

## Fluoride: Uses and Effects

**Some Sources** : Tea , tooth paste, food and drink products.

### **Sodium Fluoride :**

It is not found naturally, it is a poisonous chemical, a by-product of Aluminium smelting and one of its primary uses is as an insecticide! It cannot be used in Agriculture because it KILLS livestock, wildlife, fish and crops. Rats given one part per million of Sodium Fluoride had offspring crippled at birth.

A New Jersey Health Department study of Fluoridation found that it discolours teeth, children had increased brittle bone disease and bone cancer. It is a rodenticide and insecticide and will kill bacteria in the mouth. Surely there are safer ways to kill bacteria in the mouth ,like using Acid / Alkaline water instead. One in four people are in DANGER of over consuming Fluoride, even if they do not have it in their water supply as fluoridation!

No one disputes that too much fluoride is harmful to teeth. If too much is harmful to teeth ,what does it do to the skeletal system? A 1998 study (B.P Rajan et al, Fluoride, 21: 1988) found that tooth paste can double the level of fluoride in the blood within five minutes of being used. Even when the toothpaste is not swallowed it is absorbed into the blood directly via the skin of the mouth and tongue. Hitler fluoridated the water supply of each country that he invaded because it made the peoples mind compliant with authority!

Fluoride ingested by healthy adults, only excrete half the amount taken in. Children, diabetics and people with kidney problems retain up to two thirds of fluoride taken in. 1978 Yale University Researchers Dr. J.A. Albright and colleagues reported at the American Orthopaedics Research Society that exposure to 1 ppm of fluoride decreases bone strength and elasticity leading to osteoporosis. A report from the National Institute of Arthritis and Metabolic Diseases published in 1973 reported that there was a 50% to 100% increase in the occurrence of osteitis fibrosa in patients whose artificial kidney machines were run with Fluoridated Water !

### **San Diego Fluoridation Risk Assessment June 20-21 1999.**

Recent research shows that rats drinking only 1 part per million fluoride (NaF) in water had histologic lesions in their brain similar to Alzheimer's disease and dementia. This study was the third in a series of papers published by Varner et al. Brain Research Vol. 784 No. 12 p 284-298 (1998).

**Shocking**, yet true and verifiable. In fact, all of the 1600 scientists, lawyers, engineers and other professionals at the EPA in Washington DC through the National Federation of Federal Employees local 2050 stated that there is a causal link between fluoride/fluoridation and cancer, genetic damage, neurological impairment, and bone pathology.