

Before deciding either way about fluoride, listen to the excellent wide coverage in

To remain within "safe" limits, you'd have to use such a small amount of fluoridated toothpaste that one tube would last you several years, so alternate use with a fluoride free toothpaste.

There is 250 times more fluoride in babies' formula milk with fluoridated water than in mother's milk. This is bad. All should see and hear - <http://www.youtube.com/watch?v=sh-oeu2L8yM>

It is the best presentaton I have ever seen or heard.

There is not one single metabolic process in your body that requires fluoride. On the contrary, fluoride is a cumulative poison that has been linked to reductions in IQ and an array of health problems. No one can claim that fluoride needs to be ingested. If needed, toothpaste is its place.

Fluoride causes:

- Kidney stones and obesity.
- Fluoride in the water supply actually increases the risk of hip fractures among the elderly, a seven year study among the over 65s of Utah discovered.
- A cause of kidney stones and obesity.
- Over weight was nearly five times more common in an area with high fluoride. It can also be an indication that the rest of your body, such as your bones and internal organs, including your brain, have also been overexposed to fluoride.
- Living in areas with fluoridated drinking water (such as most of the USA and NZ), you will be interested to know that high levels of fluoride in water are associated with kidney stones. The condition was nearly five times more common in an area with high fluoride.
- It can also be an indication that the rest of your body, such as your bones and internal organs, including your brain, are over-exposed to fluoride.
- If I was an arthritic individual, I would be eliminating every possible source of fluoride exposure that I could think of." Phyllis Mullenix, PhD, Toxicologist.
- Evidence strongly indicates that some people diagnosed with "arthritis" are in fact suffering from low-grade fluoride poisoning.

In June 2003, pain occurred in my right knee while walking up stairs. An Internet search for "sore knee + cause" indicated that it was possibly from excess fluoride, which is in Hamilton's town water that I drank a lot of, so we changed to bottled NZNatural water and in three months my knee got better and in 2016, still is. We now take a Pure Boron (toxin free) capsule with each meal, from Naturapath Chris Rhodes or Google for it. Most Boron mines contain heavy metals, so be careful of which you take. Muscle test it. Read Muscle Test in Human Health. Using Muscle testing can improve your health unbelievably.

We checked most of the super market bottled waters available and chose one that was excellent in compatibility at 80 with heavy metals at zero, while it still had magnesium and other good minerals. Then in March 2016 it tasted dreadful, and compatibility dropped from 80 to 25, so we stopped drinking it, and drank the E-filter Amway water which is filtered Hamilton water. Compatibility is 75 and all toxins including fluoride, are removed, but magnesium is not removed. These are our measurements, not commercialist.

Read Water in Human Health which is very important because so much is consumed, so a small percentage of a toxin is a lot worse that the same percentage in a capsule.

The following went to the editor, Waikato Times, but was not printed.

"Before voting for fluoride, some Hamilton City councillors didn't even check Waikato River water figures that show it already contains fluoride, or read the latest fluoride research before voting to add it, which 98% of European countries now don't do.

Most councillors obviously didn't Google and read what I emailed to them -

<http://www.youtube.com/watch?v=sh-oeu2L8yM>

Most councillors didn't consider babies on Formula milk powder consuming toxic amounts of fluoride. A number of prominent dental researchers now advise that parents should not add fluoridated water to baby formula, so they have to buy bottled water, some of which is from taps, so possibly fluoridated. Muscle test it, and buy only the best. When I was testing them in a supermarket,

a staff member was cross that the one he had been buying was the worst.

Hamilton Council figures show that their adding fluoride to the water supply costs \$48,000 per annum. Equipment maintenance over the years costs more.

My wife and I grow 14 vegetables better than organically because we analyse them and fertilise with the deficient elements. Unfortunately, watering with Hamilton fluoridated water increases their fluoride level.”

Hamilton News also ignored these facts, so they make Hamiltonians sick in different ways.

Hamilton now has two fluoride-free waters available at Taitua Arboretum, Whatawhata, and the Claudelands Events Centre.

Facts about fluoride

1. Dental fluorosis is only one of the health risks of consuming fluoride. Research conducted in 2015 linked fluoridated-water consumption to thyroid dysfunction, weight gain (is this a cause of obesity in NZ and USA), and depression accentuated in NZ by its high manganese levels. Read Manganese, causing wrong decisions. Thyroid function was affected starting at a fluoride level of 0.3 mg/L, which is less than half what the USA currently recommends, which is a level of 0.7 mg/L.

2. Your pineal gland also tends to accumulate significant amounts of fluoride, which eventually causes it to calcify. This may lead to ADHD-like symptoms and may also play a role in Alzheimer's and bipolar disease. Considering its effect on neurotransmitters, it's also quite conceivable that it might promote depression and other neurological disorders.

3. Further, according to one 500-page scientific review, fluoride is an endocrine disruptor that can also affect your bones, brain, and even your blood sugar levels. There are more than 100 published studies illustrating fluoride's harm to the brain alone, plus 43 more that directly link fluoride exposure to reduced IQ in children. Studies have also demonstrated that fluoride toxicity, from over-exposure, can cause:

- Increased lead (Pb) absorption
- Hyperactivity and/or lethargy
- Muscle disorders
- Bone cancer (osteosarcoma)
- Increased tumor and cancer rate
- Arthritis
- Skeletal fluorosis and bone fractures
- Genetic damage and cell death
- Damaged sperm and increased infertility
- Inactivation of 62 enzymes and inhibition of more than 100
- Inhibited formation of antibodies, and immune system disruptions.

4. Fluoridation Is Not a "Natural" Process

The fluoride added to most water supplies is not the naturally occurring variety but rather fluorosilicic acid, which is captured in air pollution control devices of the superphosphate fertilizer industry which uses the cheapest phosphate costing a fifth that of good quality phosphate.

FAN reported:

"This captured fluoride acid is the most contaminated chemical added to public water supplies, and may impose additional risks to those presented by natural fluorides.

These risks include a possible cancer hazard from the acid's elevated arsenic content, and a possible neurotoxic hazard from the acid's ability--under some conditions--to increase the erosion of lead from old pipes."

5. 40% of American Teenagers Show Visible Signs of Fluoride Over-Exposure

It's likely this is a sign that children are receiving large amounts of fluoride from multiple sources, including not only drinking water, but also fluoride toothpaste, processed beverages/foods, fluoride pesticides, tea, non-stick pans, and some fluorinated drugs and town watered vegetables.

So not only do we need to address the issue of water fluoridation, but how this exposure is magnified by other sources of fluoride that are now common.

It's also important to realize that dental fluorosis is NOT "just cosmetic." It can also be an indication that the rest of your body, such as your bones and internal organs, including your brain,

have also been over-exposed to fluoride.

In other words, if fluoride is having a visually detrimental effect on the surface of your teeth, you can be virtually guaranteed that it's also damaging other parts of your body, such as your bones.

6. For Infants, Fluoridated Water Provides No Benefits, Only Risks

By keeping the levels of fluoride extremely low in mothers' milk nature protects the newborn baby but fluoridation removes that protection. Infants who consume formula made with fluoridated tap water may consume up to 1,200 micrograms of fluoride, or about 100 times more than the recommended amounts.

Such "spikes" of fluoride exposure during infancy provide no known advantage to teeth, but they may be harmful. Babies given fluoridated water in their formula are not only more likely to develop dental fluorosis, but may also have reduced IQ scores.

In fact, a Harvard University meta-analysis funded by the National Institutes of Health (NIH) concluded that children who live in areas with highly fluoridated water have "significantly lower" IQ scores than those who live in low fluoride areas.

7. Fluoride Supplements Have Not Been Approved by the USA FDA

The fluoride supplements sometimes prescribed to those who are not drinking fluoridated water have not been approved by the US Food and Drug Administration (FDA) for the prevention of tooth decay. In fact, the fluoride supplements that the FDA has reviewed have been rejected. "So with fluoridation, we are adding to the water a prescription-strength dose of a drug that has never been approved by the FDA," FAN noted.

8. Fluoride Is the Only Medicine Added to Public Water

Fluoride is added to drinking water to prevent a disease (tooth decay), and as such becomes a medicine by FDA definition. While proponents claim this is no different than adding vitamin D to milk, fluoride is not an essential nutrient. Many European nations have rejected fluoride for the very reason that delivering medication via the water supply would be inappropriate. Water fluoridation is a form of mass medication that denies you the right to decide which drugs to take.

