



Fluoride Free Lethbridge Newsletter

March 6, 2015

Sometimes people don't want to hear the truth because they don't want their illusions destroyed. Friedrich Nietzsche (1844 – 1900)

Fluoridation

**New Science
Condemns It** 

FluorideFreeLethbridge.com

The sign says, “New Science Condemns It,” but the reality is Old Science condemned it, too. The Old Science was just brushed under the rug by big industry, money and propaganda. Read Christopher Bryson’s book, [*The Fluoride Deception*](#) for a comprehensive history of fluoridation.

In the past few days, two new studies have made headlines questioning the safety of fluoridation – **fluoridation contributes to hypothyroidism and to attention deficit hyperactivity disorder (ADHD).**

[**Water Fluoridation May Increase Risk of Underactive Thyroid Disorder**](#) BY DOUGLAS MAIN

A large study that looked at data from nearly every general medical practice in England suggests that water fluoridation may increase the risk of developing [hypothyroidism](#), or underactive thyroid. This condition, in which the thyroid gland doesn’t produce

enough [hormones](#), is associated with symptoms such as fatigue, obesity and depression.

The study found that locations with fluoridated water supplies were more than 30 percent more likely to have high levels of hypothyroidism, compared to areas with low levels of the chemical in the water. Overall, there were 9 percent more cases of underactive thyroid in fluoridated places.

[Are fluoride levels in drinking water associated with hypothyroidism prevalence in England? A large observational study of GP practice data and fluoride levels in drinking water](#) -

S Peckham, D Lowery, S Spencer

Findings We found that higher levels of fluoride in drinking water provide a useful contribution for predicting prevalence of hypothyroidism. We found that practices located in the West Midlands (a wholly fluoridated area) are nearly twice as likely to report high hypothyroidism prevalence in comparison to Greater Manchester (non-fluoridated area).

Interpretation In many areas of the world, hypothyroidism is a major health concern and in addition to other factors—such as iodine deficiency— fluoride exposure should be considered as a contributing factor. The findings of the study raise particular concerns about the validity of community fluoridation as a safe public health measure

[Study Draws Connections Between Water Fluoridation and ADHD in Children](#) by Derrick Broze

A recently published study has found an association between widespread exposure to fluoridated water and increased Attention-Deficit Hyperactivity Disorder (ADHD) prevalence among U.S. children.

The study comes from the Department of Psychology at Toronto's York University and was [published in the Environmental Health journal](#). The researchers studied data on ADHD among children age four to seventeen collected in 2003, 2007 and 2011 as part of the National Survey of Children's Health, as well as state water fluoridation data from the Centers for Disease Control and Prevention (CDC) collected between 1992 and 2008. It is the first study to analyze the

relationship between exposure to fluoridated water and ADHD prevalence.

The team discovered children living in areas with a majority of the population receiving fluoridated water from public water systems *“tended to have a greater proportion of children and adolescents diagnosed with ADHD.”* The researchers concluded that *“this study has empirically demonstrated an association between more widespread exposure to fluoridated water and increased ADHD prevalence in U.S. children and adolescents, even after controlling for socioeconomic status (SES). The findings suggest that fluoridated water may be an environmental risk factor for ADHD.”*

[Exposure to fluoridated water and attention deficit hyperactivity disorder prevalence among children and adolescents in the United States: an ecological association](#)

Abstract

Background

Epidemiological and animal-based studies have suggested that prenatal and postnatal fluoride exposure has adverse effects on neurodevelopment. The aim of this study was to examine the relationship between exposure to fluoridated water and Attention-Deficit Hyperactivity Disorder (ADHD) prevalence among children and adolescents in the United States...

Conclusions

Parents reported higher rates of medically-diagnosed ADHD in their children in states in which a greater proportion of people receive fluoridated water from public water supplies. The relationship between fluoride exposure and ADHD warrants future study.

Science continues to expose fluoridation to be unsafe. Don't believe the rhetoric flowing from those supporting fluoride espousing science is on their side. Ask them for the studies.

Letter to the Editor

This is an excellent letter written by a dentist to the Newburyport News.

Fluoride is 'The Devil's Poison'

When a highly intelligent friend asked me to look into fluoridation, I nearly dismissed her request in an automatic response. After all, questioning fluoridation went against my dental school training and much of the news crossing my desk from the ADA. However, since fluoride was the most common prescription I was writing at the time, I decided to take a look into this “sacred cow” of public health policy.

The more I dug through medical journals and books, the more confused I became. There were positive articles and negative ones. Fluoride was either a miracle drug or a lethal poison. I kept digging backward in time with research, not limited to American literature, but reading from seven different translated languages...

Acute exposure to fluoride does harm in obvious and immediate ways. But the small daily dose exposures accumulate in the body over time, building up like arsenic or lead. Ingesting fluoride is like taking in a ticking time bomb.

“The Devil’s Poison” became fluorine’s nickname in the 17th and 18th centuries. After studying volumes on the subject, spanning several centuries, from here and abroad, it has become clear to me that fluorine and its fluoride compounds have probably caused more disease and death than any other substance known to mankind. This information has been cataloged in my book titled “The Devil’s Poison: How Fluoride is Killing You.”

Those who advocate fluoridation simply do not understand the nature of the substance in question or the extent of its harmful effects. I sincerely hope that the citizens who have taken up the cause of ending fluoridation will prevail.

Dean Murphy, DDS
Rockford, Illinois

Other Communities

Every week there are fluoride-free victories. Here are the most recent ones from [Fluoride Action Network](#):

Bennington, Vermont - The majority of voters turned out to say “no” to fluoridating the water Tuesday (March 3) at Town Meeting.

