

12 Reasons to Oppose Water Fluoridation

- 1. Fluoride is a drug according to NAPRA** (National Association of Pharmacy Regulatory Authorities). Yet, Health Canada falsely claims it is a nutrient.
- 2. Fluoridation violates an individual's right to informed consent of medication.** Moreover, once it is added to water, there is no way to control who gets it and how much is ingested, and there is no medical follow-up or monitoring to determine fluoride's adverse effects.
- 3. Water fluoridation chemicals are hazardous by-products of the phosphate fertilizer industry.** These chemicals cannot be disposed of into the sea by international law, or into the environment. Nor have they ever been required to undergo randomized clinical trials for safety or effectiveness by any regulatory agency in the world.
- 4. There is a preponderance of evidence that swallowing fluoride causes serious harm.** Fluoride has been found to damage soft tissues (brain, kidneys & endocrine system) as well as teeth and bones.
 - **Risk to the brain.** The National Research Council (NRC) says fluoride can damage the brain. Animal studies conducted in the 1990s by EPA scientists found dementia-like effects at the same concentration (1 ppm) used to fluoridate water, while human studies have found adverse effects on IQ at levels as low as 0.9 ppm among children with nutrient deficiencies, and 1.8 ppm among children with adequate nutrient intake.
 - **Risk to the thyroid gland.** According to the NRC, fluoride is an "endocrine disrupter." Most notably, the NRC has warned that doses of fluoride (0.01-0.03 mg/kg/day) achievable by drinking fluoridated water may reduce thyroid function among individuals with low iodine intake. Reduction of thyroid activity can lead to loss of mental acuity, depression and weight gain.
 - **Risk to bones.** According to the NRC, fluoride can diminish bone strength and increase the risk for bone fracture. While the NRC was unable to determine what level of fluoride is safe for bones, it noted that the best available information suggests that fracture risk may be increased at levels as low 1.5 ppm, which is only slightly higher than the concentration (0.7-1.2 ppm) added to water for fluoridation.
 - **Risk for bone cancer.** Animal and human studies – including a recent study from a team of Harvard scientists – have found a connection between fluoride and a serious form of bone cancer (osteosarcoma) in males under the age of 20. Up to half of adolescents who develop osteosarcoma die within a few years of diagnosis.
 - **Risk to kidney patients.** People with kidney disease have a heightened susceptibility to fluoride toxicity. The heightened risk stems from an impaired ability to excrete fluoride from the body. As a result, toxic levels of fluoride can accumulate in the bones, intensify the toxicity of aluminum build-up, and cause or exacerbate a painful bone disease known as renal osteodystrophy.
- 5. Swallowing fluoride provides little or no benefit to the teeth.** Even promoters of fluoridation agree fluoride works topically (on the outer surface of the teeth), and not via some internal biological mechanism (CDC, 1999). A recent U.S. study found no relationship between the amount of fluoride a child ingested and level of tooth decay (Warren et al., 2009). Topical treatment in the form of fluoridated toothpaste is universally available, so it is a mistake to swallow fluoride and expose all the tissues of the body to its harmful effects.