9. Swallowing Fluoride Provides Little Benefit to Teeth

It is now recognized that fluoride's benefit comes from contact with teeth, which even the US Centers for Disease Control and Prevention (CDC) has acknowledged. Adding it to water and pills, which are swallowed, offers little, if any, benefit to your teeth.

10. Disadvantaged Communities Are the Most Disadvantaged by Fluoride

Fluoride toxicity is exacerbated by conditions that occur much more frequently in low-income areas. This includes:

- Nutrient deficiencies
- Infant formula consumption
- Kidney disease
- Diabetes

African American and Mexican American children have significantly higher rates of dental fluorosis, and many low-income urban communities also have severe oral health crises, despite decades of water fluoridation. FAN continues:

"The simple fact is that poor populations need dental care, not fluoridation chemicals in their water. The millions of dollars spent each year promoting fluoridation would be better spent advocating for policies that provide real dental care: like allowing dental therapists to provide affordable care to populations with little access to dentists. In short, fluoridation provides good PR for dental trade associations, but bad medicine for those it's supposedly meant to serve."

It should be added that the last children in the US that need to lose any IQ points are children from low-income families, precisely the children being targeted for fluoridation. They already have so many strikes against them, they don't need any more.

Millions at risk of crippling fluorosis

If there were any doubt about fluoride's toxicity, one need only look at what happens when people are exposed to high levels of naturally occurring fluoride in their drinking water. Fluoride is naturally occurring in some areas, leading to high levels in certain water supplies "naturally." Fluoridation advocates often use this to support its safety, however naturally occurring substances are not automatically safe (think of arsenic, for instance). What levels of such minerals that end up in water is

a vagary of “geology” and “location” not an intervention of nature as the word ‘naturally’ might imply. In fact, a far better guide as to what “nature’ thinks about fluoride is the level in mothers’ milk, which is extremely low (0.004 ppm).

Data from India's Union Health and Family Welfare Ministry indicate that nearly 49 million people are living in areas where fluoride levels in water are above the permissible levels. The World Health Organization recommends fluoride levels in drinking water stay between 0.8 and 1.2 milligrams (mg) per liter, and do not exceed 1.5 mg per liter. Exposure to levels above this amount may cause pitting of tooth enamel and fluoride deposits in your bones, while exposure to levels between 2 and 10 mg per liter may cause crippling skeletal fluorosis, as well as abdominal pain, nausea, vomiting, seizures, and muscle spasms.

It's not only naturally occurring fluoride that can lead to high levels in your water, however. In one Australian town in 2013, a suspected electrical fault allowed fluoride levels to reach nearly double the guideline amount in local drinking water. The levels may have remained elevated around 2.8 mg per liter for several days. If fluoride exposure is high enough, it can cause irreparable damage to your body. Skeletal fluorosis goes through three stages, however, which makes sense since fluoride is a cumulative toxin. The more exposure you get, and the longer you get it, the worse your symptoms are likely to be. According to FAN, symptoms of early stage skeletal fluorosis include:

- Burning, prickling, and tingling in your limbs
- Muscle weakness
- Chronic fatigue
- Gastrointestinal disorders
- Reduced appetite and weight loss

The second clinical stage of skeletal fluorosis is characterized by:

- Stiff joints and/or constant pain in your bones; brittle bones; and osteosclerosis
- Anemia
- Calcification of tendons, or ligaments of ribs and pelvis
- Osteoporosis in the long bones
- Bony spurs may also appear on your limb bones, especially around your knee, elbow, and on

the surface of tibia and ulna

In advanced skeletal fluorosis (called crippling skeletal fluorosis), your extremities become weak and moving your joints difficult, and your vertebrae partially fuse together, effectively crippling you.

More Cities Abandon Water Fluoridation Due to Damaged

Fluoride linked to kidney stones in Dr Mercola’s newsletters.

The condition was nearly five times more common in an area with high fluoride (3.5 to 4.9 parts per million, or ppm) than a similar area without high fluoride levels in the water.

Overall, the prevalence of kidney stones in the high-fluoride area was nearly double in those with fluorosis than those without. Dental fluorosis – a condition in which your tooth enamel becomes progressively discoloured and mottled – is one of the first signs of over-exposure to fluoride.

Eventually, it can result in badly damaged teeth, and worse... It's important to realize that dental fluorosis is NOT "just cosmetic." It can also be an indication that the rest of your body, such as your bones and internal organs, including your brain, has been overexposed to fluoride as well. In other words, if fluoride is having a visually detrimental effect on the surface of your teeth, you can be virtually guaranteed that it's also damaging other parts of your body, such as your bones.

If you haven't listened to this, you are the loser.

<http://www.youtube.com/watch?v=sh-oeu2L8yM>

Chronic over-absorption can cause hardening of bones, calcification of ligaments, and buildup on teeth. Fluoride can cause irritation or corrosion to eyes, skin, and nasal membranes.

Fluoride in the water supply increases the risk of hip fracture among the elderly, a seven year study among the over 65s of Utah discovered.

Excess fluoride causes pains in joints, which has increased in USA where there has been a colossal increase in these.

32% of USA children have excess teeth damage from drinking fluoride in their water

High natural levels of fluoride some countries have

Fluoride in the water supply increased hip fractures among over 65s, a seven year study in Utah discovered.

Fluoride has been linked to decreased IQ in children, and even the United States government is calling for lower levels of fluoride to be added to United States water supplies. Perhaps the next big hurdle in the fight against fluoride will be within the food industry. - See more at: <http://naturalsociety.com/common-food-items-could-contain-180-times-more-fluoride-than-tap-water/#sthash.DUHalehB.dpuf>

According to Green, the culprit is non-organic food, but not just one kind. If you're still eating conventionally-farmed food products, you may be unknowingly exposing yourself to extreme levels of fluoride. Green says this is made possible by fluoride going incognito within the food supply in a very concerning way:

“Cryolite is actually sodium aluminium fluoride... This sodium aluminium fluoride is especially effective at killing bugs,” Green says. “It’s also very sticky, so when they spray it, it’s more likely to stick on your produce, unless you’re... really working at trying to get it off of it.”

Fluoride-Based Pesticide Contaminating Food Staples

While Green states that a large number of non-organic produce items can contain shocking levels of this fluoride-based pesticide, iceberg lettuce may be one of the largest offenders. In fact, iceberg lettuce can now be laced with a startling 180 parts per million (ppm) of fluoride – 180 times higher than the ‘recommended’ water fluoridation level. This ‘health’ food could actually be corroding your body with heavy levels of fluoride. But what other seemingly-healthy produce items contain high amounts of fluoride?

- Citrus fruits are actually allowed to contain 95 ppm’s of sodium fluoride.
- Potatoes can have as much as 22 ppm’s on the outside, and 2 ppm inside.
- Raisins are allowed 55 ppm’s.

Fluoride has been linked to decreased IQ in children, and even the United States government is calling for lower levels of fluoride in United States water supplies. Perhaps the next big hurdle in the fight against fluoride will be within the food industry.

How fluoride damages your brain AND stops it from repairing itself, and how you can recover tissue lost to this insidious poison.

Excessive fluorine can inhibit iodine absorption. Fluorine can also reduce calcium absorption.

Excessive ingestion of fluoride can cause symptoms (joint stiffness and pain) that closely mimic common forms of arthritis, including osteoarthritis and rheumatoid arthritis. In the United States, health authorities claim that fluoride can only cause arthritic pains when the hallmark bone changes of skeletal fluorosis (i.e., increased bone density in the spine) are detectable by x-ray. (DHHS 1991). This claim, however, is at odds with numerous studies that have found fluoride can cause widespread joint pain, and overt osteoarthritis, in the absence of detectable fluorosis in the spine.

In Savas (2001), for example, Turkish researchers found that the most common x-ray finding among skeletal fluorosis patients was knee osteoarthritis. Of the 56 fluorosis patients examined, 66% had osteoarthritis in the knee, while only 3.6% had hyper-dense bone in the spine. Thus, many of the fluorosis patients had knee osteoarthritis without simultaneously showing the bone change in the spine that USA health authorities claim is necessary to make a diagnosis of skeletal fluorosis.

