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**Subject:** Fluoridation: Unsafe, Unhealthy, Unnecessary, Science Shows  
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The following is information, which you should be aware of, is provided by the [Fluoride Action Network](#)

1) Contrary to early 1900's beliefs, current science shows that [ingesting fluoride is ineffective at reducing tooth decay](#) and [harmful to health](#).

1a) Fifty-seven percent of 6-19 year-olds have dental fluorosis (fluoride overdose symptoms), according to a 2016 Boston University dissertation by [Behbehani, et al](#) which was presented at the April 2017 [National Oral Health Conference](#). Behbehani also reported "[t]here was a significant increase in caries [cavity] experience."

2) Fluoride is [neither a nutrient nor essential](#) for healthy teeth meaning consuming a fluoride-free diet does not cause tooth decay. Americans are [fluoride-overdosed](#). Yet, America is facing a dental crisis, according to a [report by Senator Bernie Sanders](#).

3) Hydrofluosilicic acid, the most used fluoridation chemical, is allowed to contain [traces of toxic chemicals](#) such as antimony, arsenic, barium, beryllium, cadmium, copper, lead, mercury, radionuclides, and thallium which are never removed before adding to water supplies. Further, Hydrofluosilicic acid was [never safety tested](#) in humans or animals.

4) A recent [US study](#) links maternal fluoride levels to offspring's lower IQ. This is in addition to over [300 studies linking fluoride to neurological effects – 51 of them in humans](#). Even the US EPA reports that fluoride is a chemical "[with substantial evidence of developmental neurotoxicity](#)." We shouldn't be fluoridating children's brains while waiting for the definitive brain-damaging fluoride levels to be figured out.

5) Dentists' and Doctors' Groups oppose fluoridation, such as [The International Academy of Oral Medicine and Toxicology](#), The International Academy of Biological Dentistry and Medicine, The American Academy of Integrative Medicine, The American Academy of Environmental Medicine. Further most European Dental Associations no longer support fluoridation or fluoride supplements.

6) Over 4700 professionals, including 581 MD's and 375 dentists, [signed a statement urging an end to fluoridation](#).

7) Tooth decay rates [declined equally in fluoridated and non-fluoridated](#) countries.

8) Tooth decay crises are occurring in all [fluoridated cities, states and countries](#).

9) Fluoridation is an [environmental injustice](#) since low-income and minorities are most harmed and least helped by fluoride ingestion.

10) Fluoridation violates an individual's right to informed consent to medication. EPA regulates fluoride in water as a contaminant and the FDA

labels fluoride for ingestion an [unapproved drug](#).

11) Routine mixing of infant formula with fluoridated water, raises the risk of children developing dental fluorosis. The [American Dental Association](#) advises users of liquid concentrate or powdered infant formula as the primary source of nutrition to mix it "with water that is fluoride free or contains low levels of fluoride to reduce the risk of fluorosis [white spotted, yellow, brown and/or pitted teeth]."

12) "Existing data indicate that subsets of the population may be unusually susceptible to the toxic effects of fluoride and its compounds. These populations include the elderly, people with deficiencies of calcium, magnesium, and/or vitamin C, and people with cardiovascular and kidney problems, according to the Agency for Toxic Substances and Disease Registry (1993; page 112). One-five percent of the population is [hypersensitive to fluoride](#)."

You may have been told the following misleading information (a - h)

a) 3,000 studies prove fluoridation is safe and effective

The truth: The Chairman of the 2006 [National Research Council's](#) report on fluoride toxicology was surprised by the lack of valid fluoridation science, John Doull, PhD was quoted by [Scientific American](#) as saying:

"In the scientific community, people tend to think this is settled. I mean, when the U.S. surgeon general comes out and says this is one of the 10 greatest achievements of the 20th century, that's a hard hurdle to get over. But when we looked at the studies that have been done, we found that many of these questions are unsettled and we have much less information than we should, considering how long this [fluoridation] has been going on. I think that's why fluoridation is still being challenged so many years after it began. In the face of ignorance, controversy is rampant."

