

Myths and Facts about Water Fluoridation

Is water fluoridation mass medication?

Yes. Fluoride is added to the public water supply to deliberately change the structure of teeth which makes it a medication.

Does water fluoridation cause illnesses or diseases such as bone fractures and cancer?

Yes. Fluorosis of teeth and bones (i.e. discolouration and brittleness) results from consumption of too much fluoride. International research shows increased bone fracture rates and, in boys, increased risk of osteosarcoma from water fluoridation. Reduced IQ, poor thyroid function, bone disorders, skin and digestive problems are also known health effects. Despite 60 years of water fluoridation in New Zealand, no local studies have been done to look at the whole-body effects of fluoridation.

Is fluoridated water toxic?

Yes. The issue for most people is fluoride's long term chronic toxicity. Some people are very sensitive to fluoride's toxic effects even at the doses experienced drinking fluoridated water. The Hydrofluorosilicic Acid (HFSA) that is added to the water supplies of 24 communities, including Hastings, Waipukurau, Hamilton and Whakatane, is an S7 'Dangerous Poison'. Fluorides used in water fluoridation are classified as "hazardous waste" under Australian Environmental legislation.

Is the fluoride added to water an industrial waste product?

Yes. The added fluoride (HFSA) is a byproduct of the fertiliser industry. It is only filtered to remove solid silica and may bind with heavy metals such as cadmium and lead.



Summary

Water Fluoridation is:

Unfair and unethical - Many people try to avoid fluoridated water so their health will not suffer. Fluoride is administered to us without our consent or individual monitoring.

Non-effective - The research shows minimal difference in tooth decay between fluoridated and non-fluoridated communities.

Unnatural - Our babies and children were never meant to have this sort of fluoride. Fluoride is not an essential nutrient required by the human body. Traditional Maori had perfect teeth without added fluoride.

Unsafe - There is no optimum or safe level for fluoridation of water. Sensitive people may react regardless of the dosage.

What you can do?

Hastings District Council and Whakatane District Council have chosen to hold referenda. During the local body elections in 2013, people in these areas have the chance to vote to stop fluoridation for good.

Join your local Fluoride Free group and help to raise awareness about the ethical and health concerns with water fluoridation.

Visit these websites for reliable information about the health effects of fluoride:

Fluoride Action Network NZ:

www.fannz.org.nz

Fluoride Free Hamilton:

