



The dangers of fluoride

The Dangers of Fluoride¹ ...

A new study has found that the protective shield fluoride forms on teeth is up to 100 times thinner than previously believed. This raises questions about how this renowned cavity-fighter really works.



It has long been believed that fluoride changes the main mineral in tooth enamel, hydroxyapatite, into a more-decay resistant material called fluorapatite. But the new research found that the fluorapatite layer formed in this way is only 6 nanometers thick -- meaning it would take almost 10,000 such layers to span the width of a human hair. According to Science Daily:

"The scientists question whether a layer so thin, which is quickly worn away by ordinary chewing, really can shield teeth from decay".

Another new study shows that exposure to fluoride may lower children's intelligence. In addition to toothpaste, fluoride is added to 70 percent of U.S. public drinking water supplies. PR Newswire reports:

"About 28 percent of the children in the low-fluoride area scored as bright, normal or higher intelligence compared to only 8 percent in the 'high' fluoride area ... in the high-fluoride city, 15 percent had scores indicating mental retardation and only 6 percent in the low-fluoride city."

Fluoride is a potent neurotoxin that's been fraudulently promoted as a cure for cavities for the past five decades. Finally, we're beginning to see the kind of research needed to hopefully reverse this great injustice ...

The two recent scientific developments above deserve special notice as together they offer a compelling picture of the truth.

¹ Article taken from <http://www.mercola.com/>

Not only do we now have yet another study showing that fluoridated water has a significant impact on children's IQ, but researchers have also discovered that the benefits of topical application of fluoride is highly questionable. Folks, there are FAR better options for decreasing tooth decay than using a topical poison or ingesting a harmful industrial pollutant.

Fluoride Does Not Make Your Teeth More Resistant to Decay



[According to Science Daily](#), Americans spend a staggering \$50 billion a year on the treatment of toothpastes, mouthwashes cavities. Fluoride, long heralded as the answer to decaying teeth, can be found in a vast assortment of and professionally applied fluoride treatments. It's even added to your drinking water for this purpose.

Now, a groundbreaking [study published in the journal Langmuir](#) has uncovered that the fluorapatite layer formed on your teeth from fluoride is a mere six nanometers thick. To understand just how thin this is, you'd need 10,000 of these layers to get the width of a

strand of your hair! Scientists now question whether this ultra-thin layer can actually protect your enamel and provide any discernible benefit, considering the fact that it is quickly eliminated by simple chewing.

An Even Bigger Issue: Water Fluoridation

The conventional wisdom has been that topical application of fluoride can help strengthen your enamel and help prevent decay. If that's untrue, then the case against water fluoridation—the *ingestion* of fluoride—becomes even stronger than it ever was before.

There's just no doubt that ingesting fluoride has no beneficial effect on your teeth. In fact, there's overwhelming evidence indicating that fluoride is a potent toxin that can cause a wide array of severe health problems once ingested.

When evaluating the issue of water fluoridation it is also important to understand that fluoride is a drug. You can't get fluoride without a prescription. Yet it's being added to your water supply on a mandatory basis at various levels that may or may not be safe for various individuals, especially children, the sick, and the elderly. Water fluoridation is a major assault on your freedom of choice – to be drugged or not.

Sodium fluoride, which is a far *simpler* toxin than the fluoride compounds used for most water fluoridation, has also been used for rat and cockroach poisons, so there is no question that it is highly toxic.

Amazingly, the United States is only one of eight countries in the entire developed world that fluoridates more than 50 percent of its water supply. (The other seven are: Australia, Colombia, Ireland, Israel, Malaysia, New Zealand and Singapore.)

In Europe, Ireland is the only country that fluoridates more than 50 percent of its drinking water, and England fluoridates 10 percent. Most of mainland Europe is not fluoridated, and yet, according to [World Health Organization data](#), their teeth are just as good, if not better than Americans'.

Studies Link Water Fluoridation to Reduced IQ in Children

The [latest study linking water fluoridation to lowered IQ](#) was announced in a [December 21 news release](#). However, this study was recently withdrawn from publication according to Jane Schroeder (NIH/NIEHS). In an email response she explained the reason for the withdrawal as follows:

"Following Ahead of Print publication EHP learned that many of the data had been published in a previous paper (Xiang et al. 2003. Effect of fluoride in drinking water on children's intelligence. Fluoride 36: 84-94), in violation of EHP's policy regarding the use of previously published material in original Research Articles. Consequently, the paper had to be withdrawn from publication."

