



The “F” Word: Fluoride...a 70 year controversy

When I was in Dental School, we were taught that Fluoride was like a vitamin. They taught us how to prescribe this “supplement” even to pregnant mothers...that was then- Science changes! Those of us who keep up with the research, understand now that fluoride is not that wonderful game changer that would end cavities. **“The aim of science is not to open the door to infinite wisdom, but to set a limit to infinite error.”**

I wrote my first article on fluoride over 15 years ago. I never published it for fear of losing my license and having my dental peers black list me from the dental community. Today, the evidence and research based science is overwhelming- the research based evidence is in favor of the “no fluoride” understanding. The truth is: it is extremely easy to search for this information. The meta-analysis research is easily accessible to anyone: just search medical publication- PubMed.com. Unfortunately, many “scholars” are still hanging on to the 1950’s statement that “Fluoride is beneficial especially in low-income sectors”; or that topical fluoride hardens tooth structure”, without taking into account that fluoride is basically everywhere: in our water, processed foods and Pharmaceuticals. Drugs used and prescribed everyday worldwide contain some type of fluoride; for example: Statins, antibiotics, anti-diabetics and inhaled anesthetics. The scary fact is that according to studies, 50% of ingested fluoride is absorbed into the bones. I encourage these scholars to show me recent research on the benefits outweighing the risks of fluoridation today. **The premise of good science is to be able to get a result consistently, that proves or disproves a theory you are working on.** There are no new studies. I have yet to see one (that is unbiased, meta-analysis research based).

A thin strip of fluoride covering a child’s toothbrush contains 0.75-1.5mg which exceeds “recommended” amounts even by prescription. Even more worrisome is that fluoride is cumulative-

Would you give your child anything that had a blackbox warning from the FDA?? If more than a pea size is ingested, call POISON CONTROL. This warning is on every fluoride toothpaste. Do you use a PEA-SIZED amount of toothpaste??!!

As Dr. Mark Briener states (The Brain-Mouth Connection); How can anyone justify giving the same dose of any drug, to an infant as to a 200lb man? And according to the FDA fluoride is considered a drug.



I LOVE the IDEA of fluoride in our water...it makes it simple to strengthen teeth and prevent cavities—BUT AT WHAT COST?? I have studied this for years! The IDEA is great, but I have been devastated to discover: it doesn't work. Studies now show that the rate of cavities are increasing despite the increase in education on cavity prevention, and the increase in fluoride in our water supplies, and pharmaceuticals. I have been even more shocked to learn about the unexpected and worrisome side effects that fluoride is creating. I have over 100 hundred recent research studies here (there are even more- I have only included those within the last 10 years) showing undisputed evidence that this increase in fluoride, has led to hip fractures, increase in thyroid deficiencies, and a decrease in IQ levels in children. These aren't just stories- these are reputed Medical Journals and PubMed Research; anyone can access this information.

The Facts: The amount of cavities worldwide, even after water fluoridation and fluoride treatments has NOT decreased in relation to fluoride use. The WHO data since the 1970's: "Although the prevalence of cavities has declined, the majority of worldwide communities not fluoridating, or those that never adopted fluoridation, have also experienced a reduction in cavities exceeding 75%."

- 97% of Western Europe has rejected water fluoridation.
- FDA has poison warnings on all fluoride toothpastes.
- FDA states fluoride is a drug, not a nutrient
- Fluoride is a known enzyme disruptor
- Fluoride anti cavity activity depends on calcium and magnesium content in enamel
- National Academy of Sciences: Fluoride decreases thyroid function
- Increase in fluoride exposure contributes to hypothyroidism
- Harvard meta-analysis: Children ingesting higher levels of fluoride tested and average 7 lower IQ points
- Fluoride is NOT essential in growth and development
- Fluoride is an unwanted by-product of aluminum, fertilizer and iron ore manufacture
- The amount of fluoride in water systems cannot be measured accurately- only an estimate
- In order to remove Fluoride from water, a Reverse-Osmosis system is required.



I'm not in favor of banning anything...I still believe in patient autonomy; but why force it on anyone? If anyone wants fluoride treatment- you can go to a fluoride supplying dentist and even get a prescription for "high fluoridated products". We are ALL on the same side! We all want there to be less cavities and improved dental health. Unfortunately, research and experience is showing fluoride is not the answer we all hoped it would be. Thankfully, there is emerging evidence and research supporting new products like hydroxyapatite-the mineral that our teeth are actually made of- that are as, or more effective than fluoride, at preventing tooth decay, without sacrificing our HEALTH. Also controlling certain bacteria and avoiding a low pH environment.

Like I said... WE ARE ALL ON THE SAME SIDE!!! I am just showing you the latest information; and there ARE products that will help us achieve this goal, without causing other problems. SO, LET'S NOT USE THAT "F" WORD ANYMORE!!!

Thank you for your help.
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