Article 15, asking “Shall the Town of Bennington adjust the natural level of fluoride in the Bennington water system to a level recommended for preventing tooth decay (advisory only)?” was defeated with 1,117 voting “yes” and 1,539 voting “no.”

South Dublin, Ireland—South Dublin County Council became the 5th major council [calling for an end to fluoridation](#) in 2015 and the 10th in the past year, collectively representing more than 2 million Irish residents. This comes less than a month after councilors in Cavan County and the community of Galway both [passed motions](#) calling for members to register their opposition to fluoridation.

Yoshikawa, Japan—Officials in this Japanese city with 70,000 residents [decided against fluoridating](#) the drinking water after considering a fluoridation proposal for 17 years. The proposal was defeated by a strong fluoride-free grassroots movement in combination with the election of a new Mayor who opposed the practice.

New Brunswick, New Jersey—Councilors [voted to stop using fluoride](#) in the water supply for their 50,000 residents as part of their plans to improve the town’s infrastructure. They felt that fluoride was readily available in other forms and that people were choosing to drink bottle water instead of tap water, making the practice a waste of money. Also in NJ, [Egg Harbor will hold a meeting](#) on March 5 to consider ending the practice after the Water and Sewer Department Superintendent urged councilors to oppose the practice.

Boynton Beach, Florida—Town officials will [no longer fluoridate](#) the drinking water for their 70,000 residents due to the cost of updating the broken fluoride injection equipment and the limited availability of the additive.

Montello, Wisconsin—Councilors [approved a motion ending fluoridation](#) on February 12th after contacting area dentists and learning that “a person would get more fluoride from brushing their teeth daily than by drinking a gallon of city water daily.” The decision will save nearly \$40,000 this year, and \$7,000 each year. Rice Lake, Wisconsin is also [considering removing fluoride](#).

Brackenridge, Pennsylvania—Councilors are [discontinuing their fluoridation program](#) because of the availability of fluoride in other forms, and because, as one councilor stated, “...it’s dangerous to work

with.” Brackenridge follows Ford, PA, which voted to end fluoridation in December.

When will we see our city added to this list?

Our Community

Sad to say, nothing to report on the fluoride fight in Lethbridge.

If you know of anything happening, please share with the rest of us.

Letter to City Council

Richard Hudon, an Ottawa fluoride fighter, sent the following letter to his mayor and town council. Something to consider [sending our City Council](#).

Sent today, February 26, 2015 to each Councillor individually, and to the Mayor of Ottawa - big job, but had to be done. A follow up letter will be sent out soon.

Dear Mr Mayor - modified to address him personally
Dear Councillor (name).

Independent, scientific, robust studies on brain damage, osteosarcoma and other adverse health outcomes have been done as a result of ingesting Fluoride ions, as happens to all those who drink Ottawa's fluoridated water - you have received proof of these during the last municipal election. - Did you not familiarize yourself with this proof?

The Fluoride ion is a general systemic protoplasmic poison, as reported by the very medical professionals before 1945, after fluoridation was implemented, the very same medical professionals that now support and promote it.

Is it possible that the nature of the Fluoride ion has changed to accommodate or support any belief that it helps prevent tooth decay?

Shouldn't the very real possibility that harm may come from fluoridation be a reason to end that practice until proper, independent Toxicology Studies and Clinical Trials are done on the chemical mixture used for fluoridation?

Since these Studies and Trials have never been done, should not a moratorium

be implemented until they are done?

Failure to do so is a dereliction of duty by authorities, so why go along with them?

It is your responsibility as a Councillor to see that additives used in water treatment are safe according to the Ontario Safe drinking Water Act, section 19.

Please bring a motion before Council to halt fluoridation, demand a moratorium, until the actual chemical mixture that is used is incontrovertibly proven safe for human consumption by adding it to the community water supply during the water treatment process.

Please do not attempt to mollify my assertions and questions by accepting false statements that we would have seen problems with this practice if there was any, because no one has ever monitored or is currently monitoring for adverse reactions from fluoridation in Ottawa; until this is also done, there is no proof that it is not dangerous to human health.

It's your job, it's your responsibility to look after Ottawa's residents in this matter, it is neither the Medical officer of Health's job nor any of his staff, so please do not defer to them on this matter.

Please, do not be a sheep, be brave: bring a motion to Council to declare a moratorium on fluoridation.

The courtesy of a reasoned and helpful reply is respectfully requested.

All the best

Richard Hudon, President
Safe Water Ottawa
Member:
Canadians Opposed to Fluoridation – Canadiens Opposés à la Fluoration
Fluoride Action Network
Worldwide Alliance to End Fluoridation
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Actions speak louder than words.
Much is given back to those who give freely.

Archived Newsletters

The [past Fluoride Free Lethbridge Newsletters](#) have been added to our website. It's interesting to review what we've done in the last two years, as well as see what's happened worldwide in this fight to end fluoridation.

Promotional Materials

**It's always the right time to do what's right!
And it's never right to quit before the job is done.**

Write [City Council](#).

Speak out with your [Lawn signs](#).

Wear your [FFL T-shirts](#) (go to photos to see the design).

Join Us

Like Fluoride Free Lethbridge on [Facebook](#).

Follow us on Twitter: [Fluoride Free YQL](#).

Visit our site: [Fluoride Free Lethbridge](#).

Time to say, "No more fluoride!" Let's add our city to the growing list of fluoride free communities.