That said, the [data published in 2003 still stands and is still valid](#). Dr. Connett has also stated that his comments still stand. [According to Paul Connett](#), director of [the Fluoride Action Network](#):

"This is the 24th study that has found this association, but this study is stronger than the rest because the authors have controlled for key confounding variables and in addition to correlating lowered IQ with levels of fluoride in the water, the authors found a correlation between lowered IQ and fluoride levels in children's blood."

This brings us closer to a cause and effect relationship between fluoride exposure and brain damage in children. What is also striking is that the levels of the fluoride in the community where the lowered IQs were recorded were lower than the EPA's so-called 'safe' drinking water standard for fluoride of 4 ppm and far too close for comfort to the levels used in artificial fluoridation programs (0.7 – 1.2 ppm)."

Trained as a chemist specializing in environmental chemistry, Dr. Connett is known throughout the world as a leader in the movement opposing water fluoridation because of his knowledge base. His organization, [the Fluoride Action Network](#), contains a wealth of information on this topic.

Earlier this year I joined forces with Connett to publicize his game plan to end water fluoridation in Canada and the United States. I'll review it again at the end of this article. In December 2010, a second study reporting an association with exposure to fluoride and lowered IQ in children was [pre-published in the Journal of Hazardous Materials](#).

According to the authors, "our study suggested that low levels of fluoride exposure in drinking water had negative effects on children's intelligence and dental health and confirmed the dose-response relationships between urine fluoride and IQ scores as well as dental fluorosis."

This study indicates a 5 point lowering in IQ as the fluoride level in drinking water went from about 0.3 ppm to 3.0 ppm.

Fluoride has Been Repeatedly Linked to Brain Damage

In addition to this study, there are [23 more from four different countries](#) (Mexico, Iran, India and China), which indicate that even [moderate exposure to fluoride lowers IQ in children](#). According to Dr. Connett, there are also more than [100 animal studies linking fluoride to brain damage](#), spanning all the way back to 1941. Unfortunately, most of the IQ studies have been unavailable in English, which is why the [2006 fluoride report created by the National Research Council of the National Academies](#) contained only five of the available studies.

Still, while reviewing just 20 percent of the evidence, the panel concluded that there was a consistent and plausible link between fluoride exposure and reduced IQ. The [news release quotes Tara Blank](#), Ph.D., the Science and Health Officer for the Fluoride Action Network as saying:

"Millions of American children are being exposed unnecessarily to this neurotoxin on a daily basis. Who in their right mind would risk lowering their child's intelligence in order to reduce a small amount of tooth decay, for which the evidence is very weak."

Indeed. According to Dr. Connett, the newest studies show that over 40 percent of American children are overexposed to fluoride. How can we know? Because they have the telltale sign of dental fluorosis. In its mildest form, dental fluorosis looks like little white specks on your teeth. But as it gets more serious, it begins affecting more of the surface of your teeth, creating yellow, brown and orange mottling.

Promoters of fluoridation scoff at these signs, saying that they're "just cosmetic."

But, since we already know that water fluoridation does NOT effectively reduce dental caries, this is an unnecessary cosmetic defect, and, worse yet, it is a worrisome indication that your body has been overexposed to fluoride. If it's having a detrimental, visual effect on the surface of your teeth, you can be virtually guaranteed that it's also damaging something else inside your body, such as your bones.



