

Dinking water with fluoride is neither safe nor effective.

Although, some have called artificial fluoridation controversial, I find that it can be a very easy subject to understand. It is as easy as 1, 2, 3.

First, does fluoride work to reduce tooth decay if swallowed? **No**, it does not. ¹
After claiming for more than 50 years that the effects of fluoride on tooth decay were systemic, virtually all of the fluoridation proponents have now reluctantly acknowledged that the only measurable dental effects are topical. ²

Like sun block, it's topical. You shouldn't drink it.

Read the FDA's Warning on fluoridated toothpaste. It says, **KEEP OUT OF REACH OF CHILDREN UNDER 6 YEARS OF AGE. IN CASE OF ACCIDENTAL INGESTION, SEEK PROFESSIONAL ASSISTANCE OR CONTACT A POISON CONTROL CENTER IMMEDIATELY.**"

Second, is it safe for babies or the handicapped? **No**, it is not. Just do the math. ^{3 4}



AMERICAN ACADEMY OF PEDIATRICS

A) Now recommends no prescription fluoride before age of 6 months

B) After 6 mo. To 3 yr. when all other sources are considered deficient, only 0.25 mg/day. Just one cup of water



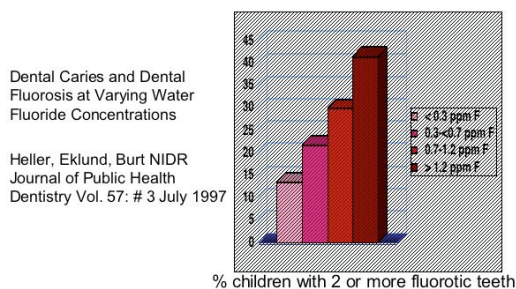
If liquid concentrate or powdered infant formula is the primary source of nutrition, it should be mixed with water that is fluoride free or contains low levels of fluoride to reduce the risk of fluorosis.

No medical or dental organization in the world any longer recommends supplemental fluoride for infants, including making formula from tap water. Research has shown that mother's milk has almost no fluoride and breastfeeding is the baby's best food.

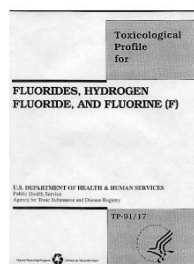
Fluoride in tap water is responsible for a substantial percentage of dental fluorosis. A 1987 National Institute of Dental Research study found that 66% of the children in fluoridated areas of the U.S. had at least one tooth visibly damaged by dental fluorosis. ⁵

If fluoride is not safe for babies, are other subsets of the population unusually vulnerable to the toxic effects of fluoride? Certainly! The 2006 National Academy of Science *Review of Fluoride* listed dental fluorosis, bone fractures, and endocrine disruption as adverse health effects. ⁶

Fluoridation Causes Fluorosis



ATSDR TP-91/17 Center for Disease Control



“Existing data indicate that subsets of the population may be unusually susceptible to the toxic effects of fluoride and its compounds.”⁷



The U. S. Center for Disease Control Agency for Toxic Substances and Disease Registry states that, “These [susceptible] populations include the elderly, people with deficiencies of calcium, magnesium, and/or vitamin C, and people with cardiovascular and kidney problems.”⁷

Third, is ingested fluoride for the purpose of reducing tooth decay
FDA approved?

No, it is not.⁸ (Congressional Hearings 2001 www.keepers-of-the-well.org)

The U. S. Food and Drug Administration has never approved any fluoride containing substance intended to be ingested to reduce tooth decay. In fact, by 1975 they had rejected 35 new drug applications for fluoride vitamins and supplements stating that, “**There is no substantial evidence of effectiveness as prescribed or labeled.**”⁹

It is just as simple as 1, 2, 3.

- 1) Dental benefit, if any, is only **TOPICAL** and not **SYSTEMIC**
- 2) The ADA agrees that tap water formula is **NOT** safe for small babies.
- 3) **NOT** FDA Approved as safe or effective because that is not how it works.

In my opinion, the water should be safe for us all to drink. The public agrees. Fluoridation steals dental care dollars from children in a fake prevention program that only benefits industry with hydrofluosilicic acid hazardous waste.

And besides, the state legislature AB733 specifically restricted its compelling legislation to only situations where rate-payers and tax payer funds are not required. MWD is not required to fluoridate nor are many of their member water districts but users will charged for it.

1 Featherstone, J Journal of the American Dental Association 7/2000
2 Morbidity and Mortality Weekly Report CDC on Fluoride August, 2001
3 <http://www.ada.org/prof/resources/pubs/adanews/adanewsarticle.asp?articleid=2212>
4 Levy SM et al Sources of fluoride intake in children. J Public Health Dent. 1995;55(1):39-52
5 Heller et al Dental Caries and Dental Fluorosis Journal of Public Health Dentistry Vol. 57: No. #3 July, 1997
6 National Research Council review of Fluoride March 2006
7 Agency for Toxic substances and Disease Registry (ATSDR) Toxicological Profile (TP 91/17)
8 FDA Letter to congressman Ken Calvert www.keepers-of-the-well.org
9 Drug Therapy NDA withdrawn for fluoride and vitamin combinations 1975