' in Wisconsin. To take a city of 100,000 and say 'we are going to experiment on you, and if you survive we will learn something.' That is kind of rough treatment on the public. In Wisconsin, we set up 'demonstrations'." {30}
- ❖ "Now, in regard to toxicity, I noticed that Dr. Bain used the term 'adding sodium fluoride'. We never do that. That is rat poison. You add 'fluorides'." {30}
- ❖ "This toxicity question is a difficult one. After all, you know fluoridated water isn't toxic, but when the other fellow says it is, it is difficult to answer him. I can prove to you that we don't know the answer to that one, because we had a city of 18,000 people which was fluoridating its water for 6 or 8 months. Then a campaign was started by organized opposition on the grounds of toxicity. It ended up in a referendum and they threw out fluoridation." {30}
- ❖ "When you get the answer on the question of toxicity, please write me at once, because I would like to know." {30}
- ❖ "Of course we don't want these fellows inhaling the dust, whether it is sodium fluoride dust or whatever it is. We don't want them inhaling the dust 24 hours a day or even for shorter periods. But with ordinary, just ordinary precautions there is no danger involved in handling fluorides." {31}
- ❖ "We tell them this: 'there is only one thing wrong with fluoridation. It is just too cheap.'" {31}

Why does the ADA push fluoride? (continued)

“If we want to argue about it, let’s get up a debate before our dental organizations and talk the thing out. But when we are inviting the public in and the press in, don’t have anybody on the program who is going to go ahead and oppose us because he wants to study it some more.” {35}

- ❖ “We simply say this: ‘if your water is good enough for people to drink today, then you should have fluorides in it today.’” {31}
- ❖ “We think nothing of going to a community of 400 people and saying ‘You should fluoridate your water’ when we know it is going to cost them \$50 per capita to get their equipment. So why should we let these big communities stall us?” {31}
- ❖ “We might as well face it. We are going to have to live down for quite a while some of the things we have been saying the last 3 or 4 years in regard to fluoridation.” {31}
- ❖ “Now naturally we don’t know anything about what fluorides are going to do to some industrial processes that are developed 50 years from now. We don’t need to know that.” {32}
- ❖ “Why, we have had deans of dental schools coming out with the statement, particularly in reference to sodium fluoride, that high pressure boilers would blow up.” {32}
- ❖ “We simply tell them that you can’t taste 100 parts per million, let alone 1. You can rig up a test or demonstration for that quite simply.” {32}
- ❖ “One thing that is a little hard to handle is the charge that fluoridation is not needed. They talk of other methods, and when they get through adding up all the percentages of decay that we can reduce by such methods, we end up in a minus. When they take us at our own word they make awful liars out of us, and that will be brought up.” {32}
- ❖ “We simply tell them this: ‘with all that we think we know about the prevention of dental caries, we are having more of it today than we ever had in the history of mankind. Instead of being on the decrease it is on the increase.’ And if they want to do something on a mass basis they must go into their urban areas and start fluoridating the water.” {32}
- ❖ “Another thing that will be brought up is that all the dentists, all the physicians, all of the public health people, and especially research workers, are not fluoridation. Well, that is a correct thing to say.” {32}
- ❖ “People are going to say to you, ‘isn’t it a fact that you don’t know all about fluoridation? Do you know how this thing works?’ We say we don’t know all about it. ‘But you still want us to try it?’ they say. That’s right.”
- ❖ “You just don’t go out and tell dentists, any more than you can go out and tell people, that this is the thing to do and they automatically go ahead and do it. You have got to keep this thing before them, and you have got to make it look important enough so you have it on the state meeting level.” {34}
- ❖ “If we want to argue about it, let’s get up a debate before our dental organizations and talk the thing out. But when we are inviting the public in and the press in, don’t have anybody on the program who is going to go ahead and oppose us because he wants to study it some more.” {35}
- ❖ “After all, because there isn’t a dentist in a community, that is no reason you can’t fluoridate the water, as long as there is a public water supply.” {36}
- ❖ “Don’t use the word ‘artificial’, and don’t use ‘sodium fluoride’. You don’t know what a community is going to end up using as its fluoridating agent. But don’t let them raise the question of rat poison if you can help it. And certainly don’t use the word ‘experimental’.” {36}

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Why does the ADA push fluoride? (continued)

- ❖ “The question of toxicity is on the same order. Lay off it altogether. Just pass it over. ‘We know there is absolutely no effect other than reducing tooth decay’ you say, and go on.” {37}
- ❖ “Two thirds of the deans of the dental schools of the universities saying fluoride is rat poison and shouldn’t be used.” {38}
- ❖ “When this thing came out we never mentioned it in Wisconsin. All we did was get some publicity on the fact that there is less cancer and less polio in high fluoride areas. We got that kind of information out to the public, so that if the opposition did bring up this rumor they would be on the defensive rather than having us on the defensive.” {39}
- ❖ “The biggest difficulty with this, and the biggest drawback, and the most obvious reason for criticism, is the lack of data.” {40}

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Best non-fluoride solution

Tooth decay can be linked directly back to plaque and tartar build up, and plaque and tartar build up can be directly correlated to an over abundance of bacteria forming in the mouth. So the key to preventing cavities is to kill the bacteria that form plaque and tartar.

So how do you fight the bacteria that are waging war on your mouth? The answer is simple, follow a strict oral hygiene regiment.