According to the [trusted UK Cochrane group of researchers](#), studies supporting fluoridation are mostly scientifically invalid and/or outdated.

b) Fluoridation is endorsed by most major health and dental groups

Not all health effects were ever considered or studied before fluoridation was adopted when groups were intensely lobbied for endorsements. Many prominent organizations never gave endorsements and some that once appeared on fluoridationists' endorsement lists no longer appear. For example, the [National Kidney Foundation](#) asked to be removed.

c) Every dollar spent on fluoridation saves \$38

A December 2015 published paper entitled "[A critique of recent economic evaluations of community water fluoridation](#)," concluded that there is "no cost-savings" due to "the estimated cost of treating dental fluorosis."

d) Poor children suffer the most without fluoridation

The [Cochrane group reported](#), "There is insufficient information to determine whether initiation of a water fluoridation programme results

in a change in disparities in caries across socioeconomic status (SES) levels." US [Federal data](#) proves that fluoridation has been useless for the poor

e) If it caused harm, we would know it by now.

If you don't look for harm, you won't find it. Despite the insufficient funding for researching fluoridation's ill effects, the mainstream media reported that fluoride is linked to [ADHD](#), [Diabetes](#), [Low IQ](#), [Thyroid Disease](#)

f) When fluoridation stops, cavity rates go up.

Actually, [studies](#) show that when fluoridation ends, cavity rates go down or stay the same. **Poughkeepsie NY stopped fluoridation in 2008. Yet, third-graders cavity rates declined steadily – 61% in 2013; 51% in June 2014; 45% in October 2014; and 31% in 2015 according to NYU researchers.**

Poughkeepsie stopped fluoridation mainly because the NYS Dep't of Health [couldn't provide safety studies](#) for fluoridation chemicals.

**In contrast, in 80% fluoridated Collier County, FL, 3rd graders tooth decay rates "were among the highest levels documented in the United States," according to University of Florida researchers' presentation at the [American Academy of Pediatric Dentistry's May 2014 annual meeting](#).**

g) Fluoride is natural.

The fluoride found in nature (usually calcium fluoride) is less toxic (but still harmful) than the artificial fluoridation chemicals which are waste products of the phosphate fertilizer industry and are [allowed to contain traces of other undesirable toxins](#), including lead and arsenic, that are never filtered out before injecting into the public's water supply.

h) The CDC says fluoridation is one of the "Ten Great Public Health Achievements in the 20th Century."

But it's the 21<sup>st</sup> century, now and fluoridation is scientifically indefensible. The CDC now admits that "In the earliest days of fluoride research, investigators hypothesized that fluoride affects enamel and inhibits dental caries (cavities) only when incorporated into developing dental enamel...[but now we know] Fluoride works primarily after teeth have erupted..." [CDC also says](#) that "The prevalence of dental caries in a population is not inversely related to the concentration of fluoride in enamel, and a higher concentration of enamel fluoride is not necessarily more efficacious in preventing dental caries," and that the amount of ingested fluoride emerging into saliva to bathe teeth topically is too low to have any beneficial effect.

You also need to know that [bottled water is not linked to more tooth decay](#).

Basically, ingesting fluoride should be an individual's choice not a community's choice. Fifty-one percent of voters (or their legislative bodies) should not mandate fluoride into 49% of those who don't want it, need it or are sickened by it. Fluoride is in virtually all foods and beverages, according to the [USDA Fluoride in Foods database](#). No American is, or ever was, "fluoride-deficient." Lobbied-legislators shouldn't be allowed to prescribe medication to their entire constituency and dose it based on thirst and not age, health, weight and need.

Hundreds of communities have stopped or rejected fluoridation. See: <http://fluoridealert.org/content/communities/>

If we can be of further assistance, provide you with additional information, please let us know.

Sincerely,

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607-217-5350

**About us:** The [Fluoride Action Network](#) (FAN) is a [science-based organization](#) which seeks to broaden awareness among citizens, scientists, and policymakers on the toxicity of fluoride compounds. FAN provides comprehensive and up-to-date information and remains vigilant in monitoring government agency actions that impact the public's exposure to fluoride.