Previous research has demonstrated that the earliest, and most severe, bone changes in skeletal fluorosis occur in the joints of the body that receive the most repetitive stress. Thus, some individuals with fluorosis may have x-ray evidence of fluorosis (along with significant arthritic pain) in their wrist, knee, and/or elbow, while showing little, or no, evidence of fluorosis in their spine.

Even when fluoride-induced arthritis co-exists with detectable fluorosis in the spine, doctors have still been found to misdiagnose the disease. This owes, in part, to the similarity in radiological appearance of skeletal fluorosis and other bone diseases, including osteoarthritis, spondylosis, and DISH. Thus, whether one has “pre-skeletal” fluorosis, or overt x-ray detectable fluorosis, fluoride-induced joint damage will often be diagnosed as another, more commonly known, condition.

Since reduction in fluoride intake is the only known way to relieve the symptoms of fluoride-

related joint pain, the failure to make a correct diagnosis will result in years of unnecessary and ineffective treatments.

Americans ingest daily doses of fluoride that overlap doses that cause joint pain.

Although there has been a lack of systematic research to determine the dose that causes early fluorosis, one of the few studies to examine the subject found that doses as low as 6 to 9 mg/day were sufficient to cause debilitating arthritis in a middle-aged English woman. (Cook 1971). The study, which was published in *The Lancet*, estimated that the woman was ingesting 6 to 9 mg of fluoride per day, mostly from tea. Within 3 months of quitting tea at her doctor's suspicion of fluorosis, the woman reported major improvements in her arthritis and within 6 months "she was virtually free of pain" and "could do without drugs." Based on these findings, the author concluded that "some cases of pain diagnosed as rheumatism or arthritis may be due to subclinical fluorosis which is not radiologically demonstrable."

The *Lancet* study is consistent with more recent findings from China where surveys of daily fluoride intake have found that crippling fluorosis occurs at daily intakes as low as 9 mg/day, (Cao 2003) while the first clinical stage of the disease (where osteosclerosis is evident in the spine) occurs at daily intakes of 6.2 to 6.6 mg/day. Similarly, research from India has found that radiologically detectable skeletal fluorosis occurs in populations with typical exposures of 8 mg/day. (Jolly 1970). As already noted, fluoride can cause chronic joint pain prior to causing x-ray detectable fluorosis. Thus, for some individuals, the doses that can cause arthritic pain will be less than the 6 to 8 mg/day dose that causes radiologically detectable bone changes.

To put this in perspective, the USA Department of Health and Human Services has estimated that adults living in fluoridated communities routinely ingest between 1.6 and 6.6 mg of fluoride per day. (DHHS 1991). Thus, the doses that American adults now routinely ingest overlap the doses that may cause chronic joint pain.

JOINT PROBLEMS OCCUR IN EARLY STAGES OF SKELETAL FLUOROSIS

"The early stages of [skeletal fluorosis] may . . . present as subtle changes such as pain in the neck or back with rigidity, joint pains in multiple joints and paraesthesias in the limbs."

SOURCE: Kumar S, et al. (2011). Skeletal fluorosis mimicking seronegative spondyloarthropathy: a deceptive presentation. *Tropical Doctor* 41:247-48.

"[Skeletal fluorosis] affects the joints as well as the bones. It is not easily recognizable till advanced stage. In its early stages, its symptoms may resemble those of arthritis."

SOURCE: Ayoob S, Gupta AK. (2006). Fluoride in Drinking Water: A Review on the Status and Stress Effects. *Critical Reviews in Environmental Science and Technology* 36:433-487.

"Early signs [of skeletal fluorosis] are vague pains and arthralgia. This generally progresses to backache, pain in the spine, and signs of stiffness and rigidity..."

SOURCE: Littleton J. (1999). Paleopathology of skeletal fluorosis. *American Journal of Physical Anthropology* 109: 465-483.

"The initial symptoms usually were headache and weakness. These were followed by multiple joint pains, mostly in the feet, knees, and back. Spinal stiffness and kyphosis developed in a few patients."

"Symptoms of pain, stiffness and diffuse aches may be dismissed as functional, but may in fact be early signs of fluoride damage to tendinous insertions and ligaments as well as joint capsules."

SOURCE: Anand JK, Roberts JT. (1990). Chronic fluorine poisoning in man: a review of literature in English (1946-1989) and indications for research. *Biomedicine & Pharmacotherapy* 44: 417-420.

"Vague, diffuse aches and stiffness of joints with decreased range of motion are common initial symptoms."

SOURCE: Fisher RL, et al. (1989). Endemic fluorosis with spinal cord compression. A case report and review. *Archives of Internal Medicine* 149: 697-700.

"According to our survey, clinical manifestations of fluoride injury were systemic. A wide variety of vague, subtle symptoms (i.e. backache, restricted joint movement, abdominal pain) occurred either prior to or simultaneously with the development of bone changes similar to those reported previously. Nonskeletal symptoms, therefore, are important for early diagnosis."

SOURCE: Zhiliang Y, et al. (1987). Industrial fluoride pollution in the metallurgical industry in

China. Fluoride 20: 118-125.

“Arthritis of spine and small joints of hands and fingers develops early in the course of the disease with or without demonstrable radiological changes.”

SOURCE: Bhavsar BS, et al. (1985). Neighborhood Fluorosis in Western India Part II: Population Study. Fluoride 18: 86-92.

“In early stages, fluorosis is usually associated only with stiffness, backache, and joint pains which may suggest the diagnosis of rheumatism, rheumatoid arthritis, ankylosing spondylitis and osteomalacia. At this stage the radiological findings of skeletal fluorosis may not be evident and therefore most of these cases are either misdiagnosed for other kinds of arthritis or the patients are treated symptomatically for pains of undetermined diagnosis (PUD). The majority of our patients had received treatment for rheumatoid arthritis and ankylosing spondylitis before they came under our observation.”

SOURCE: Teotia SPS, et al. (1976). Symposium on the Non-Skeletal Phase of Chronic Fluorosis: The Joints. Fluoride 9: 19-24.

“In the initial stages, the complaints of the patients are not remarkable. At first they experience vague rheumatic pains, then the pains become localized in the spine, especially in the lumbosacral region. Later, a sensation of stiffness in the lumbar and cervical spine develop. However, we also found patients with slight radiological changes who complained of intense pains in the spine and in the large joints. On the other hand, some patients whose fluorosis was radiologically distinct were almost without complaints.”

SOURCE: Franke J, et al. (1975). Industrial fluorosis. Fluoride 8: 61-83.

“Arthritis of the spinal column develops early in the disease with or without demonstrable radiological changes.”

SOURCE: Waldbott GL. (1974). The pre-skeletal phase of chronic fluorine intoxication.

“In spite of this distinctive clinical picture of advanced fluorosis, the earlier stages of the disease are more difficult to recognize. The initial symptoms are quite non-specific and not obviously linked to fluoride. The onset of fluorosis leads to tingling sensations in the hands and feet, pain similar to arthritic pain in the joints and the lower back, stiffness, and motor weakness. The first reliable diagnostic sign is increased bone density in X-ray examination, but in some early cases early bone changes are not radiologically detectable.”

SOURCE: Groth, E. (1973). Two Issues of Science and Public Policy: Air Pollution Control in the San Francisco Bay Area, and Fluoridation of Community Water Supplies. Ph.D. Dissertation, Department of Biological Sciences, Stanford University, May 1973.

In the early stages of skeletal fluorosis, the “only complaints are vague pains noted most frequently in the small joints of hands and feet, the knee joints and those of the spine. . . . Such symptoms may be present prior to the development of definite radiological signs.”

SOURCE: Singh A, et al. (1963). Endemic fluorosis. Epidemiological, clinical and biochemical study of chronic fluoride intoxication in Punjab. Medicine 42: 229-246.

“The onset was insidious, and stiffness of the back and legs was a universal complaint. Almost all the patients complained of vague fleeting pains all over the body, particularly in the spine and in the knee-joints.”

SOURCE: Singh A, et al. (1961). Skeletal fluorosis and its neurological complications. Lancet 1: 197-200.

The misdiagnosis problem:

“Even if skeletal fluorosis has been widely studied for more than 40 years, because some of the early clinical symptoms resemble those of osteoarthritis, the first clinical phases of skeletal fluorosis could be easily misdiagnosed.”

SOURCE: Petrone P, et al. (2011). Enduring Fluoride Health Hazard for the Vesuvius Area Population: The Case of AD 79 Herculaneum. PLoS ONE 6(6): e21085.

