

# THE HAZARDS OF TOXIC UNNATURAL FLUORIDE

The following are excerpts from an interview between Dr. Mercola and Dr. Bill Osmunson, a full-time dentist for over three decades. He also has a Master's Degree in Public Health (MPH).

## How Much Fluoride is in Your Water?

- One-quarter milligram of fluoride equals just one glass of Chicago tap water...
- Dr. Osmunson says. "They tell me not to swallow a quarter milligram of fluoride in my toothpaste, but they are forcing me to swallow a quarter milligram in just one glass of water.
- We're finding an 8-point IQ drop when the serum blood level of fluoride goes from 0.04 to 0.08.
- The American Dental Association recommends that a woman have about 3 mg per day of fluoride as optimal and men about 4 mg per day as optimal. That is the same amount that causes between a 0.08 and a 0.12 level of fluoride in the blood. The same level showing an 8-point IQ drop!"

## Water Fluoridation = Profitable Toxic Waste Disposal!

- This is a very important point: the fluoride added to your water is NOT pharmaceutical grade. It's a toxic industrial waste product, which is also contaminated with lead, arsenic, radionucleotides, aluminum and other industrial contaminants. The Environmental Protection Agency (EPA) does not distinguish between these two types of fluoride, but they should.
- Naturally occurring fluoride in hard water areas often has a calcium fluoride. Calcium and fluoride bond very well and are not absorbed well by your body. Hydrofluorosilicic acid, on the other hand, dissolves easier and is absorbed by your body at a greater rate.
- Natural calcium fluoride is about 1,000 times less toxic than hydrofluorosilicic acid or sodium fluoride, and this is because your body can't absorb nearly as much. (Note: Sodium fluoride is pharmaceutical grade fluoride, which is used in most studies, but NOT the kind added to water supplies.)

## Evidence of Brain Damage from Fluoride Exposure is Mounting

- There are no less than 23 studies from four different countries indicating that even moderate exposure to fluoride lowers IQ in children. A study in the *Journal of Hazardous Materials*, December 2010, reported an association with exposure to fluoride and lowered IQ in children.
- This study indicates a 5 point lowering in IQ as the fluoride level in drinking water went from about 0.3 ppm to 3.0 ppm. Dr. Osmunson also expresses deep concerns about the economic impact of brain damage, stating that you lose about \$500-\$1000 dollars/year in income for every IQ point lost (sic).
- When you look at the bell curve of human distribution of intelligence, at the very bottom, way down there at the end, is what we scientifically call the mentally retarded. When you skew IQ five points down, that means that you're doubling the number of mentally retarded and you're halving the number of gifted and everybody else moves on down."

## Other Health Hazards of Fluoride

- Fluoride easily accumulates in your pineal gland. ***This can wreak havoc with your melatonin production, which in turn can disrupt your biological clock and even influence your cancer risk.***
- As your fluoride load increases, your thyroid hormone production tends to decrease. ***Not only can this contribute to hypothyroidism, but it also increases your risk of developing goiter. If you're iodine deficient, the negative effects can be magnified, as fluoride has a similar molecular structure as iodine and can take the place of iodine in your thyroid.***

Studies have implicated fluoride exposure to other health problems such as:

Increased lead absorption, disruption of collagen synthesis, hyperactivity and/or lethargy, muscle disorders, brain damage and lowered IQ, arthritis, dementia, bone fractures, lower thyroid function, bone cancer, inactivation of 62 enzymes, inhibition of antibody formation, genetic damage and cell death, increased tumor and cancer rate, and disruption of the immune system.