

What Do They Want To Put Into Our Water Now?

Water is one of the basic elements of nature. The water surrounding us also connects all of us. Our human bodies consist of over 70 percent water. So water is an important element to the nature of who we are.

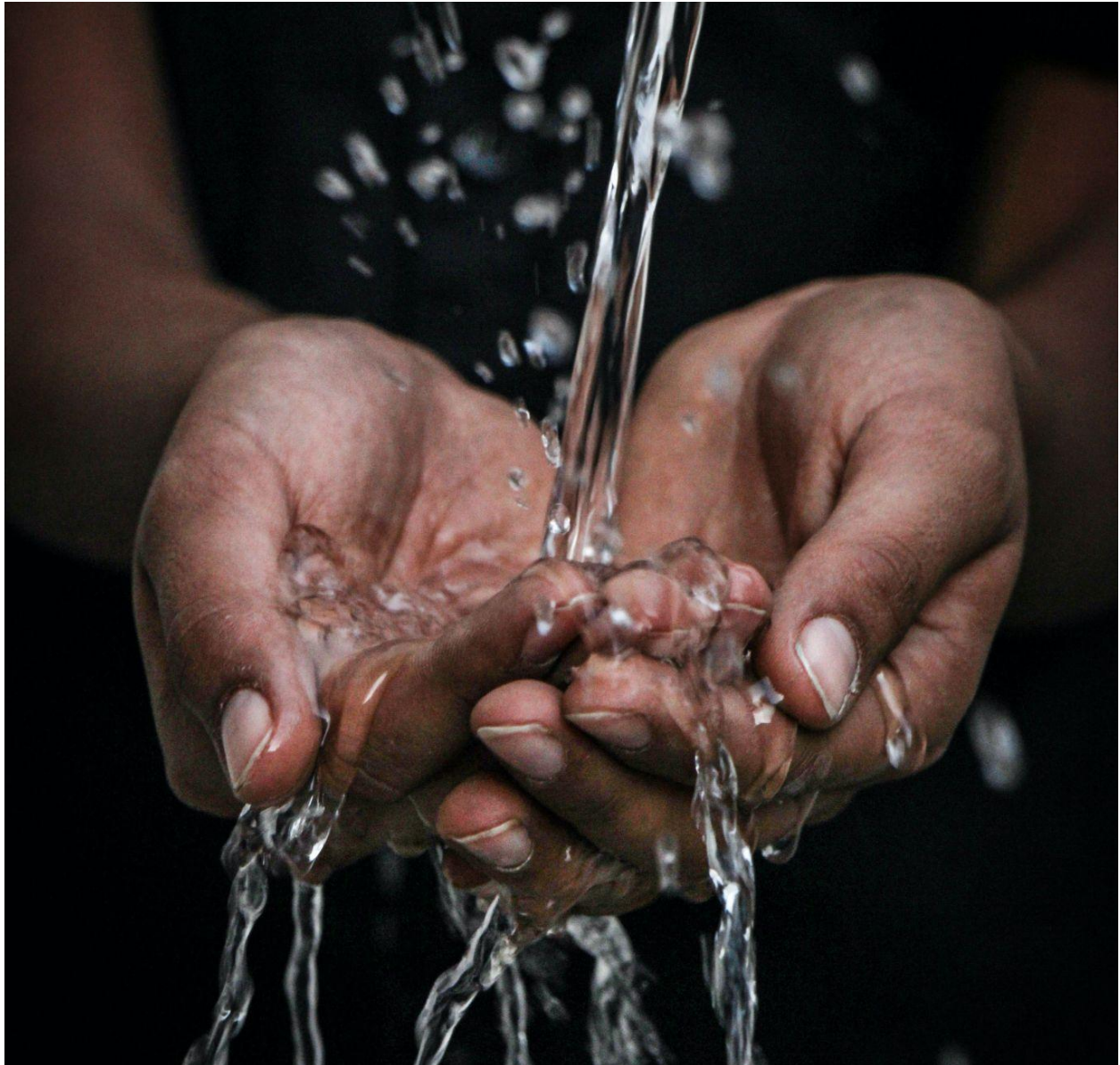


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Although fluoride exists naturally in the environment, human exposure to fluoride has drastically increased since the 1940s. Since that time, fluoride has found its way into our water supply and an array of products, especially due to fluoride's alleged role in cavity prevention.

In addition to this fluoride exposure, industrial pollution of fluoride and its compounds has also increased and can contaminate our air, soil, water, and vegetation in both the immediate vicinity and distant areas.

Fluoride is a highly toxic substance. The FDA now requires a poison warning on all fluoride toothpastes sold in the U.S. - yet it's still available.

Tens of millions of people throughout China and India now suffer serious crippling bone diseases from drinking water with elevated levels of fluoride.

Although fluoride advocates have claimed for years the safety of fluoride in dentistry is exhaustively documented and "beyond debate," the Chairman of the National Research Council's (NRC) comprehensive fluoride review, Dr. John Doull, has stated that: "when we looked at the studies that have been done, we found that many of these questions are unsettled and we have much less information than we should, considering how long this [fluoridation] has been going on. I think that's why fluoridation is still being challenged so many years after it began."