Other Fluoride-Induced Health Problems

In fact, fluoride will accumulate in your body and can, over time, lead to far more serious health concerns. There are plenty of studies showing the dangers of fluoride to your health—besides dental fluorosis—such as:

Increases lead absorption	Disrupts synthesis of collagen	Hyperactivity and/or lethargy	Muscle disorders
Brain damage, and lowered IQ	Arthritis	Dementia	Bone fractures
Lowers thyroid function	Bone cancer (osteosarcoma)	Inactivates 62 enzymes	Inhibits formation of antibodies
Genetic damage and cell death	Increases tumor and cancer rate	Disrupts immune system	Damages sperm and increases infertility

Parents Beware ... Never Use Fluoridated Tap Water when Making Infant Formula

Most of the people who are educated about fluoride will avoid drinking municipal tap water that is fluoridated, and a reverse osmosis system is about the only way to rid your water of fluoride. However, there are many who simply don't have the resources or the know-how to protect themselves and their young children. In November of 2006, the American Dental Association (ADA) sent out an email to alert its members of their recommendation to parents to [not use fluoridated tap water to make infant formula](#). A few days later, the [CDC followed suit](#). But neither of them openly informed the public!

So millions of parents are still using tap water to make up formula, oblivious of the fact that the agencies that promote fluoridation in this country have issued a specific warning against using fluoridated water for this purpose. Not only that, but by fluoridating the municipal water supply, you doom many low income families to fail to protect their young children from this dangerous drug, even if they have this information.

What's the REAL Cause of Tooth Decay?

Tooth decay is caused by acids in your mouth, typically created from sugar being metabolized by bacteria (*Streptococcus mutans*), and as you may already know, the number one source of calories in the United States is high fructose corn syrup.

The acid produced then attacks your enamel. Eventually the bacteria can get into the dentine, at which point tooth decay sets in. You typically don't find dental caries in more primitive societies that do not consume these vast amounts of sugar. So, the real answer lies in your diet. Avoid excessive sugar consumption, and your dental health will improve along with the rest of your body.

So please, [get informed; stay involved](#). In addition to the Fluoride Action Network, you can find a wealth of scientific literature at [this link](#). I also highly recommend getting a copy of Dr. Connett's new book, [The Case Against Fluoride](#) to learn more.

The healthy drink that may destroy your sleep² ...

The pineal gland is a small endocrine gland located between the two hemispheres of your brain. It is sometimes called the "third eye" due to its resemblance to the human retina. While your pineal gland is only about the size of a single grain of rice (5-8 mm), it performs several functions that are extremely important to your body.

One main role of your pineal gland is to produce melatonin, the natural sleep hormone that plays a vital role in your normal sleep function. Melatonin is not only necessary for proper sleep however, it also regulates the onset of puberty and fights against harmful free radicals. When your pineal gland function is suppressed, melatonin production suffers and you are putting yourself at risk for a number of startling conditions including:

Alzheimer's disease	Circadian dysregulation	Insomnia
Bipolar disease	Hormone imbalances: low melatonin	Low back pain

When Your Pineal Gland Stress Leads, Disease Follows

Any form of pineal gland stress is concerning due to its integral role in your body, which has been studied for thousands of years. In the third century, a prominent Roman physician named Galen described the pineal gland as the "seat of the soul."

This term was referenced once more by the prominent philosopher René Descartes (1596-1650), who went on to write about the pineal gland in depth. Adding to Galen's thoughts on the gland, Descartes stated: *"My view is that this gland is the principal seat of the soul, and the place in which all our thoughts are formed."*

One form of pineal gland stress is known as pineal gland calcification -- the cause of which may be shocking to you. Sodium fluoride, present in your drinking water and certain store-bought products, and other sources such as Prozac (fluoxetine), fluoroquinolone antibiotics and non-stick cookware could all be contributing to the alarming increase in pineal gland calcification.

I have been warning you about the toxic effects of fluoride for years, and during this time more and more scientists have begun to recognize the dangers. There are so many studies highlighting the toxic effects of fluoride on your body, particularly affecting brain function, yet remarkably, a majority of the tap water in the United States, as well as a few other countries, is still heavily fluoridated.

