

## **Fluoridation Mass Medication: fluoride in our water supply**

**By Linda Paterson**

Fluoride was added to QLD's drinking water in 2009 like it or not and is found in many other areas of Australia already. Dr Campbell-McBride strongly suggests the avoidance of fluoride and categorises it as a terrible poison for every system in the body.

The fluoridation chemicals used in our water are derived from waste products from aluminium and fertilizer plants which contain arsenic, lead, mercury and hydrogen fluoride residues. No toxicological studies have been done on the safety of these industrial grade chemicals and no health and safety studies on water fluoridation have been carried out in Australia.

Majority of countries have rejected fluoridation in their water supply yet Australia continues to add it to mass medicate without controlled dosage and without our consent. When fluoride has been added to our water supply it becomes impossible to control the dose each individual receives.

Researchers suggest that fluoride should be regarded as an emerging neurotoxin because of its ability to lower IQ in children. The risk for babies is even more alarming because the use of baby formula mixed with fluoridated water is not considered safe. The fluoride intake per body weight for babies is far greater than that of an adults intake. Healthy adults ingest 50% if fluoride retained in the body and young children ingest over 80%, therefore accumulating even more dangerous levels for babies.

In addition to this, it is significant to note that Aluminium phosphate used as an adjuvant in majority of our children's immunisation vaccines is a heavy metal that significantly increases the absorption of fluoride (another toxin to the mix). GAPS children's detoxification system is overworked and if aluminium remains or continues to increase in their toxic load, so too will the ever increasing absorption of fluoride.

Australian statistics show that one in seven Australians have poor kidney function caused by high blood pressure, obesity and diabetes. These results are a cause for concern because each of these individuals struggle to excrete fluoride and remain vulnerable to associated health problems.

Fluoride is not an essential nutrient and there are no findings of disease and a link to fluoride deficiency. In-fact history has shown that humans can have perfectly good teeth without fluoride.

Fluoridation is not necessary. Most Western European countries are not fluoridated and have experienced the same decline in dental decay as the US which does.

The scepticism surrounding fluoridation's role in the decline of tooth decay is mounting. A large survey conducted in the US (over 39,000 children from 84 communities) by the National Institute of Dental Research, showed little difference in tooth decay among children in fluoridated and non-fluoridated communities.

What can we do?

► Avoid using toothpaste with Fluoride including other nasties like Sodium Lauryl Sulfate. There is a good reason for the poison control warning on fluoridated toothpastes.

- ▶ Drink filtered water: Install a water filter that removes fluoride and other nasty chemicals and heavy metals.
- ▶ If you can afford it you can optimise this opportunity to install a water system that removes fluoride for the entire house so that not only are you receiving good drinking water but your bathing water and clothes washing water will be free of these radicals also. You would be amazed at how well our skin can absorb these substances through water can reduce irritations for sensitive skin problems like eczema or psoriasis. Additional benefits also include the ability to wash your vegetables in filtered water, not to mention your dishes.
- ▶ You can conduct an “Oil Pull” to assist with detoxing after you have been to the dentist. (*refer to the oil pull procedure located under Everything GAPS A to Z at the GAPS Australia Website*)
- ▶ Say No to Fluoridation: go to [info@qawf.org](mailto:info@qawf.org)

Dr N. Campbell-McBride MD (2004) Gut and Psychology Syndrome, Medinform Publishing  
Cambridge CB7 5FJ

Dr S. Lantz PHD (2009) Chemical Free Kids *Raising Healthy Children in a toxic world*; Joshua  
Books Buddina 4575

Australian Vaccination Network (AVN)

Queenslanders Against Water Fluoridation Inc (QAWF)