

The Wellness Family

Dr. Chang Keeps You Informed

Fluoride and the Aware Parent

We tend to make our decisions based on what we're told by our healthcare providers; we try to do what's best for our families based on what we've been told is best. So, what do we do when science starts proving that what we've been told for over 50 years is wrong?

What is Fluoride?

Fluoride is defined as a salt of hydrofluoric acid consisting of two elements, one of which is fluorine and, in its elemental form, is part of the earth's crust. This doesn't mean much to a parent unless we understand that fluoride is considered by Dr. Robert Carton, a former EPA toxicologist, to be "somewhat less toxic than arsenic and more toxic than lead"; now *that* we understand.

What doesn't make sense about this is that fluoridated water contains an average of 1 mg/liter of fluoride but the EPA considers any water containing more than .015 mg/liter of either lead or arsenic to be in excess of what is considered "its maximum contaminant level." In other words, fluoridated water would be considered poisonous if it weren't for all the hype around "fluoride".

Dr. Carton believes, "Fluoridation is the greatest case of scientific fraud of this century, if not of all time."

Fluoride Sources

Many city and county governments have added fluoride to their water sources because it's supposed to be good for us; but this isn't the only source.

Several items that you purchase for your home everyday contain fluoride, the source of which can be intentional (toothpaste), pesticides (grape juice), bone dust released during the separation process (chicken), or just a natural byproduct of being from the earth (bottled spring water, tea and wine).

The Problem with Fluoride

We've all heard that the American Dental Association says that fluoride is good for our teeth; the problem is that this is a fallacy. Fluoride is not good for our teeth; in fact it's quite the opposite.

In order for fluoride to bond to teeth it must remove calcium and that process is called fluorosis. Fluorosis is defined as an abnormal condition caused by excessive intake of fluorides, characterized in children by discoloration and pitting of the teeth and in adults by pathological bone changes. Not only is fluoride not good for our teeth but it is possible that many adults suffering from "arthritis" are, in reality, battling fluorosis.

Fluoride Research

In 1988, the National Institute of Dental Research and the United States Public Health Service completed a massive \$3.6 million nationwide survey to determine



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the efficacy of fluoridation. The data, which was only released after a Freedom of Information Act filing, revealed that there was no difference in the amount of tooth decay between fluoridated and non-fluoridated communities. Public health officials in New Zealand and Canada have made similar findings.

In 1999, the New York State Department of Health completed an unprecedented 45-year study comparing children in Newburgh, New York, which had fluoridated water for 45 years, with Kingston, New York, which never had fluoridated water. It was determined that there were no significant differences in the amount of cavities between the two cities; unfortunately, there was more dental fluorosis in Newburgh.

In 2000, a systematic review of over 200 water fluoridation safety and efficacy studies found that they were lacking in any real scientific data. One researcher said, "The most serious defect of the studies of possible beneficial effects of water fluoridation was the lack of appropriate design and analysis."

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A similar study taken on by the University of California, Davis Department of Mathematics said, "The announced opinions and published papers favoring mechanical fluoridation of public drinking water are especially rich in fallacies, improper design, invalid use of statistical methods, omissions of contrary data, and just plain muddleheadedness and hebetude." In other words, they were basically making it up as they went along and any real scientific data wasn't present.

Finally, according to a 1998 US patent by the pharmaceutical company Sepracor, fluoride activates the very oral "G proteins" that have been determined to lead to chronic gingivitis, periodontal disease and ultimately tooth loss.

Fluoride Dangers

The first obvious danger is that fluoride is a poison, but it is also a proven carcinogen. Studies performed by the National Cancer Institute's former Chief Chemist Emeritus, Dr. Dean Burke, shows that fluoride is responsible for about 10,000 deaths yearly. "In point of fact, fluoride causes more human cancer deaths, and causes it faster, than any other chemical."

Similar studies from St. Louis University, Japan's Nippon Dental College and the University of Texas showed that fluoride actually increases tumor growth rate and the New Jersey Department of Health found the risk of osteosarcoma, a rare bone cancer, among males under 20 was up to seven times higher in fluoridated areas.

Equally surprising is the fact that fluoride has been proven to cause brain damage. In 1999, 1,500 EPA scientists, lawyers and engineers signed a joint resolution to oppose fluoridation because they found

that fluoride causes "gene mutations, cancer, reproductive effects, neurotoxicity, bone pathology, and... decreases (of) about 5 to 10 I.Q. points in children aged 8 to 13 years."

What can we do?

There are several things that can be done to lessen the amount of fluoride ingested by your family besides simply switching to a non-fluoride toothpaste. The first of which is to quit drinking from the tap if your community has fluoridated water.

In addition, be careful when purchasing bottled water, since water bottling companies are not required to list the amount of fluoride in their water. It is best to purchase only water that says that is it purified, distilled, deionized, demineralized, or produced through reverse osmosis as this will always be low in fluoride. It goes without saying to avoid any water that says, "Fortified with fluoride".

It's also important to note that the American Dental Association and the Centers for Disease Control have finally admitted that fluoridated water should never be mixed into concentrated formula or foods intended for babies and toddlers.

The most important thing that you can do to keep your family safe is to look into the research and then make your own decision.

For more information visit:

www.icpa4kids.org/research/children/flouride.htm

www.nofish.org/new_page_17.htm

www.icpa4kids.org/research/articles/childhood/Fluoride_More_to_Swallow.htm

www.mercola.com/article/links/fluoride_links.htm

www.fluoridealert.org

Dear Parent,

Dr. Chang is dedicated to providing you with the absolute best in family wellness care. Take a moment today to ask your Family Wellness Chiropractor any questions you may have about your family's overall health and wellness.

This newsletter is provided to you by:

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