

THE FACTS on WATER FLUORIDATION

- The fluoride problem in Australia & Victoria -



**The choice communities are not given*

Fluoridation is the process of adding a chemical to manipulate a drinking water supply's fluoride level up to an amount that a government decides is good for people, particularly their teeth.

Fluoridation has been practised in many parts of Australia since the 1960s. In Victoria the *Health (Fluoridation) Act, 1973* allows government to order a water authority to start fluoridation without approval of the water consumers. During 2005-2008 Wangaratta, Wodonga, Horsham, many Gippsland towns, Castlemaine and Warrnambool had fluoridation enforced, over vigorous community protest.

In 2008 the Geelong region (Barwon Water) and Ballarat received government orders to implement fluoridation by sometime in 2009. Government and Barwon Water have refused all requests from the region's community to put the matter to a vote.

WHY do the majority of people OPPOSE FLUORIDATION?

SUMMARY: Communities do not want fluoridation on ethical and legal grounds; it violates the rights of individuals and families to free choice & informed consent. In addition, the science that supposedly shows fluoridation to be beneficial is very flimsy, while the evidence indicating that it causes health damage has been getting stronger every year. One decade into the new millennium it is clear that fluoridation is a serious hazard to people and the environment.

- Fluoridation violates the trust that a doctor or health authority will not force treatments upon citizens against their will. No individual doctor in their right mind would force a chemical treatment upon a crowd of people in his waiting room that he does not know, has not examined, cannot monitor and has not asked their wishes - yet state enforced fluoridation does exactly that.
- The Victorian *Charter of Human Rights & Responsibilities Act (2006)* states that a person must not be “**subjected to medical or scientific experimentation or treatment without his or her full, free and informed consent.**” The same rights are guaranteed in the *International Covenant of Civil & Political Rights* (enshrined in Australian law) and in the *Nuremberg Code* that emerged from the Nuremberg war crimes trials after the Nazi medical atrocities of World War 2. But with fluoridation has anybody even been asked for their consent?
- Water fluoridation is rejected in most parts of the world. Only eight countries have the majority of their citizens subjected to fluoridation. **Fluoridation is rejected**, in some cases banned by law, in **Sweden, Switzerland, Finland, Norway, Denmark, Germany, France, Netherlands, Belgium, Austria, Japan**, and many other countries. **China** does not allow fluoridation, except in Hong Kong where it lingers as a hangover from the British administration. **England** has just a few towns fluoridated while **Scotland, Wales and Northern Ireland** all reject it.
- The unfluoridated countries of Europe and elsewhere DO NOT show worse tooth decay figures than Australia or the USA. In fact the lowest tooth decay rates are found in countries that reject fluoridation eg. Netherlands. According to the 2008 Australian Adult Oral Health Surveys, Queensland (with almost no fluoridation till 2009) has approximately the same rates of tooth decay as the heavily fluoridated states, and better figures than the longest fluoridated state, Tasmania. When fluoridation is failing so badly why extend it to new areas?

- If fluoride helps teeth at all, it is by application to the outside surfaces of teeth, not by ingesting it into the blood. Any effect is **topical**, not systemic. Thus it is possible that fluoride in toothpaste or applications by the dentist can help some kids, but swallowing it is more stupid (and dangerous) than swallowing sunscreen to protect your skin!
- One person's biological makeup can be very different to the next person's – fluoridation represents a staggering ignorance of this fact. *'One size fits all'* is simply bad medicine.
- Some individuals are highly sensitive to the toxic action of fluoride, and react in a way that seems almost "allergic". Their rapid-onset symptoms can include gut pains, headaches, joint pain, weakness and fatigue, mouth ulcers, skin rashes and severe wheezy breathing. The only relief comes from avoiding all fluoridated water or other fluoride sources – very difficult to do.
- Dental Fluorosis is the whitish or brown 'mottling' of teeth caused by excessive fluoride intake in childhood. Major international and Australian studies have shown that fluoridated cities have twice as many children with DF as non-fluoridated cities. Restoring the teeth is very expensive.
- Fluoride accumulates in the body, and many of the side-effects are long term, developing over years or decades of fluoride intake. Children are at special risk. 23 studies over the last 15 years show impairment of brain development, IQ, when consuming fluoride in drinking water. In Australia authorities refuse to study this. Likewise they refuse to study the effect of fluoride on bones and joints, thyroid gland function, and the toxicity of fluoride for patients with kidney disease. The USA National Research Council (2006) highlighted the likelihood of all of these health problems and more. As a result the American Dental Association had to issue a (poorly advertised) warning that infants SHOULD NOT have formula made up with fluoridated tap water.



- The chemical used is silicofluoride (fluorosilicic acid) a toxic waste product of phosphate fertilizer production. It is a registered Schedule 7 poison in Australia. It is collected in *pollution scrubbing devices* at plants such as Incitec-Pivot on Geelong's North Shore. The material delivered to the water suppliers is highly contaminated with toxics including arsenic, mercury, lead and cadmium. By any reasonable standards it is unfit for human consumption.
 - Way less than 1% of the fluoride dumped in the water supply gets to a child's teeth. More than 99% of water goes down the drain from bathing, household cleaning and washing, commercial and heavy and light industrial uses, and onto gardens and lawns. This pollutes the environment along with being massively wasteful.
- In chemistry fluoride is best known as a toxic pollutant, glass etching chemical and pesticide (eg. the fox & rabbit poison 1080). Adding it to drinking water ensures that plants, animals and fish get damaged by excessive fluoride. This is extra risky in areas that already suffer considerable industrial fluoride pollution, like the Geelong region.

REFERENCE MATERIAL

The arguments for fluoridation: Australian Dental Association website or Victorian Department of Human Services - www.health.vic.gov.au [go to 'Environmental Health' > A to Z section > 'Water']

For better information:

- Fluoride Action Network (an international coalition of scientists) www.fluoridealert.org
- Barwon Freedom from Fluoridation - www.BAFF.org.au (PO Box 7024 Geelong West 3218)
- Second Thoughts about Fluoride, *Scientific American* magazine, Jan. 2008; pp74-81
- BOOK - *The Fluoride Deception* (2004) by Christopher Bryson (Seven Stories Press)
- BOOK - *Fluoride: Drinking Ourselves to Death* (2001) by Barry Groves (Newleaf)
- BOOK - *Fluoride Fatigue* (2008) by Dr Bruce Spittle (Paua Press Ltd. NZ)