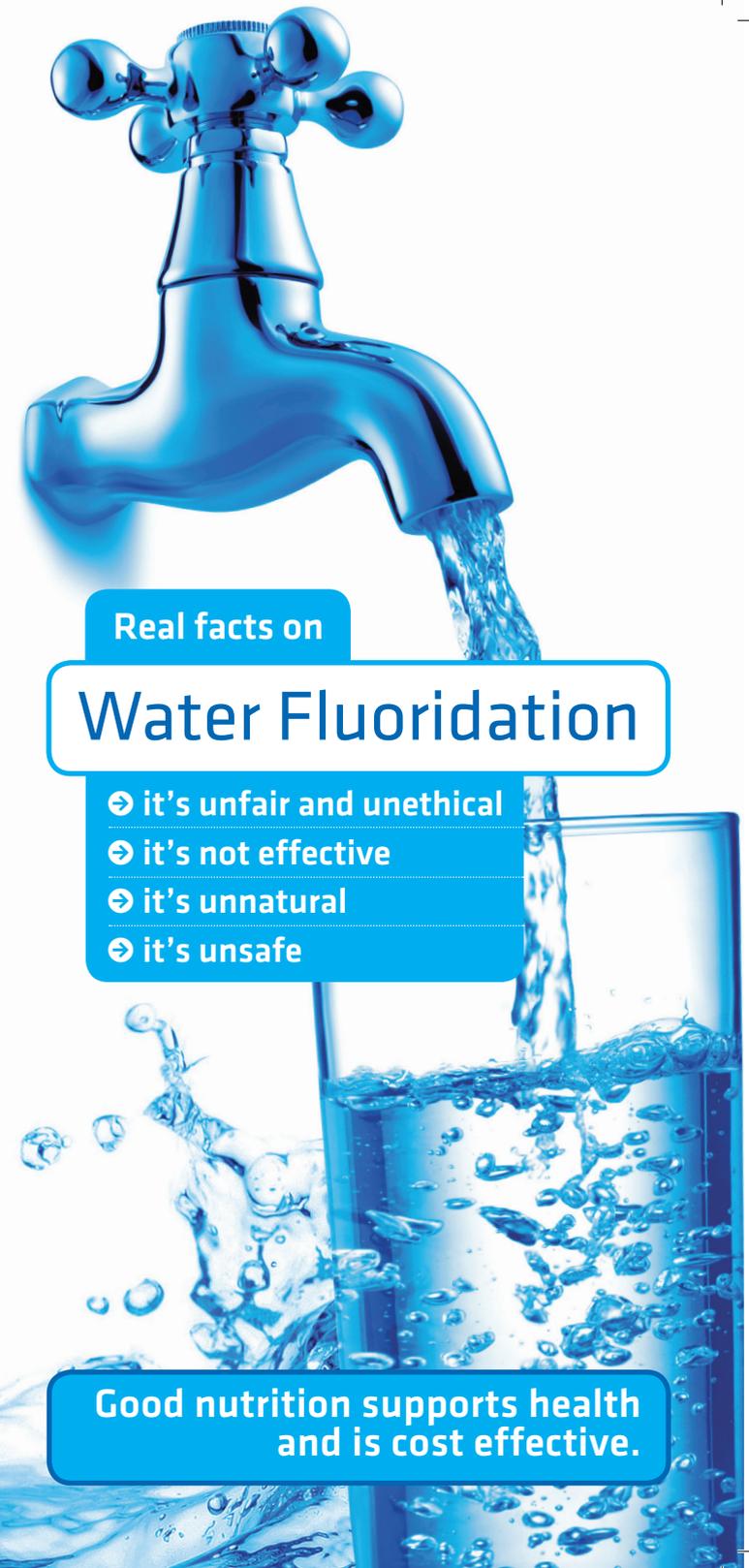
www.fluoridefreehamilton.org.nz

Fluoride Free Hastings:

www.fluoridefree.co.nz



Produced by New Zealand Fluoridation Information Service
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Real facts on

Water Fluoridation

➔ it's unfair and unethical

➔ it's not effective

➔ it's unnatural

➔ it's unsafe

Good nutrition supports health
and is cost effective.

What is Fluoride?

It is a common element, normally bound in relatively insoluble forms such as calcium fluoride, which protects living beings from it. But even natural fluoride poses a health risk in moderate doses. Silicofluorides used in fluoridation are 30 times more toxic. Fluoride is not an essential nutrient. There is no deficiency disease associated with a lack of fluoride.

What is water fluoridation?

It is the addition of non-organic fluoride, such as the hazardous chemical Hydrofluorosilicic Acid (HFSA), to municipal water for the purpose of preventing tooth decay.

Does fluoride help our teeth?

There is poor evidence to show fluoride strengthens teeth when drunk in water. Any strengthening effect is topical (e.g. through toothpaste). The acclaimed 'fluoride effect' of the 1950s experiment between fluoridated Hastings and non-fluoridated Napier was later shown to be a result of changing the way tooth decay was assessed.

Is all New Zealand drinking water fluoridated?

No. It's a decision for each council and their community. Despite recent strong public pressure to stop fluoridation of their water supplies for ethical and health reasons, 24 of the 69 councils continue to fluoridate under pressure from their District Health Boards and the Ministry of Health.

Do some countries choose not to fluoridate their water?

Yes. Most countries do not fluoridate. Nearly all countries in Western Europe have either ceased fluoridation, or refused to fluoridate their drinking water. World Health Organisation data show that decay rates across the world have been declining in the past 30 years regardless of whether the water is fluoridated or not. Where fluoridation has stopped, tooth decay rates have continued to decrease.

US Food and Drug Administration has never approved any fluoride product as safe.

Is water fluoridation safe?

No. Many peer reviewed and scientific studies over 60 years have found water fluoridation has detrimental effects on human health. For example babies, people with immune weaknesses and kidney disease, diabetics, the elderly and people in low income communities are particularly vulnerable. Breast milk has 250% less fluoride than formula made from fluoridated water. Surely nature knows best! **There is no safe level.**

The call to stop water fluoridation is supported by:

Dr Paul Connett - retired Professor of Chemistry St Laurence University, USA

Professor AK Susheela - Fluoride and Fluorosis Research Foundation of India

The late Dr John Colquhoun - former Chief Dental Officer, Auckland

Dr Arvid Carlsson (Medicine 2000) and five others - awarded Nobel Laureate prizes for Medicine

Hans von Euler-Chelpin (Chemistry 1929) and eight others - awarded Nobel Laureate prizes for Chemistry

International Academy of Oral Medicine and Toxicology (IAOMT)

Association for Science in the Public Interest

American College of Toxicology

US Environmental Protection Agency Union of Scientists

Dr Phyllis Mullenix - former Chair of Toxicology at Forsythe Dental Centre, fired after her research showed effects of fluoride on the brain

Dr Vernon Kruger, Dentist, Cambridge

Dr David Smith, Dentist, Te Aroha

Dr John Jukes, Dentist, Waipukurau

Dr Lawrie Brett, Dentist, Whangarei

Dr Peter Scanlon, Medical Practitioner, Hamilton

Dr Tony Edwards, Medical Practitioner, Napier

Dr Kamal Karl and Dr Avani Karl, Medical Practitioners, Napier

Dr Mike Godfrey, Medical Practitioner, Tauranga

...and many more

Does fluoride toxicity just affect growing teeth?

No. Fluoride in water affects everyone, from children to elderly people. It has a detrimental systemic effect in the body, accumulating over time.

Does fluoridation make sense in New Zealand?

No. The dental researcher, Dr Weston A Price, showed that Maori children in the 1930s living on traditional foods had no tooth decay. Good nutrition is the answer to tooth decay and many other health concerns.

Is water fluoridation expensive?

Yes, it is expensive in the long term because of its harmful health effects. The government refuses to investigate the true costs of fluoridation.

Do filters take fluoride out of the water?

Reverse osmosis filters do remove fluoride from water, but also needed minerals. Carbon filters do not remove fluoride. For sensitive people, even washing in fluoridated water can cause skin rashes. It is virtually impossible to avoid exposure to fluoridation. We are affected through things like bathing, dining out, vegetable garden watering and eating commercial food products.