² Article taken from <http://www.mercola.com/>

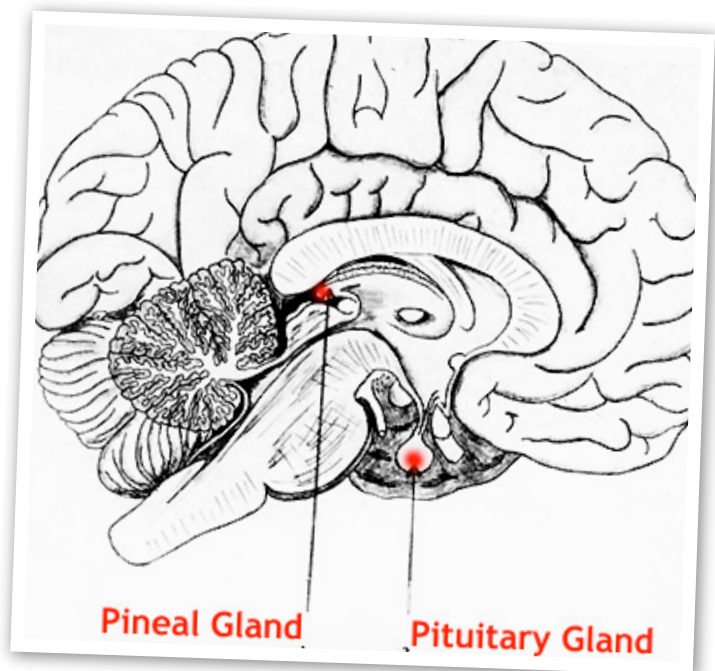
The connection between pineal gland calcification and fluoride intake may very well be one of the most vital pieces of information in the fight against water fluoridation. You see, up until the 1990's, no research had ever been conducted on the impact of fluoride on the pineal gland. However, we now have major universities discovering that your pineal gland is a primary target of fluoride accumulation in your body.

Research Confirms Pineal Gland as a Major Fluoride Collector

Thanks to [research first conducted](#) by the University of Surrey in England in 1997, it is now known that the soft tissue of the adult pineal gland contains more fluoride than any other soft tissue in your body. In fact, the levels of pineal gland fluoride examined in the study were high enough to inhibit enzymes.

When your enzymes are damaged, it can lead to collagen breakdown, eczema, tissue damage, skin wrinkling, genetic damage, and immune suppression. It can also cause problems with your:

- Immune system
- Digestive system
- Respiratory system
- Blood circulation
- Kidney function



Pineal gland fluoride levels were measured at ~330 parts per million (ppm). The EPA currently sets the maximum allowed level of sodium fluoride in the drinking water at 4 ppm. This is nothing compared to the amount of fluoride found to be stored in the harder tissues of your pineal gland known as hydroxyapatite crystals. Fluoride levels observed in the hard tissue were found to be as high as 21,000 ppm. Hydroxyapatite crystals store more fluoride than any other hard tissue in your body, including teeth and bone.

After researchers concluded that the pineal gland was a major target for extreme fluoride accumulation in your body, they decided to conduct a series of experiments to determine if it was enough to impact the functioning of the gland, particularly melatonin production. Dr. Jennifer Luke from the University of Surrey in England led the researchers in performing the study.

The results were surprising even to the scientists on the research team. Animals treated with fluoride not only had lower levels of melatonin as expected, but female animals experienced an early onset of puberty. Due to the interference of melatonin production in the animals in response to the fluoride treatment, the hormonal triggers that are responsible for puberty were disturbed. Dr. Luke summarized the findings:

"In conclusion, the human pineal gland contains the highest concentration of fluoride in the body. Fluoride is associated with depressed pineal melatonin synthesis by prepubertal gerbils and an accelerated onset of sexual maturation in the female gerbil. The results strengthen the hypothesis that the pineal has a role in the timing of the onset of puberty."

The Early Puberty Connection

U.S. girls are [reaching puberty at younger ages than ever before](#). In the 1990s, breast development -- the first sign of puberty in girls -- at age eight was considered an abnormal event that should be investigated by an endocrinologist. However, by 1999, following a 1997 study that found almost half of African Americans and 15 percent of whites had begun breast development by age eight, the Lawson Wilkins Pediatric Endocrine Society suggested changing what is viewed as "normal."

Could pineal gland calcification be the cause of early puberty in young girls?

As mentioned earlier, the major study performed by the University of Surrey in England says absolutely YES. The connection between gland calcification and an early onset of puberty was even mentioned as a main point in the study's summary by Dr. Luke.

It is important to remember that the groundbreaking study was conducted in 1997, before the 1999 research that brought to light the epidemic of early puberty. We have known all of this time about the correlation between fluoride exposure and early puberty, yet there has been little coverage of the subject!

