

THE TRUTH ABOUT FLUORIDE

For many years now, controversy has raged over whether fluoride should be added to drinking water. As early as 1961, as recorded in the Congressional Record, fluoride was exposed as a lethal poison in our nation's water supply. Proponents say that fluoride occurs naturally and helps develop and maintain strong bones and teeth. Opponents to fluoridation contend that when fluoridated water is consumed regularly, toxic levels of fluorine, the poisonous substance from which fluoride is derived, build up in the body, causing irreparable harm to the immune system. The Delaney Congressional additives and other substances in the food supply, has stated that "fluoridation is mass medication without parallel in the history of medicine." Meanwhile, no convincing scientific proof has ever been generated that fluoridated water makes for stronger bones and teeth. It is known, however, that chronic fluoride use results in numerous health problems, including osteoporosis and osteomalacia, and also damages teeth, and leaves them mottled. The salts used to fluoridate our nation's water supply, sodium fluoride and fluorosalidic acid, are industrial byproducts that are never found in nature. They are also notoriously toxic compounds, so much so that they are used in rat poison and insecticides. The naturally occurring form of fluoride, calcium fluoride, is not toxic, but this form of fluoride is not used to fluoridate water. Today, more than half the cities in the United States fluoridate their water supplies. In many states, it is required. Although many ailments and disorders, including Down Syndrome, mottled teeth and cancer, have been linked to fluoridated water, fluoridation has become the standard rather than the exception. The fluoride added to tap water can be a problem. Individuals have different levels of tolerance for toxins such as fluoride. In addition, many water sources have levels of fluoride higher than one part per million, the level generally recognized as safe and originally set as the acceptable limit by the EPA. After the EPA learned that water in many towns had natural fluoride levels much higher than this, the permissible fluoride limit was raised—quadrupled, in fact, to 4 parts per million. And this is an addition to fluoride encountered from other sources. Fluoride is the thirteenth most widely distributed element on the earth, so it can turn up just about anywhere; in vegetables and meats, for example. Since so many local supplies are fluoridated, there is a good chance that virtually any packaged food product made with water, such as soft drinks and reconstituted juices, contains fluoride. Additional fluorides are widely used in toothpaste products, so it is easy to see how many Americans may be digesting excessive amounts of this potentially toxic substance. If your tap water contains fluoride, and you wish to remove it, you can use a reverse osmosis, distillation or activated alumina filtration system to eliminate almost all of the fluoride from your water.