

“If you want to prevent sunburn, you don’t drink suntan lotion,” explains Dr. William Hirzy, Vice President of the EPA Union in a brilliant and thorough 28-minute video, [Professional Perspectives on Water Fluoridation](#).

According to an extensive report by the Environmental Working Group (EWG), “...the main benefits of fluoride for dental health are derived from surface application on the teeth, not from ingestion (Aoba 2002; Featherstone 2000; Weyant 2004). Fluoride works primarily via three topical mechanisms ... All of these mechanisms are post-eruptive, which means that they operate in the oral cavity after the permanent tooth emerges from the gum (Aoba 2002; Hellwig 2004).” [Fluoride and Dental Health](#)

### **Dangers and Health Hazards of Fluoride to Human Health**

Here are some of the findings from literally decades of research on health risks associated with ingesting fluoride.

- 30% of American children have fluorosis (too much fluoride). Those brown spots on the teeth, mottled, pitted and weakened teeth are often caused by excess fluoride.
- Over exposure to fluoride can cause osteosarcoma, a rare form of bone cancer in children. A recent report shows high levels of fluoride in dog food with bone meal fillers is linked to [osteosarcoma in dogs](#), as well.
- Fluoride contributes to increased susceptibility to bone fractures, arthritis and skeletal fluorosis. The Journal of American Medical Association has published peer reviewed studies showing fluoride can increase risk of bone fractures.
- Fluoride has been found to lower IQ in children (according to [23 published studies on fluoride and intelligence in children](#)); cause brain damage, and contribute to ADD (when linked with lead).
- [Arthritis symptoms](#) can be caused or aggravated by fluoride.
- Fluoride suppresses the thyroid functions, contributing to depression, and [hypothyroidism](#)

### **How Much Fluoride in Water Is Safe?**

Zero. There should be no fluoride added in drinking water! Studies show that over 2.5 [ppm](#) is toxic, yet the EPA allows up to 4 [ppm](#) in the water, not accounting for other sources of fluoride in the diet.

According to the review of The 2006 USNRC Report of Fluoride in Drinking Water: A Scientific Review of EPA's Standards, a three-year study by the United States National Research Council (USNRC), “the Maximum Contaminant Level Goal ([MCLG](#)) of fluoride in drinking water *should be zero*.” This conclusion is based on “preventative public health intent” which is a criteria for assessment established by the Safe Drinking Water Act.

### **[Fluoride is found in many sources in the diet.](#)**

So, municipal tap water is no longer the only source. Current federal regulations of so-called “safe amounts” of fluoride in drinking water set by the EPA do not take into account these additional sources of fluoride.

What's going on? If fluoride is so toxic, then why do "they" still add it to the water? They? Because the "they" are those who stand to profit. "They" tell us it's good for our teeth, it's just trace amounts, and they all stand to profit. Dentists make money from the treatments, don't they?

This is an ethical controversy, really.

Since the fluoride added to municipal water is untreated toxic waste, fluoride antagonists claim the issue is one of medical ethics—medicating the public with or without informed consent.

Dr. Paul Connett, Environmental Chemist, sums it up, "It is unethical, it is unnecessary, it's ineffective, it's dangerous."

### **More Info and Sources**

[Professional Perspectives on Water Fluoridation](#), Video edited and produced by Michael Connett, 2009. Featured on the home page of Fluoride Action Network (FAN), "an international coalition seeking to broaden public awareness about the toxicity of fluoride compounds and the health impacts of current fluoride exposures."

A [statement](#) of concern.