The Explosion of Information on Pineal Gland Toxicity

Following the initial breakthroughs on the link between fluoride and pineal gland calcification, scientists began to examine the issue more closely. In 2006, the National Research Council (NRC) released its report: "[Fluoride in Drinking Water: A Scientific Review of EPA's Standards](#)."

The NRC began working on the report in 2003 as requested by the US Environmental Protection Agency (EPA) in order to review the latest research on fluoride toxicity and assess the EPA's current safe drinking water standards for fluoride. In 2006, the report was released with a summary that backed up the work of Dr. Luke and her research team who conducted the first experiment on the role fluoride plays in pineal gland calcification back in 1997. The summary was printed in the National Academies Press, Washington D.C. P221-22:

"The single animal study of pineal function indicates that fluoride exposure results in altered melatonin production and altered timing of sexual maturity... Recent information on the role of the pineal organ in humans suggests that any agent that affects pineal function could affect human health in a variety of ways, including effects on sexual maturation, calcium metabolism, parathyroid function, postmenopausal osteoporosis, cancer, and psychiatric disease."

Mainstream Medical Community Still in the Dark about Fluoride

There are so many scientific studies showing the direct, [toxic effects of fluoride on your body](#), it's truly remarkable that it's NOT considered a scientific consensus by now. It truly amazes me that the medical (and dental) communities are so stubbornly resistant to connect the dots when it comes to the skyrocketing increase of cognitive decline in adults (Alzheimer's and various dementia's), and [behavioral issues in children](#) (ADD, ADHD, depression and learning disabilities of all kinds).

In fact, there have been over [23 human studies and 100 animal studies](#) linking fluoride to brain damage. This [includes such effects as](#):

Reduction in nicotinic acetylcholine receptors	Damage to your hippocampus	Formation of beta-amyloid plaques (the classic brain abnormality in Alzheimer's disease)
Reduction in lipid content	Damage to purkinje cells	Exacerbation of lesions induced by iodine deficiency
Impaired antioxidant defense systems	Increased uptake of aluminum	Accumulation of fluoride in your pineal gland

What is perhaps most surprising is that the harmful effects of fluoride have been known about by conventional medical organizations for over half a century. The Journal of the American Medical Association also stated in their September 18, 1943 issue that fluorides are general protoplasmic poisons that change the permeability of the cell membrane by certain enzymes. And, an editorial published in the Journal of the American Dental Association, October 1, 1944, stated:

"Drinking water containing as little as 1.2 ppm fluoride will cause developmental disturbances. We cannot run the risk of producing such serious systemic disturbances. The potentialities for harm outweigh those for good."

Yet, this element, or as some may call it, this caustic industrial chemical, is deliberately added to about two-thirds of U.S. public water supplies. Now that it has been established that fluoride is extremely toxic to the health of you and your family, what can be done to prevent exposure?

Limiting Exposure to Toxic Fluoride and Other Substances

As mentioned, fluoride currently contaminates nearly 70 percent of the U.S. public water supplies. Therefore, it is an extreme challenge to limit your exposure even inside the safety of your own home. For people living in areas with fluoridated tap water, fluoride is a part of every glass of water, every bath and shower, and every meal cooked using that water. Fluoride is not the only toxic substance in your tap water, however.

While chlorine is right at the heart of this matter, there is an even larger threat to your health. It is important to understand that when chlorine interacts with organic matter found in your water, disinfection byproducts (DBPs) form. And these DBPs are far more toxic than the chlorine itself. In fact, DBPs are responsible for the vast majority of the toxic effects of chlorinated water... toxic effects that can potentially lead to ...

- Increased cancer, asthma, and skin irritation risks
- Respiratory irritation and fatigue
- Weakening of your immune system

The problem is that a hot steamy shower:

- Triggers your skin pores to open, which in turn ...
- Spikes a high absorption rate of chlorine and other chemicals directly into your system and ...
- Helps create a 'free pass' of foreign chemicals into your body fluids and bloodstream – unlike drinking tap water where your digestive processes at least get a chance to filter out some of the harmful contaminants.