“The patient in our report presented with symptoms like those of enteropathic arthritis and the diagnosis of fluorosis could have been missed if attention had not been given to the increased density in the pelvic bones and ligamentous calcification.”

SOURCE: Gupta R, et al. (2007). Skeletal fluorosis mimicking seronegative arthritis. Scandanavian

“The most frequent symptoms in those exposed >6 yr were low back pain, painful knee, elbow, and hip... Analysis of workers’ complaints showed no specific pain or other symptom that we could refer only to fluorosis...The only characteristic feature would be multiple-joint involvement in the case of fluorosis. This would differentiate fluorosis from monoarticular osteoarthritis (OA), but unfortunately not from multiple-joint osteoarthritis or rheumatoid arthritis (RA).”

“Because some of the clinical symptoms mimic arthritis, the first two clinical phases of skeletal fluorosis could be easily misdiagnosed... Even if a doctor is aware of the disease, the early stages are difficult to diagnose. ”

SOURCE: Hileman B. (1988). Fluoridation of water. Questions about health risks and benefits remain after more than 40 years. Chemical and Engineering News August 1, 1988, 26-42.

“Early bone fluorosis is not clinically obvious; often the only complaints of young adults are vague pains in the small joints of the hands, feet, and lower back. Such cases may be misdiagnosed as rheumatoid arthritis or ankylosing spondylitis.”

SOURCE: Smith GE. (1985). Repetitive Strain Injury, or Incipient Skeletal Fluorosis? (Letter.) New Zealand Medical Journal 98:328.

“Pinet and Pinet described in detail X-ray changes encountered in skeletal fluorosis in North Africa that are in every respect identical with those present in the arthritic spine of the elderly elsewhere.”

SOURCE: Waldbott GL, et al. (1978). Fluoridation: The Great Dilemma. Coronado Press, Inc., Lawrence, Kansas.

“Understandably, it is not uncommon to find reference to arthritic changes, if for no other reason than the difficulty of distinguishing them from certain fluoride effects on bone.”

“This case supports the premise that some forms of arthritis are related to sub-clinical fluorosis, i.e. fluorosis which is not sufficiently advanced to show the characteristic skeletal changes radiologically.”

“Possibly some cases of pain diagnosed as rheumatism or arthritis may be due to subclinical fluorosis which is not radiologically demonstrable.”

SOURCE: Cook HA. (1971). Fluoride studies in a patient with arthritis. The Lancet 1: 817.

“Whereas dental fluorosis is easily recognized, the skeletal involvement is not clinically obvious until the advanced stage of crippling fluorosis... [Early cases of fluorosis] may be misdiagnosed as rheumatoid or osteoarthritis.”

“The onset of chronic fluorosis is insidious and may be confused with chronic debilitating diseases such as osteoarthritis”

Additional research:

“The authors describe a 50-year-old man with previously treated cancer who was using tray-applied topical fluoride gel. He complained of gastric symptoms, difficulty in swallowing, leg muscle soreness and knee joint soreness... The patient’s fluoride regimen was altered, and within a short period his urinary fluoride levels returned to normal and his symptoms resolved.”

SOURCE: Eichmiller FC, Eidelman N, Carey CM. (2005). Controlling the fluoride dosage in a patient with compromised salivary function. Journal of the American Dental Association 136:67-70.

“Arthropathy and arthritis affected a significant number of the (fluorosis) patients, resulting in functional disability... The physical signs of brick tea-type skeletal fluorosis were elbow, shoulder and knee articular dysfunction, which was the most common pathology. X-ray examination revealed that the interosseous membrane ossification, tendon attachment calcification and articular degeneration were the causes of these functional disorders.”

SOURCE: Cao J, et al. (2003). Brick tea fluoride as a main source of adult fluorosis. Food and Chemical Toxicology 41:535-42.

“The radiological severity of knee osteoarthritis was greater in the endemic fluorosis group than in controls... [E]ndemic fluorosis may increase the severity of osteoarthritis in the knees.”

SOURCE: Savas S, et al. (2001). Endemic fluorosis in Turkish patients: relationship with knee osteoarthritis. Rheumatology International 21: 30-5.

“Our findings demonstrate a highly significant relationship between the frequency of back and neck surgery, fractures, symptoms of musculoskeletal disease and a past history of diseases of the bones and joints. In the absence of so-called classic fluorosis, a disease complex was established which involves much more than merely the radiologic appearance of dense bone.”

SOURCE: Carnow BW, Conibear SA. (1981). Industrial fluorosis. *Fluoride* 14: 172-181.

“Although a few subjects had no symptoms, the fluoride exposed workers had a higher frequency of joint pain and stiffness than the control group. This joint pain resulted in disability in some cases.”

SOURCE: Boillat MA, et al. (1980). Radiological criteria of industrial fluorosis. *Skeletal Radiology* 5: 161-165.

“Most often the patients complained of back pain. Pains in the shoulders, elbows, forearms and lower legs were common. These pains differed in intensity and occurred constantly or periodically with no clear relationship to effort.”

SOURCE: Czerwinski E, Lankosz W. (1977). Fluoride-induced changes in 60 retired aluminum workers. *Fluoride* 10: 125-136.

“The investigation of a high incidence of arthritis in 21 dairy herds disclosed elevated fluorine levels in bone samples... There was a statistical correlation between a high incidence of damage to peri-articular structures, resulting in debility and loss of production, and elevated bone fluorine.”

SOURCE: Griffith-Jones W. (1977). Fluorosis in dairy cattle. *The Veterinary Record* 100: 84-89.

“All the patients had typical diagnostic features: skeletal pains, backache, stiffness, rigidity and restricted movements of the spine and other joints.”

SOURCE: Faccini JM, Teotia SPS. (1974). Histopathological assessment of endemic skeletal fluorosis. *Calcified Tissue Research* 16: 45-57.

“Schlegel presented data on 61 cases of skeletal fluorosis among workers of a Swiss aluminum factory... Their major symptoms were arthritic changes in the joints, especially in the spine... In contrast to non-industrial fluorosis, the author noted excessive involvement of the elbow joint which is presumably due to habitual use of the arms... The author also emphasizes the difficulty in differentiating spontaneous arthrosis from fluorotic arthritis.”

SOURCE: Schlegel HH. (1974). Industrial skeletal fluorosis: preliminary report on 61 cases from aluminum smelter. *Sozial und Präventivmed.* 19:269-74. (Abstracted in: *Fluoride* 1975; 8:177)

“All but one of the 17 patients complained of vague pains and stiffness in the lower and upper extremities, shoulders, neck and lower back. In none of the cases could another disease of the bone or of the joints be found, except arthrotic lesions... If signs of fluorosis are present, they may lead to symptoms of the osteoarticular system.”

SOURCE: Vischer TL, et al. (1970). Industrial fluorosis. In: TL Vischer, ed. (1970). *Fluoride in Medicine*. Hans Huber, Bern. pp. 96-105.

“Joint changes or fluorotic arthrosis may be very severe especially in the hip, knee and elbow joints. . . . Around joints, thick marginal osteophytes develop. In some instances, they grow to such an extent as to block joint movement (‘blocking arthrosis’). The joint block can also be induced by calcification of the periarticular ligament. The most common sites of articular involvement are the hips, the sacroiliac, elbow and knee joints. In older persons, the vertebral column is commonly affected. Advanced stages of the disease show atrophy and ulceration of joint cartilage.”

SOURCE: Soriano, M. (1968). Periostitis deformans due to wine fluorosis. *Fluoride* 1: 56-64.

“Another frequent finding was the calcification of ligaments and muscle attachments ... Approximately three quarters of those later found to have radiological evidence of skeletal involvement did complain of pains mainly in the back, chest, and legs.”

SOURCE: Latham MC, Grech P. (1967). The effects of excessive fluoride intake. *American Journal of Public Health* 57: 651-660.

“The ligamentous calcification [of skeletal fluorosis] is often periarticular and shows as osteoarthritis of the spine and hip joints as well as of the sacro-iliac joints.”

SOURCE: Kumar SP, Harper RA. (1963). Fluorosis in Aden. *British Journal of Radiology* 36: 497-502.

“It is quite possible that endemic centres [of skeletal fluorosis] exist but that the cause of the disabling spondylitis or other joint affections has not been determined, and a diagnosis of chronic arthritis has resulted. Few cases in Canada or the United States will be found to be as dramatic as that

recorded here from Southwest China, but by calling attention to the advanced stage of this condition help may be afforded to the diagnosis of early cases.”

