

McKenzie's Food for Thought

Informed insight on the latest medical & health news & what it means for you

Fluoride?

A POISON. Fluoride is an acute toxin with a rating higher than that of lead. Yet we are told that it is good for our teeth. We are not told that most fluoride added to municipal water is not naturally sourced.

According to "Clinical Toxicology of Commercial products," 5th Edition, 1984, lead is given a toxicity rating of 3 to 4, and fluoride is rated at 4 (3 = moderately toxic, 4 = very toxic). On December 7, 1992, the new EPA Maximum Contaminant Level (MCL) for lead was set at 0.015 ppm, with a goal of 0.0ppm. The MCL for fluoride is currently set for 4.0 ppm - that's over 250 times the permissible level of lead.

It is a combination of hexafluorosilicic acid and sodium silicofluoride, considered as highly toxic by the EPA (USA environmental protection agency). The source of this is the phosphate mining industry, an important mineral used in fertilizers. The rock is refined into phosphoric acid – used in Coke and Pepsi. It's a highly acidic liquid, believed to be one of the major causes of kidney stones and loss of bone mineral density that can result from drinking sodas. But in order to extract these substances and remove the high content of fluoride sulphuric acid is added to the slurry. It used to be burnt in smoke stacks but the surrounding farms suffered from huge numbers of dead cattle and withering crops – fluoride poisoning. This was stopped and the fluoride "remarketed" in such a guise that it was acceptable to add it to municipal drinking water.

Fluoride used in water fluoridation contains other heavy metals. It is the most bone seeking element known to mankind. The US Public Health Service has stated that fluoride makes the bones more brittle and dental enamel more porous.

Current total intake is now estimated to be between 5 and 7 mg/day in "optimally fluoridated" areas. Current fluoride intake is equally divided between drinking water (in fluoridated areas), food, other beverages, and dental products, meaning that even if you don't live in a fluoridated area, fluoride is endangering your health. Fluoride can be found in water, toothpaste, mouthwash, Dentist's treatment, fluoride pills, juice, soft drinks, canned food, commercial fruit and vegetables, Teflon and Tefal coated items "such as frying pans", etc. (Note: No "optimal" fluoride intake has ever been scientifically documented.)

About 99% of municipal water doesn't even reach our teeth (used in showers, washing clothes etc.) which makes the argument of possibly protecting teeth a bit spurious but that water will end up downstream and ultimately in our oceans. As little as 0.04 mg/kg of body weight per day has been proven to cause adverse health effects. Retention of 2 mg a day will produce crippling skeletal fluorosis in one's lifetime. Approximately half of each day's fluoride intake will be retained. This is what makes it so dangerous. "The dose makes the poison." All sides agree to the fact that healthy kidneys can eliminate only about 50% of daily fluoride intake. The rest gets stored in calcified tissues, like bones and teeth. Since April 1997 all toothpaste in the US must carry a warning label, advising parents what to do if their child swallows more than the pea-size brushing amount.

Wholesale containers carry the poison symbol

of skull and crossbones. There are known cases of children dying in the dentist's chair. (New York Times, Jan.20, 1979: "\$750,000 Given in Child's Death in Fluoride Case" about a three year old child killed by fluoride treatment in the Dentist's office.) Many dentists never bother to take the time to study both sides of the fluoride issue." **There are NO reliable studies, conducted under ethical research guidelines, which prove the benefits of fluoride supplementation.** The FDA admits this! There are more than 500 peer-reviewed studies documenting the adverse effects. Furthermore, dentists make higher profits in fluoridated areas and through fluoride use. As a result of mottled enamel, many more restorative measures are necessary, such as braces, bridges, etc. In addition, there is an abundance of evidence in the scientific literature indicating that fluoride causes a delay in the normal shedding of the "baby" teeth, and their replacement by permanent teeth. This delay has been shown to increase the number of children with malpositioned teeth. Again, braces are far more expensive than fillings.

The International Academy of Oral Medicine and Toxicology has classified fluoride as an unapproved dental medicament due to its high toxicity. Four major studies involving 480,000 children (US, 39,000; Japan, 22,000; India, 400,000; Tucson, 29,000) comparing fluoridated and non-fluoridated areas showed no significant difference in decay rates. A higher intake of fluoride will actually cause MORE cavities, especially for children with low dietary calcium intake.

CANCER? In 1990 fluoride was found to be an equivocal carcinogen by the National Cancer Institute Toxicology Program. It can also increase hip fractures according to 5 epidemiological studies done since 1990, in three different countries, all showing a higher increase in hip fractures in fluoridated communities.

BRAIN DAMAGE? Fluorides lower the intelligence capacity of humans, with children, again, especially susceptible to early fluoride toxicity. Studies proving that fluorides transfer through the

placenta are well known. (Meanwhile, Dr.Weil, Internet's Health Guru, advocates fluoride supplements for pregnant women in his book "8 Weeks To Optimum Health"...)

IT'S A TOXIC WASTE! Think about it - day after day, unprecedented quantities of fluoride are deliberately released into the environment, especially in fluoridated areas. It would cost up to \$8,000 per truckload to dispose of this hazardous waste. At a rate of emissions into the air of 155,000 tons/year, in addition to an estimated 500,000 tons of emissions into lakes, ocean, rivers (not counting fluoridation) this adds up to savings of \$6 Billion dollars/year to industry!

HOW TO PROTECT YOURSELF and YOUR FAMILY: If you live in an area with fluoridated water, drink distilled water. You can have it delivered or buy it (www.freshwater.com). You can also buy distilling or reverse osmosis systems for home use, which is the only way to take fluoride out of the water. Also, eliminate any Teflon or Tefal coated cookingware, for scratches in the surface will release PTFT, another toxic fluoride compound. Avoid fruit juices canned or bottled in fluoridated areas. All non-organic grape products are especially high in fluoride content due to the number of fertilizer and pesticide applications. Wine can contain up to 3 ppm fluoride. Avoid using any toothpaste or mouthwash containing fluoride. There are many alternatives on the market.

Individuals ARE successful in educating politicians about the issue and can make a difference. Don't be part of the silent majority – it's our health and the health of planet earth.

Material derived from many sources including www.healthchild.com and Health Ranger

"Life of Health" CHLORELLA:

Remember "life of health" chlorella will help draw heavy metals and toxic matter from the body. Most children are more than happy to take the small pills – some even chewing them and asking for them as a treat! As an adult I can't say I relish the thought of chewing them but swallowing them doesn't cause any problems.

SPECIAL SPRING OFFER:

One pot lasts c. 40 days and costs £30. Buy six pots for £150 **saving £30.**

Other brands might well be cheaper but they are not as concentrated nor as pure as the above obtainable from Fiona McKenzie: office@fionamckenzie.co.uk
020 7229 6689

TOOTHPASTE: For a good non fluoride toothpaste contact: office@fionamckenzie.co.uk or as above via phone.

Don't forget that the quality of your life depends on the quality of your thoughts, what you put past your liips and the environment you have created to work and live in.