

Here is a timely excellent article on Flouride. It's one of my most favourite topics because I happen to have made audiotapes off of two Coast to Coast AM radio interviews. Not only is there an amazing team which has made such a difference in changing the tide of thinking but also getting incredible results and cooperation from dentists and other health/political leaders. I haven't had time to put together a summary of this even though I very much wanted to; so I thank Dr. Mercola for doing the job for all of us. I welcome your comments. I also would like to add that I carry the Unda Homeofresh toothpaste which is not only fluoride free but also promotes healthy friendly bacteria in the mouth to prevent tooth decay and gingivitis. -- *Helen*

From Dr. J. Mercola's Website – visit www.mercola.com and see his video clip too

Fluoride, one of the most consumed drugs in the United States, is deliberately added to about two-thirds of U.S. public water supplies, theoretically to reduce tooth decay, even though there's no scientifically-valid evidence proving either safety or effectiveness.

In this video, Dr. Bill Osmunson, general and cosmetic dentist for 30 years, talks about how he came to change his mind about water fluoridation, which he promoted aggressively for the first 25 years of his practice. He thought he saw the benefits, but it wasn't until he actually reviewed the information for himself that he began to realize that fluoridation is a serious problem.

Why Does Toothpaste Carry a Warning But Fluoridated Water Does Not?

One of the first things he did was look at a tube of toothpaste, which clearly carries the warning: "Do not swallow," and "in case of accidental ingestion, contact the poison control center."

The amount of fluoride they're talking about is a quarter milligram of fluoride, contained in a pea size amount of toothpaste.

But here is the kicker, This is the same amount of fluoride you find in 8 oz of water. Yet toothpaste carries a "Do not swallow" warning, whereas you're typically told to drink eight 8oz glasses of water each day, without any concern for the amount of fluoride you will ingest.

One of Dr. Osmunson's main concerns is water fluoridation for infants. The American Dental Association (ADA) and the Center for Disease Control (CDC) recommend that infants NOT receive fluoridated water for drinking, nor for making their formula, as fluoridated water contains 250 times more fluoride than mother's milk.

"We shouldn't fluoridate water and harm our most vulnerable," he says.

Personally, I also strongly advise you do not give your children fluoridated water.

Unfortunately, the only way to ensure your water is pure enough to drink is by installing a good water filtration system in your house, such as a reverse osmosis filter that can

filter out fluoride and other dangerous water contaminants like [disinfection byproducts \(DBPs\)](#). Bottled water also typically contains fluoride, even though it's not stated on the label.

Dental Fluorosis – A Clear Sign of Excessive Fluoride Intake

The next thing Dr. Osmunson looked at was dental fluorosis. These are the white and brown spots on your teeth. The only thing that causes dental fluorosis is fluoride – typically due to ingesting too much fluoride during your developing years, from birth to about 8 years of age. According to the CDC, about one third of children and adolescents 6 to 19 years have enamel fluorosis on their teeth.

When dental fluorosis occurs, it can be an indication that the rest of your body has been exposed to too much fluoride also, such as your bones and the rest of your organs, including your [brain](#).

So, are there actual *benefits* of water fluoridation?

Depending on the source, water fluoridation has been said to reduce tooth decay by anywhere from 20 to 80 percent. But when you compare the statistics between different countries, you see that no matter whether they fluoridate their water or not, tooth decay has steadily been reduced by the same amount.

Likewise, when you compare states in the U.S., you find that increased amounts of fluoride in the drinking water make no difference. We have the same amount of good healthy teeth, regardless of water fluoridation.

So, if there's no benefit, WHY are we fluoridating?

Why Do We Fluoridate Drinking Water if It's Not Healthy?

The evidence points to it being little more than [a well-orchestrated PR stunt](#) to aid an industry in trouble – a fascinating story in and of itself, as described so well in Christopher Bryson's book [The Fluoride Deception](#) and in one of the best web sites on this topic, [Fluoride Action Network \(FAN\)](#).

Other pro-fluoride advocates go so far as to try to make you believe that fluoride is a *nutrient* that naturally helps build strong teeth and bones. One such example is the [Directive 2002/46/EC of the European Parliament and the Council](#), which lists "fluoride" as one of only 28 vitamins and minerals permissible for sale for human consumption within the European Union.

But let's make this point clear: **fluoride is NOT an essential nutrient**. The fluoride added to your drinking water is in fact a chemical waste product! It is NOT something you should use as a supplement to your diet.

There are plenty of studies showing the dangers of fluoride to your health, 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

The Key to Healthy Teeth is in Your Diet!

If you're wondering how to keep your teeth healthy, remember that fluoride was never the answer in the first place. Instead, look to your diet for naturally healthy teeth. In fact, most people whose diet includes very little sugar and few processed foods have very low rates of tooth decay.

Limiting, or eliminating sugar, and avoiding processed foods -- along with regular cleanings with your natural dentist -- will ensure that your teeth stay healthy naturally.

What You Can Do to Help Eliminate Water Fluoridation

Dr. Osmunson suggests you talk to your dentist and health care provider about water fluoridation. For example, ask them if they've seen the National Academy of Sciences report on fluoridation. You can help educate them by giving them information they may not have on water fluoridation and excess fluoridation exposure.

He also suggests that professional health care providers and dentists take the time to look at both sides of the issue. If you are a professional in the field, you may also want to add your name to the online *Professional Statement* at www.FluorideAlert.org. As of April 2009, 2,221 medical and environmental health professionals have signed this statement, calling for an end to water fluoridation.

Related Links:

- » [Fluoride Exposure May Contribute to Early Puberty](#)
- » [Fluoride Damages Your Brain!](#)
- » [Is Fluoride Really As Safe As You Are Told?](#)