SOURCE: Kilborn LG, et al. (1950). Fluorosis with report of an advanced case. Canadian Medical Association Journal 62: 135-141.

Tags: Arthritis, Skeletal Fluorosis

CURRENT PETITIONS

Together we can change policy. Sign our petitions to help us change health standards:

[DOWNLOAD OUR VOLUNTEER KIT](#)

FAN NEWSLETTER

Sign up for our free newsletter and get monthly updates about how fluoride is affecting all of us.

QUICK FACTS

- MORE PEOPLE DRINK FLUORIDATED WATER IN THE UNITED STATES THAN THE REST OF THE WORLD COMBINED.
- WINE AND GRAPE JUICE MADE IN THE USA HAVE HIGH LEVELS OF FLUORIDE PESTICIDE.
- IN EUROPE, FLUORIDE WAS ONCE PRESCRIBED AS A DRUG TO REDUCE THYROID ACTIVITY.
- FLUORIDATION DISPROPORTIONATELY HARMS BLACK CHILDREN.

RELATED VIDEOS:

[Fluorosis Bends Rural Gujarat at the Knees](#)

[Fluoride & Arthritis](#)

RELATED ARTICLES:

[Fluoride & Arthritis: New Data Highlights Hazards of Current Safety Standards](#)

The Fluoride Action Network (FAN) has obtained data showing that the risk of fluoride to bone and joints is far worse than USA health authorities have thus far acknowledged. The data shows that, under current USA safety standards, people can suffer chronic joint pain and stiffness, including the degenerative joint disease osteoarthritis.

[Ministry of not-so-funny walks](#)

The fluorosis problem is "enormous, unbelievable," says Andezhath Susheela of the Fluorosis Research and Rural

As a result, individual communities around the US have taken up the fight to end water fluoridation in their own local areas. Around the world more countries are opting to go fluoride-free. Only 2% of Europe use it. The latest to remove it are -

1. Wellington, Florida: After hours of debate and testimony from medical experts and residents, council members voted to end 14 years of fluoridation. A number of pro-fluoride dentists are unfortunately working to overturn the council's vote, but it's still a victory for now. FAN reported:2

"Ultimately, a majority of councillors agreed that citizens shouldn't be forced to ingest an unnecessary chemical in the public drinking water supply."

2. Amherst County, Virginia: The Service Authority Board voted to discontinue fluoridation because of conflicting opinions on what constitutes "optimal" levels of fluoride. According to FAN, "Several Board Supervisors felt that the additive was unnecessary and a waste of resources."

3. Wood Village, Oregon: The Woodville City Council was considering adding fluoride to the

city's drinking water, but after polling residents found that 100% of respondents were against it. They have since ended their fluoridation discussions.

4. Sebastopol, California: City Councillors voted unanimously against fluoridation in Sonoma County because of concerns the fluoride could leach into their groundwater from surrounding communities, putting residents at risk.

5. Bantry, Ireland: Town Councillors voted unanimously in favour of a resolution calling for an immediate end to fluoridation throughout Ireland. Two other towns--Skibbereen and Clonakitty--also passed similar resolutions in 2013. Support for this historic vote was provided by the local group West Cork Fluoride Free.

So far in 2014 it looks like the trend against water fluoridation that started in recent years is gaining speed. In 2013, fluoridation was rejected by voters in Wichita, Kansas and Portland, Oregon. Israel also announced it will end its mandatory fluoridation program, and Irish legislators even proposed a bill that would make water fluoridation a criminal offence!

Canada has also seen a 25 percent drop in fluoridation programs over the past five years as a result of increasing public awareness about the associated dangers, and it seems such awareness is on the rise.

Why Are more People Now Against Fluoridation?

Research shows that -

1. Water fluoridation does not prevent cavities.
2. Fluoride works when topically applied and even then not dramatically.
3. There are unacceptable risks involved in the practice of water fluoridation.

If you live in an area that fluoridates water, and you drink from the municipal water supply, you're being exposed to a highly toxic drug-like substance every time you take a sip.

This is reckless, as you cannot control the dose ingested, or who receives it, and there's no medical supervision. Water fluoridation clearly violates your right to informed consent as far as medical decisions go, and it may also be making future generations less intelligent across the board -- there are at least 25 studies showing that fluoride reduces IQ in children!

There is not a single process in your body that requires fluoride, but swallowing this toxin has been found to damage your soft tissues (brain, kidneys, and endocrine system), as well as teeth (dental fluorosis) and bones (skeletal fluorosis). It's also known that over time, fluoride accumulates in many areas of your body, including areas of your brain that control and alter behaviour, particularly your pineal gland, hippocampus, and other limbic areas.

Fluoride is detrimental to brain health

Fluoride is a neurotoxin that has been linked to reduced IQ, impaired neurobehavioral development and brain damage. There are 25 studies showing that fluoride reduces IQ in children, and approximately 100 animal studies have also linked fluoride to brain damage. This includes such effects as:

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

One particularly striking animal study published in 1995 showed that fluoride ingestion had a profound influence on the animals' brains and altered behavior.⁴ Pregnant rats given fluoride produced hyperactive offspring. And animals given fluoride after birth became apathetic, lethargic

"couch potatoes.

Farm Bill Reverses the Planned Phase-Out of Toxic Sulphur Fluoride

While it's encouraging that US cities and other countries are taking action to end this dangerous practice, earlier this month the Agricultural Act of 2014 (better known as the "Farm Bill") was passed. Unfortunately, it includes language that reverses the US Environmental Protection Agency's (EPA) proposed phase-out of sulphur fluoride. The reversal was added in the eleventh hour after intense lobbying by the National Pest Management Association and Dow AgroSciences. The law states:

"Notwithstanding any other provision of law, the Administrator of the Environmental Protection Agency shall exclude non-pesticidal sources of fluoride from any aggregate exposure assessment required under section 408 of the Federal Food, Drug, and Cosmetic Act (21 USAC. 346a) when assessing tolerances associated with residues from the pesticide."

The idea of using sulphur fluoride, a toxic food fumigant, is extremely worrying as it not only leaves toxic residues on food, but can be lethal to humans in its pure gas form—the form in which it is applied to the food. According to Dr Paul Connett, PhD, a chemist and executive director of the Fluoride Action Network (FAN), people have died during the application of the fumigant.

When applied to food, it breaks down into free fluoride. Many American children are already heavily overexposed to fluoride, so this added source of exposure can only worsen matters. (Organic foods do not permit its use.) According to Dr Connett, there's every reason to be concerned about the use of sulphur fluoride gas on food, because some of the fluoride residues allowed by the EPA are "astronomical."

For example, the EPA was allowing 120 parts per million (ppm) of fluoride on wheat flour. Wheat flour is consumed in so many foods on a daily basis by most people that you not only need to be concerned about chronic effects of low-level fluoride intake, but also with its acute effects. Dr Connett goes so far as to say that you could potentially be in serious trouble simply by eating a pizza made from a recently fumigated batch of wheat flour.

The EPA's plan to phase out sulphur fluoride was a major victory but Dow AgroSciences (which makes the fumigant ProFume®, which is 99.8 percent sulphur fluoride) has been relentless in trying to reverse the plan. First, they tried to introduce an amendment to the Farm Bill that would have allowed them to continue using sulphur fluoride, which meant subverting the EPA for doing its job. Congress kept that amendment out. But, Dow came back again, this time using the 2014 House Appropriations Farm Bill to cut back a lot of EPA's work, including that relating to sulphur fluoride. According to FAN:

"The USA will now remain one of only two countries in the world that allows this highly toxic fumigant to be sprayed directly on food, leaving unsafe levels of fluoride residue to be eaten by consumers and putting infants and children at risk of exceeding the EPA's own reference dose for fluoride. Please take a few moments to use our automated system to send a letter to the editor of your local newspaper educating your neighbors about the terrible sulphur fluoride provision in the farm bill. We should at least warn everyone, and use this opportunity to call for an end to fluoridation."

You can send a letter to the editor of your local paper using this link.

Do you drink fluoridated water?

If you drink fluoridated water, it makes sense to try to increase your intake of lycopene and other dietary antioxidants to potentially decrease the fluoride's toxicity. One study found that fluoride administration induced oxidative stress, but when lycopene, an antioxidant, was also given, it helped to minimize the toxic effects of fluoride.

