

# **FLUORIDE DOESN'T SAVE CHILDRENS TEETH -- IT DAMAGES THEIR BRAINS**

## **VOTE YES ON NOVEMBER 5TH TO END FLUORIDATION**

From the 1930's to the 1950's cigarette ads were filled with medical doctors endorsing cigarettes for different ailments, declaring their health benefits to the public. This continued until an overwhelming volume of scientific evidence demonstrated how cigarettes are actually extremely harmful. A similar scenario is occurring in dentistry today with dentists regarding water fluoridation.

I too, along with many other dentists, used to believe in the purported benefits of fluoride until I looked at the facts and not the antiquated position of my dental school. For example, the latest 2019 study in the Pediatric Journal of the American Medical Association (JAMA) shows that babies of mothers who drank fluoridated water while pregnant had an average of 4-5 lower IQ points. A similar study in Mexico, (Bashash) 2017 shows a lowering of 5-6 IQ points in children. In fact, there are over 61 studies linking lowered IQ in children from fluoride consumption. On October 22 of this year, the National Toxicology Program (NTP) published this: "Fluoride is presumed to be a cognitive neurodevelopmental hazard to humans. This conclusion is based on a consistent pattern of findings in human studies across several different populations showing that higher fluoride exposure is associated with decreased IQ or other cognitive impairments in children." These and a plethora of other facts and studies can be found on [FluorideAlert.org](http://FluorideAlert.org).

Pro water fluoridation proponents are quick to tout the anti-cavity benefits of fluoridated water, but again, the World Health Organization (WHO) and the National Institute of Dental Research (NIDR) found no statistically significant decrease in cavities in fluoridated and non-fluoridated communities. Fluoridated water does NOT decrease tooth decay. This is one of the reasons 97% of Western Europe has rejected water fluoridation.

Fluoride doesn't normally exist in the body. Teeth do not naturally contain fluoride. Fluoride is a toxin, damaging organs such as the brain, bones and thyroid, deactivates 62 necessary enzymatic reactions, in the body and is a mutagen (something that causes cancer). Dr. Dean Burke, PhD of the National Cancer Institute states, "Fluoride causes more human cancer death and causes it faster than any other chemical."

Pro fluoride proponents claim the water must be fluoridated to protect the poor, but groups, such as The League of United Latin American Citizens (LULAC) are pushing back and rejecting community fluoridated water. Reverend William Owens, President of the Coalition of African American Pastors, says, "Fluoridation takes away people's choices, many people can't afford bottled water or a home water fluoride removal system."

Fluoride is readily available in toothpastes and rinses to those who believe it is beneficial, so why should the rest of the public be subjected to the harmful effects of ingesting fluoridated water?

As a dentist with over thirty years of practice, I support a YES vote on November 5th for ending forced fluoridation in Fredericksburg.

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