Flossing, brushing and using mouthwash are keys to success, but it doesn’t stop there. You also need to be mindful about using products that work, instead of chemical laden products that don’t provide you with a bacteria free mouth.

While you have been told for years that you need to use toothpaste and mouthwash to help take care of your gums, we know now that you will be hard pressed to find toothpastes that are fluoride free. What’s worse, even if you DO find toothpaste that is free of fluoride, chances are it still contains harsh chemicals such as Sodium Lauryl Sulfate, hydrated silica or triclosan and many more.

The most effective anti bacterial toothpaste and mouthwash on the market today is OraMD. It is a 100% all natural liquid toothpaste, mouthwash and breath-freshener. It is scientifically formulated to kill the 22 known harmful bacteria that cause the cavities.

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- "Introduction" to chapter 7 of "Fluorine-containing Insecticides" by R. L. Metcalf (Handb. Exp. Pharmacol XX 1, pp. 355-386, Springer, Berlin-Heidelberg-New York, 1966)

Charles Henry Higbee, British Patent GB 8236; filed on 04/18/1896, patented on 05/23/1896. "The compounds of fluorine which I employ for the purpose of destroying insects are certain soluble ones: sodium fluoride, ferric fluoride, the silicofluorides of the same bases, hydrofluoric acid, and the borofluosilicats."

{2} "Simply, the Hall-Heroult process is the method by which alumina is separated into its component parts of aluminum metal and oxygen gas by electrolytic reduction. It is a continuous process with alumina being dissolved in cryolite bath material (sodium aluminum fluoride) in electrolytic cells called pots and with oxidation of the carbon anodes."

"Compounds of fluoride formed in side reactions are the other main volatile product."

- Aluminum smelting, ALCOA (Aluminum Company Of America, http://www.alcoa.com/global/en/about_alcoa/pdf/smeltingpaper.pdf)

{3} "The tetrafluoride is then fed into a fluidised bed reactor or flame tower with gaseous fluorine to produce uranium hexafluoride"

- World Nuclear Association report on the enrichment of uranium, <http://www.world-nuclear.org/info/inf28.html>

{4} Acute inhalation exposure to sodium fluoride particles can cause irritation and damage to the lungs. Acute ingestion can cause nausea, vomiting, anxiety, stomach pain, diarrhea, hypertension, peripheral circulatory failure, muscle spasms, weakness, convulsions, cardiac dysrhythmias, coma and respiratory failure.

- Sodium fluoride toxicological overview by the Health Protection Agency, http://www.hpa.org.uk/web/HPAwebFile/HPAweb_C/1227169969666

{5} "The chosen IDLH (Immediately Dangerous to Life or Health), therefore, has been estimated from the human acute lethal dose of 5 grams of sodium fluoride."

- Documentation for IDLHs, Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/niosh/idlh/fluoride.html>

{6} Tooth decay not related to fluoride intake from water

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{7} Tooth decay related to economics of family

- American Laboratory, 17:98-109, 1985
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{8} Fluoride does not reduce tooth decay

- Community Dentistry and Oral Epidemiology 13:37-41, 1985

{9} Dr. John Yiamouyiannis, No correlation found between level of fluoride in water and dental caries

- "Fluoride: The Aging Factor" – pub Health Action Press 2nd edition, 1986

{10} Caries prevalence after cessation of water fluoridation in La Salud, Cuba

- T. Fischer, W. Kunzel, Department of Preventative Dentistry, Dental School of Erfurt, Freidrich Schiller University of Jena, Germany

{11} Decline of caries in prevalence after the cessation of water fluoridation in the former East Germany

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{12} "Fluorides are general protoplasmic poisons, probably because of their capacity to modify the metabolism of cells by changing the permeability of the cell membrane and by inhibiting certain enzyme systems."

- Journal of the American Medical Association, Sept 18, 1943, Editorial.

{13} "Gum pockets, from 1 to 8mm deep, are also formed by fluoride, which severs the protein molecules adhering the gums to the teeth."

- Letter from Gerald F. Judd, Ph. D., Chemist, Researcher for 18 years and Professor of Chemistry for 33 years.

{14} Professional's statement calling for an end to water fluoridation

<http://fluoridealert.org/prof-statement.1.pdf>

{15} A.K. Susheela and Mohan Jha, " *Effects of Fluoride on Cortical and Cancellous Bone Composition*," IRCS Medical Sciences: Library Compendium, Vol. 9, No.11, pp. 1021-1022 (1981); Y. D. Sharma, " *Effect of Sodium Fluoride on Collagen Cross-Link Precursors*," Toxicological Letters, Vol. 10, pp. 97-100 (1982); A. K. Susheela and D. Mukerjee, " *Fluoride poisoning and the Effect of Collagen Biosynthesis of Osseous and Nonosseous Tissue*," Toxicological European Research, Vol. 3, No.2, pp. 99-104 (1981); Y.D. Sharma, " *Variations in the Metabolism and Maturation of Collagen after Fluoride Ingestion*," Biochemica et Biophysica Acta, Vol. 715, pp. 137-141 (1982); Marian Drozd et al., " *Studies on the Influence of Fluoride Compounds upon Connective Tissue Metabolism in Growing Rats*" and " *Effect of Sodium Fluoride With and Without Simultaneous Exposure to Hydrogen Fluoride on Collagen Metabolism*," Journal of Toxicological Medicine, Vol. 4, pp. 151-157 (1984).

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