Lycopene, a carotenoid antioxidant that gives fruits and vegetables like tomatoes and watermelons a pink or red color has long been suggested to be more powerful than that of other carotenoids, such as beta-carotene. It's found in tomatoes (especially cooked tomatoes), apricots, guavas, watermelons, papayas, and pink grapefruits.

Another option is to purchase a water filter that removes fluoride. The three types of filters that can remove fluoride are reverse osmosis, deionizers (which use ion-exchange resins), and activated

alumina. Each of these filters should be able to remove about 90% of the fluoride. By contrast, "activated carbon" filters (e.g., Brita & Pur) do not remove fluoride. For more information from FAN on fluoride and water filters here. You can also help to take action to get fluoride out of drinking water on a larger scale.

Join the fight to get fluoride out of drinking water

At least when it comes to topical application, you have a choice. You can easily buy fluoride-free toothpaste and mouthwash. But you're stuck with whatever your community puts in the water, and it's very difficult to filter out of your water once it's added. Many do not have the resources or the knowledge to do so.

The only real solution is to stop the archaic practice of water fluoridation in the first place. Fortunately, the Fluoride Action Network has a game plan to END water fluoridation, both in the US and Canada. Clean pure water is a prerequisite to optimal health. Industrial chemicals, drugs and other toxic additives really have no place in our water supplies. So, please, support the anti-fluoride movement by making a donation to the Fluoride Action Network today.

Much of this comes from health newsletters we get, from Googling and reading.

A few councils and some countries add fluorides to the water supply in the mistaken belief that it reduces tooth cavities. It is extraordinary that they still do it after the fluoride damage to human health is so serious.

Judge Flaherty wrote a letter to the Mayor of Auckland, New Zealand, stating -

"In my view the evidence is quite convincing that the addition of sodium fluoride to the public water supply at one part per million is extremely deleterious to the human body, and there is no convincing evidence to the contrary." from The Arthritis Trust, 1994.

The next time you suffer from a backache or stiff sore joint, don't blame a number of things. It could well be just the result of fluorosis, a disease thought to affect people in rural India with no access to safe drinking water.

Pro fluoride people quote old overseas trials, but ignore our own.

The Napier/Hasting fluoride trial

The discovery revealed by Ludwig's dental surveys in the two Hawkes Bay towns showed that younger children, the ones expected to show the greatest benefit from fluoride, had up to 58 per cent less decay in un-fluoridated Napier water - caused considerable embarrassment to the pro fluoride authorities.

There is more evidence of deceptions from the pro fluoride group, for example much of the so called science quoted is old.

The media should investigate the possibility of money being made out of the sale of fluoride that is taken out of raw phosphate fertiliser and sold to councils. If not removed, the fluoride can and has killed animals eating fluoride in the superphosphate fertiliser spread on pastures, so it has to be removed, a process that is very, very costly. Removal is not necessary or done from raw untreated reactive phosphate, as used by organic farmers and my clients.

Superphosphate releases heavy metals in fertilisers and in soils, making them available to affect consumers of products grown, while LimeMagPlus does the opposite and makes the good elements such as magnesium, zinc, HERE available.

Knee and hip joint failures have increased nationwide. Have the authorities researched the figures in fluoride and non-fluoride areas? No, because some are possibly sponsored to speak out in favour of fluoride. We grow as many vegetables as possible naturally (better than organically because non-organic ones are so high in heavy metals, and even organic ones are the same unless fed with LimeMagPlus fertilisers.

Some professions will never admit mistakes. One is that fluoride's operation is topical so fluoride

toothpaste does all that is needed, without mass medication, regardless of age, condition and requirement.

Consuming it can be bad for joints. Mine were bad in 1998 so I stopped drinking Hamilton water, and are fine now. Friends galore have had joint replacements.

If you suffer backache or sore joints, it could from fluorosis.

We grow potatoes and eight other vegetables organically. Fluoride in our potatoes was 80 ppm - shudder. The year when there was no fluoride in Hamilton water it was zero.

Fluoride is removed from fertilisers because it has adversely affected cattle and even killed some. Fertiliser companies have difficulty removing it from superphosphate (It is not a problem in reactive phosphate.) and it is not allowed to be dumped, so has to be sold or exported.

There are more deceptions about fluoride than most things. People become strongly fixed in favour of or against it.

From a USA health specialist -

"I suggest that your dentist look at all the evidence objectively. A good place for him or her to start is the book by Paul Connett and one called "The Case Against Fluoride".

"More can be found in the book by Chris Bryson and Theo Colborn, "The Fluoride Deception." Finally, there is a chapter in "Health and Nutrition Secrets that Can Save Your Life."

"Also suggest your dentist examine the journal "Fluoride," an international publication that contains excellent studies."

Dr Mercola wrote in One study found that fluoride administration induced oxidative stress, but when lycopene, an antioxidant, was also given, it helped to minimise the toxic effects of fluoride. Lycopene, a carotenoid antioxidant that gives fruits and vegetables like tomatoes and watermelon a pink or red colour has long been suggested to be more powerful than that of other carotenoids, such as beta-carotene. Lycopene is found in tomatoes (especially cooked tomatoes), apricots, guavas, watermelons, papayas, and pink grapefruits.

If you drink fluoridated water, it makes sense to try to increase your intake of lycopene and other dietary antioxidants to potentially decrease the fluoride's toxicity.

Another option is to purchase a water filter that removes fluoride. The three types of filters that can remove fluoride are reverse osmosis, designers (which use ion-exchange resins), and activated alumina. Each of these filters should be able to remove about 90% of the fluoride. By contrast, "activated carbon" filters (e.g., Brita & Pur) do not remove fluoride. For more information on water filters, [HERE](#)

During the manufacture of Superphosphate, which is a fertiliser, two very toxic waste gasses are generated. The first one is silicon tetrafluoride and the second one is hydrogen fluoride. In the past these gasses were vented to the atmosphere but were so toxic and corrosive that they caused severe damage to orchards, crops and farm animals."Airborne fluorides have caused more worldwide damage to domestic animals than any other air pollutant." - (US Department of Agriculture, 1972.)

Bribery to buy fluoride

As Willamette Week - which favours fluoridation - reported, Healthy Kids, Healthy Portland, the organization that is pushing for fluoridation, has paid \$143,000 in bribe money to get minority organizations to endorse its campaign.

It is in phoshate fertilisers, which if too high has killed animals, so some is removed and it is then very expensive to get rid of.

On 24 March 2014 I emailed the following to the NZ Herald and HCC councillors.

No councillor should vote for fluoride without listening to the wide coverage in <http://www.youtube.com/watch?v=sh-oeu2L8yM>

A pro fluoride trial between Napier, with no added fluoride, and Hastings with it added, was stopped because Napier children's teeth were better!

Pro fluoride people quote old overseas trials, while ignoring ours.

Some professionals will never admit mistakes. One is that fluoride's operation is topical so

fluoride toothpaste gives more than is needed, without the danger of mass medication, regardless of ones age, condition and requirement.

Consuming fluoride can be bad for joints. My knee joints were clicking and sore in 1998 so I stopped drinking Hamilton water and stopped using fluoride toothpaste, and they became, and still are fine, while friends galore have suffered joint replacements.

If you suffer backache or sore joints, it could from fluoride.

We grow potatoes and 14 other vegetables organically, mainly because supermarket ones contain heavy metals and toxins. Fluoride in our potatoes watered with flurodated water was 40 ppm and zero when the water had no fluoride.

Fluoride has to be removed from fertilisers because it has affected cattle adversely and even killed some. Fertiliser companies have difficulty getting rid of removed fluoride and it is not allowed to be dumped in the sea.

I sent this to the Waikato Times who published it.

In June 2003 while walking up stairs a very sore knee pain occurred.

Googling for 'sore knee' indicated 'fluoride' which is in Hamilton's drinking water that I drank lots of, but then avoided. We bought Kaiapoi, Canterbury, NZ Natural spring water with natural Ca, Na, K and Mg. I stopped using fluoride toothpaste and after three months my knees were completely better, and now ten years later, in 2014, still are. Many friends, some younger than my 82, have had knees and hips replaced, some more than once. I get boron from Phillipines coconut oil, and other deficient elements, such as Zn (now government sponsored) and Thompson's Organic Magnesium, which has no oxides or chelations. Taking Pure Boron reduces the bad effects (dry joints) of fluoride in water.