Dental fluorosis is recognized as the first visible sign of fluoride toxicity. According to 2010 data from the Centers for Disease Control and Prevention (CDC), 23% of Americans aged 6-49 and 41% of children aged 12-15 exhibit fluorosis to some degree.

Some of the adverse human health conditions associated with fluoride exposure are:

- Acne and other dermatological conditions
- Arterial calcification and arteriosclerosis
- Bone weakness and risk of fractures
- Cancer of the bone, osteosarcoma
- Cardiac failure
- Cardiac insufficiency
- Cognitive deficits
- Dental fluorosis
- Diabetes
- Early puberty in girls
- Electrocardiogram abnormalities
- Harm to the fetal brain
- Hypertension
- Immune system complications
- Insomnia
- Iodine deficiency
- Lower fertility rates
- Lower IQ
- Myocardial damage
- Neurotoxic effects, including ADHD

- Osteoarthritis
- Skeletal fluorosis
- Temporomandibular joint disorder (TMJ)
- Thyroid dysfunction

ADHD

Higher levels of urinary fluoride during pregnancy are associated with more ADHD-like symptoms in school-age children, according to University of Toronto and York University researchers.

A research team (including experts from the University of Toronto, York University, the National Institute of Public Health of Mexico, University of Michigan, Indiana University, the University of Washington and Harvard School of Public Health) analyzed urine samples from mothers during pregnancy and their children between six and 12 years of age.

After analyzing the urine and relating it with the child's performance in a number of tests and weighing it with other contributing factors like birth weight, socioeconomic status, etc., the researchers found that children with elevated prenatal exposure to fluoride were more likely to show symptoms of ADHD as reported by parents. Prenatal fluoride exposure was more strongly associated with inattentive behaviours and cognitive problems, but not with hyperactivity.

Fluoride In Combination With Aluminum

Dr. Russell Blaylock is a renowned medical doctor and neurosurgeon and has written extensively on the harms of fluoride.

Dr. Blaylock explains that claims by government health authorities that fluoride is completely safe at current exposure levels are false. He says they ignore copious scientific evidence pointing to both brain and nervous system damage in conjunction with fluoride exposure, not to mention an elevated risk of cancer.

One major area of research involves fluoride's apparent role in triggering early-onset brain diseases such as Alzheimer's and dementia.

Fluoride appears to worsen brain disease symptoms in patients who have already been diagnosed with dementia. And it does this by combining with other toxins also found in water such as aluminum.

What apparently happens when individuals with aluminum-induced neural degeneration in the brain are exposed to fluoride, the fluoride enhances the toxicity of aluminum. Fluoride greatly increases the bioavailability of aluminum and greatly increases the overall toxic burden of this pervasive metal, making it exceptionally more toxic.

But Is It Effective At Preventing Cavities?

The Cochrane Collaboration is considered the gold standard of evaluating effectiveness. It said that cavity reduction was “based predominantly on old studies and may not be applicable today.”

According to most major sources, estimates of fluoridation effectiveness amount to at most a reduction of only one-half cavity per child.

Low end estimates find no significant reduction at all. Children aged 6-17 average 2.1 cavities in their permanent teeth:

- Cochrane Collaboration (2015): 26% (0.5 cavity per child)
- CDC (2018): 25% (0.5 cavity per child)
- Iowa Fluoride Study (2018): No significant reduction
- World Health Organization data (2005): No evidence of fluoridation’s effectiveness

Finally, World Health Organization data show cavity rates in children (age 12) have dropped as much in nations that don’t fluoridate as in nations that do.

So Have We Been Lied To, Yet Again?

Considering that Canadian studies of fluoridated and non-fluoridated communities provide little evidence of benefit to children or adults of water fluoridation and with little evidence that water fluoridation has reduced social inequalities in dental health, it’s the contention of Howard Cohen, BA, MA, PhD and David Locker, BDS, PhD that water fluoridation, by the very nature of the way it’s administered, engenders a number of moral dilemmas without an easy solution.

While the debate circles around the “science” of whether fluoride is beneficial added to water, it completely misses the morality of adding a chemical substance to a large water supply without anyone’s express consent.

Left out of this debate are the core values of autonomy, beneficence and truthfulness.

According to Drs. Cohen and Locker, “ethically, it cannot be argued that past benefits, by themselves, justify continuing the practice of fluoridation.”

“There is a need for new guidelines for water fluoridation that are based on sound, up-to-date science and sound ethics. In this context, we would argue that sound ethics presupposes sound science.”

And Now

The Centers for Disease Control and Prevention (CDC) has helped create and promote a new fluoridation system they hope will expose nearly 20 million more Americans to harmful levels of fluoride.

There have already been bills passed to expand this to the UK and New Zealand, and will likely expand to Canada and Australia.

We should not presume that chemicals in existing use are safe just because they're in use. The combined and accumulated impact of the exposure levels generated from all chemicals and sources is often overlooked.

Informed consumer consent is needed for all uses of fluoride, and this pertains to water fluoridation, as well as all dental-based products, whether administered at home or in the dental office.

This article was written and researched by Lucy Crisetig. Lucy is a Creative Mindfulness Coach. Download your free copy of Lucy's "**Generate Your Soul's Genius**" ebook at www.lucycrisetig.com

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