

- 6. Fluoride is NOT an essential nutrient.** No biological process in animals or humans has been shown to depend on it. On the contrary, it is known that fluoride can interfere with many important biological processes and vital cellular constituents, such as enzymes and G-proteins. This makes fluoride potentially toxic even at low doses.
- 7. Human breast milk is very low in fluoride.** Breast milk averages only 0.007 ppm F (NRC, 2006). Even in areas with high fluoride levels, nursing children receive only a small fraction of the mother's fluoride intake, ensuring that the sensitive brains and bodies of breast-fed infants are protected from the developmental effects of this toxin. In contrast, a bottle-fed baby in a fluoridated area (0.7-1.2 ppm F) gets **up to 250 times more** fluoride than a breast-fed baby, resulting in an increased risk of dental fluorosis and lowered IQ.
- 8. Children in fluoridated countries are greatly over-exposed to fluoride.** When fluoridation began in the 1940s, 10% of children were expected to develop dental fluorosis (damage to tooth enamel) in its very mild form. Today, the prevalence in fluoridated countries is much higher—41% of all American children aged 12-15 are now impacted with some form of dental fluorosis (CDC, 2010).
- 9. Certain subgroups are particularly affected by fluoridation.** People vary considerably in their sensitivity to any toxic substance, including fluoride. Infants, the elderly, diabetics, those with poor nutrition (e.g. low calcium and low iodine), and those with kidney disease are especially vulnerable to specific adverse effects of fluoride. (See Table 23, CDC, 2005).
- 10. Fluoridation discriminates against those with low incomes.** People on low incomes are least able to afford avoidance measures (reverse osmosis or bottled water), or treatment of dental fluorosis (see Point 3) and other fluoride-related ailments (see Point 5).
- 11. Where are the studies?** Arvid Carlsson, a Nobel Laureate from Sweden (discoverer of dopamine) was appointed by the Swedish government to look into fluoridation. He went looking for the alleged studies and discovered nothing. **There simply are no double blind studies.** After his extensive investigation, he recommended that the Swedish government reject fluoridation, which it did.
- 12. Major countries of the world do not fluoridate...** These include Austria, Belgium, Denmark, Finland, France, Germany, Iceland, Italy, Luxembourg, Netherlands, Northern Ireland, Norway, Scotland, Sweden, and Switzerland, Japan, Russia, China.... 95% of the world's population drinks unfluoridated water. Why are **WE** fluoridating?

Adapted from Fluoride Action Network. Sources & more information:

www.fluoridealert.org



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