Many countries have banned water fluoridation. They include Austria, Belgium, China, Czech Republic, Denmark, Finland, France, West Germany, Hungary, India, Israel, Japan, Luxemburg, Netherlands, Northern Ireland, Norway, Scotland, Sweden, Italy and Switzerland. Only about 2% of the population of Europe is subjected to fluoridated water.

Fluoride is a cumulative poison, in that the body excretes little, so slight excesses in time produce toxic symptoms in the elderly.

Pro fluoride people quote old overseas trials, while ignoring NZ ones.

The council considered evidence on the matter and voted to not change the situation, so Napier water is neither fluoridated nor chlorinated. Doing so could double the cost of the water supply and that there were other ways to increase intake of fluoride with less waste.

Councillor Denyse Watkins said fluoridation could be a health risk in itself, for example for people with kidney problems needing dialysis.

She added that Napier's pure unpolluted water was the best in New Zealand.

A trial in 1953 between Napier, with no added fluoride, and Hastings with it added, was stopped because Napier children's teeth started to be better than those in treated Hastings water. This is what we are up against. Some professions will never admit a mistake and the medical establishment don't want cures, they live off treatments.

Fluoride from factories has poisoned, animals, the ecology and trees.

Consuming too much fluoride too quickly, as when animals graze pasture fertilised with superphosphate fertiliser (not top quality natural reactive phosphates), can adversely affect some animals within days and even cause deaths, so fertiliser companies remove the fluoride and sell it to ignorant local bodies.

Fluoride breaks down bones and damages joints and thyroids, and has no nutrient value whatsoever. It is one of the most caustic of industrial chemicals. It is the active toxin in some rat and cockroach poisons.

No one can disagree that NZ knee and hip joint repairs, are increasing. Once in the body, fluoride is a destroyer of human enzymes. It does this by changing their shapes.

Joints

In USA 32% of children are reported to suffer dental fluorosis from over exposure of fluoride,

some caused by consumption of fluoridated water in city waters and some from soft drinks containing council fluoridated water.

Current evidence strongly indicates that some people diagnosed with arthritis are in fact suffering from low-grade fluoride poisoning, boron deficiency and mercury in joints. Read www.vaughanjones.info 'Human Health > Arthritis.'

Joint pain and stiffness are well known symptoms of excessive fluoride intake. According to the USA Department of Health and Human Services, too much fluoride causes "chronic joint pain" and "arthritic symptoms." Knees can click from the friction of no or dried up lubricant, causing hard brittle joints.

Chronic fluoride exposure can cause a bone disease known as skeletal fluorosis. In the classic type of skeletal fluorosis, the lower spine and pelvis develop a hyper-dense bone condition known as osteosclerosis. USA health authorities have long ascribed to the view that spinal osteosclerosis will be evident on x-rays if joint pains are caused by fluoride. When spinal osteosclerosis is absent, therefore, most doctors have dismissed the possibility that a patient's joint pain could be caused by fluoride. Research, however, has now repeatedly shown that fluoride can cause joint pain and stiffness, including frank osteoarthritis, before bone changes in the spine are detectable on x-ray. The traditional criteria for diagnosing skeletal fluorosis thus results in people with fluoride-induced joint problems being misdiagnosed as suffering from "arthritis."

Osteoarthritis, the number one cause of disability in USA, is a disease marked by a progressively debilitating stiffness and pain in the joints. The stiffness and pain results from degeneration in the joint cartilage, degeneration in the bone tissue underlying the joints, and bony overgrowth as well. The CDC estimates that over 27 million Americans have the condition.

It has long been observed that skeletal fluorosis (a bone disease caused by too much fluoride) can cause symptoms and degenerative changes that closely resemble osteoarthritis. While these arthritic effects were once considered to be confined to those with skeletal fluorosis, recent research shows that fluoride can cause osteoarthritis in the absence of traditionally defined fluorosis.

If conventional methods for detecting skeletal fluorosis continue to be used, many individuals with fluoride-induced osteoarthritis will not receive the correct diagnosis and treatment.

The symptoms of skeletal fluorosis (chronic joint pain and stiffness) mimic the symptoms of osteoarthritis. As an example of this, the following figure displays the findings from a recent Chinese study that investigated the prevalence of osteoarthritic symptoms in populations based on the level of fluoride in the drinking water.

Fractures

High fluoride levels increase fractures in the elderly. Small amounts of copper soften the bones and reduce fractures. Taking Maple syrup for all sweetening, should supply copper naturally. About a desert spoon a day changed my hair from mostly grey to more brown on my head and arms in a few months. After my right knee hurt when walking quickly up stairs, I stopped all fluoride and took more joint helpers such as Pure Boron, Thompson's Organic Magnesium, etc., and my sore knee got better.

In the very steep hills of Poverty Bay lambs were breaking legs and dying in their first week of life. Fertilising with 4 kg of copper sulphate a year stopped it. We add copper sulphate to our vegetable garden fertiliser, and to all the fertiliser and LimePlus mixes I do for farmers, when a ryegrass leaf analysis shows it to be low.

Napier's water supply, described as the best in New Zealand, is unfluoridated.

The city council's policy and regulatory committee considered fluoridation in response to a letter from Health Minister, Annette King. She **wrongly** wrote that the lack of added fluoride in Napier, Taradale and Bayview was "causing significant detrimental effects to the health of the people in the area".

The trial in 1953 between Napier, with no added F, and Hastings with it added, was stopped because Napier children's teeth started to be better than those in treated Hastings water. This is what we are up against. Some professions will never admit a mistake and the medical establishment don't want cures, they thrive on treatments.

Fluoride from factories has poisoned the ecology and trees.

Animal Excesses

So-called phosphate poisoning from grazing phosphate fertilised pasture before about 50 mm of rain washes it off, results mostly from the F in phosphates, not from the P.

Excesses lower the animal's ability to retain phosphorus, magnesium and calcium. Calcium and Boron reduce or neutralise F effects. Symptoms include restlessness, sweating, anorexia, muscle weakness, salivation, convulsions, lameness, respiratory and cardiac failures. Teeth become mottled, stained and pitted. Bones become brittle, knee joints disintegrate, but this hardly ever happens, possibly because few cows are kept for more than ten years.

Bone levels of above 200 ppm can cause slow poisoning. Levels of 600 to 800 for over 18 months killed cattle in Australia.

From the book titled Fluoride, The Aging Factor by Dr. John Yiamouyiannis, (1993) we learned how the consumption of fluoride destroys enzymes in the body and leads to a variety of diseases. Fluoride levels as low as 1 ppm cause the destruction of 30 percent of collagen – the most abundant protein in the body. It also causes irregular formation of collagen which provides major structural support to body components such as teeth, bone, cartilage, muscles, ligaments, tendons and skin. Some side effects listed in the The United States Pharmacopoeia of drinking 1 to 2 pints daily of fluoridated tap water are as follows: stomach distress and cramps including nausea, faintness, blood in vomit, constipation, tremors, aching bones, stiffness, skin rash, weight loss, and brown or black discoloration of the teeth. The 1991 Physicians' Desk Reference lists some of the same side effects from administered doses of fluoride.

Fluoride interferes with bonds responsible for maintenance of normal shape of proteins. When the protein becomes mutated, the immune system attacks it, and therefore, causes damage to the body's own tissue and cells.

Damage to vegetation and livestock, caused by fluoride emissions from large industry, has resulted, as one might expect, in a great deal of expensive litigation. In 1983, Dr. Leonard Weinstein of Cornell University, stated that "certainly, there has been more litigation on alleged damage to agriculture by fluoride than all other pollutants combined" (Weinstein 1983). While Weinstein was referring to fluoride pollution in general, his comments give an indication of the problem facing the phosphate industry - one of the most notorious emitters of fluoride - in its early days.

There's no scientific dispute that large fluoride doses cause crippling skeletal fluorosis over time. However, "less well-known causes of chronic fluoride toxicity include fluoride supplements, certain teas and wine and some toothpastes," report researchers Kurland, et al.(1)

Skeletal fluorosis often results in abnormal bone hardening and thickening (osteosclerosis) with painful and impaired neck and spine mobility, spine curvature, and/or painful lower extremities ultimately causing crippling and incapacitation, report the researchers.

"Fluoride at any level accumulates in the body," says Paul Beeber, President, New York State Coalition Opposed to Fluoridation (NYSCOF). "So even water fluoridation will cause arthritic-like symptoms in susceptible individuals which is compounded by USA doctors' lack of training to diagnose fluoride toxicity."

In this case, the only obvious fluoride exposure was toothpaste. The patient drank no fluoridated water, tea or wine; had no occupational fluoride exposure; did not chew tobacco, inhale snuff, cook with Teflon pots, use fluoridated mouthwash or get fluoride treatments at twice-yearly dentist visits. However, he brushed before and after all meals (minimum 6 times daily) with fluoridated toothpaste. Fluoride was elevated in his serum, urine and bones, the researchers reported.

Within 8 months of eliminating all obvious fluoride sources, the patient's urinary and blood fluoride levels dropped and bone function markers showed clear cut improvement, the researchers reported.

"Fluoridated tap water prevents tooth decay." THIS IS A DISGRACEFUL LIE.

Firstly, the reverse is true. One of the last cities in Europe to permit fluoridation was Basel, Switzerland, and then they stopped it, because after they started fluoridating, childrens' cavity rates increased. By contrast, rates in the rest of fluoride-free Europe declined. So why, you may ask, did anyone fluoridate in the first place?

Roos, et al. documents a woman whose painful swollen fingers healed after she ceased using fluoridated toothpaste.

Fluoride is very controversial with strong opinions on both sides. The reputable Australian health company Blackmore's recommends avoiding all fluoride. After I did and avoided fluoridated water, my joints got better - they were getting worse. I avoid Hamilton water and when washing my teeth I use NZ Natural Kaiapoi spring water (80 compatibility 0 Hg, 0 Cd, 0 Mn and 0 other toxins) or the hot water from the house hot water system, which is neutral of all toxins. Scientists can't work out how this can happen, but several tests show it does. That and taking Pure Boron tablets three times a day, and stretching several times a day, my joints at 82 are better than decades ago. I had a farmer's and tractor driver's bad back from 1958 until Chris Rhodes drained out all mercury and all toxins in 2012. Read Health Specialists > Chris Rhodes.

The next time you suffer from a backache or stiff sore joint, don't blame a number of things. It could well be the result of fluorosis, a disease affecting many people in rural India with no access to safe drinking water and in other countries.

While fluoride-rich water is blamed for fluorosis, some can be in foods such as chaat-papri, black salt, black tea, masala powders, some canned fruit juices, or Hajmola tablets. Regular consumption and the body's immune system decide on how badly the fluoride affects people.

Hastings tap water had 0.9 mg/l. Hastings Mayor Lawrence Yule said the Hastings District Council was working to reduce fluoride levels in the district's natural water supply to 0.7 mg/l following the EU report and advice from the Hawke's Bay District Health Board. Fluoridated water in other regions fell between the Ministry of Health's recommended levels of 0.7 mg/l and 1.0 mg/l.

Babies were most at risk because of the ratio of body weight to fluoride intake.

"If people are exposed as a baby, the damage done is irreversible. Their teeth will be damaged for life. Is it only their teeth? There's not enough research been done into the long-term bad effects."

The MOH stated small levels of fluoride strengthened the surface of teeth, which made them more resistant to tooth decay.

Ms Byrne said fluoride had no health benefits and FANNZ advocated it "created more health problems than it is alleged to fix".

Soil & Pasture Excesses

Very little F is taken up by pastures, so most of it stays in the soil, but water can contain more than is desirable. Above 4 ppm is dangerous. Optimum calcium levels reduce plant uptake of toxic heavy metals such as fluoride and the toxic manganese both of which cause many health problems.

Fluoride accelerates your aging process

Austrian researchers proved in the 1970s that as little as 1 ppm fluoride concentration can disrupt DNA repair enzymes by 50%. When DNA can't repair damaged cells, we get old faster.

Fluoride prematurely ages the body, mainly by distortion of enzyme shape. Again, when enzymes get twisted out of shape, they can't do their jobs. This results in collagen breakdown, eczema, tissue damage, skin wrinkling, genetic damage, and immune suppression. Practically any disease known can be accelerated.

All systems of the body are dependent upon enzymes. When fluoride changes the enzymes, it can damage the:

- immune system
- digestive system
- respiratory system
- blood circulation
- kidney function
- liver function
- brain function

- thyroid function

So things wear out faster and bodies become older faster.

Standard fluoride level in USA city waters are one part per million.

Fluoride and the atomic bomb

Working from secret government documents that have just become declassified in the last three years, Joel Griffiths and Chris Bryson have illuminated a very scary liaison: fluoride and the Manhattan Project. As we all remember, the Manhattan Project was the WWII secret program which brought the atomic bomb into existence. It turns out that fluoride was a key component in the production of this bomb, in two main applications: in the uranium complex itself, and also as a toxic waste material. (Fluoride & Brain Damage).

There was an accident in 1943 that had to be covered up, big time. DuPont was the chemical company charged with producing millions of gallons of fluoride for the Manhattan Project. A DuPont facility in Deepwater, New Jersey, dumped so much fluoride into the air and water that things they couldn't hide started happening in the towns downwind:

- poultry died
- horses got sick and couldn't work
- cows became so crippled they could only crawl on their bellies to graze
- the peach crop was destroyed
- fluoride content of local vegetables was off the charts
- abnormally high level of fluoride in the blood of the local people
- even the workers at DuPont got sick

Now all this may not seem like a big deal compared with the development of the most top secret weapon in history, but the farmers in those towns didn't know a thing about an atomic bomb. Hiroshima hadn't happened yet. All these farmers knew was that the chemical company was poisoning the air and the water.

Alzheimer's disease and fluoride

There are reports of aluminum in the brain possibly being a causative factor in Alzheimer's Disease. Evidence points towards fluoride's strong affinity for aluminum and also its ability to "trick" the blood-brain barrier by looking like the hydrogen ion, and thus allowing an easy chemical access to brain tissue.

Alzheimer's Disease increased after people started using aluminum cookware. Isabel Jansen, R.N., wrote of a simple experiment regarding the use of aluminum pots, where you can easily prove for yourself that both the aluminum and the fluoride content in water both increase dramatically, when combined.

Diabetics should not drink fluoridated water

There are reportedly more than 11 million Americans with diabetes. Since many diabetics drink more liquids than other people, then according to the Physicians Desk Reference these 11 million Americans probably shouldn't drink fluoridated water, because in doing so, they'll receive an excessive dose of fluoride, which accumulates in the body.

Incidentally, fluoride reactions resemble Attention Deficit Disorder in a certain percentage of the population, and especially in hyperactive children. The simple test of this is to get the person under question off ALL sources of fluoridated water, toothpaste, soda pop bottled with fluoridated water, canned soup, etc. and see if their condition improves over a period of 3-4 weeks. Use distilled water, because most simple charcoal water filters will not remove fluorides.

Fuoride symptoms:

- Increasing accumulation in the brain.
- Great loss of memory, forgets almost everything.
- Good memory in morning, forgetfulness every evening.
- On making notes, mistakes right for left.
- Mental weakness.
- Mental excitability.
- Feels indifference towards those he loves best.
- Aversion (intense dislike) to his own family, bordering on insanity.
- Excessive hilarity; great buoyancy of mind.
- Greatly depressed in mind.
- Exceedingly anxious, causing sweat; greater in morning than evening.
- Sensation as if danger menaced him, but without fear.
- Felt certain that something dreadful would happen.
- Fear of apoplexy (stroke).
- Anxiety.
- Irritable disagreeing mood.
- Very ill humoured.
- Feeling in brain as if on the verge of being struck with apoplexy. (A stroke)
- Vertigo with sickness of stomach.
- A kind of sinking weakness, so has to sit down.
- Feeling as if in an earthquake.
- Sensation of weakness, like numbness in head, same in hands.
- Sensation of numbness in forehead.
- Heaviness above eyes, with nausea.
- Severe pressing of both temples.
- Compressing pain in temples.
- Slight pain in right temple, followed by left.
- Headache in skull, behind ears.
- Headache every morning.
- Sensation of weakness, like numbness in head and hands.
- Dull, heavy headache.
- Dullness & pressure in back of head.
- Dullness in back of head.
- Pressure on both sides and back of head.
- Headache from neck to forehead; dull feeling in head.