

Nutrition for Your Health

Your guide to better living

Dr. Dale Kelly, DC

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Debunking Fluoride

Fluoride supplements should no longer be used for young children in North America...the risks of using supplements in infants and young children outweigh the benefits.

Old Habits Hard to Break

Fluoride supplements are routinely prescribed to US children who don't drink fluoridated water (starting with toothless six month olds). These supplements are one category of many different medications the FDA officially "grandfathered" in, meaning they were sold before drug testing was required by law.

According to the Canadian Dental Association and the Western Australia Health Department's Dental Service, fluoride drops, tablets, and vitamins are more likely to damage children's teeth than to prevent cavities. Both organizations have stopped recommending regular fluoride supplementation.

Current research shows that many of the old fluoride studies were flawed. Fluoride's benefits are merely topical, not systemic, as was once thought. Ingested fluoride however can result in unwanted side effects, including dental fluorosis-spotted, stained, or pitted teeth.

Brian A. Burt of the University of Michigan School of Public Health states that, "Fluoride supplements should no longer be used for young children in North America...the risks of using supplements in infants and young children outweigh the benefits."¹

Euan Swan, author of the Canadian Dental Association's (CDA) new fluoride supplement guidelines,² said, "The evidence supporting the effectiveness of dietary fluoride supplements is relatively weak... There's

better evidence indicating that they contribute to dental fluorosis."³

Eating a lot of sugar or drinking sugared sodas increases cavity risk. "And fluoride won't help," Reggie VanderVeen, a Wyoming dentist, stated in an Associated Press story on children's tooth decay. "Sugar will beat fluoride every time," he said.⁴

As a result of the American Dental Association's sacred cow [fluoride], we have fluoridated foam, varnish, dental sealants, cements, filling material, bonding material, floss, toothpicks, toothpaste, mouth rinse, vitamins, drops, lozenges, pills, rubber bands and adhesives for braces, chewing gum, gels, and dental office treatments and children who are over fluoridated. Even when fluoride is not swallowed, some of it gets absorbed into the body via the mouth's mucous membranes. Nobody knows how much.

New Research Needed

Many are now saying that the fluoridation of water is a mistake. In the early 1900s, researchers found that people who drank water high in natural calcium fluoride had discolored teeth. Puzzled as to why the same people also seemed to be without cavities, dentists deduced that, since tasteless, odorless fluoride in the water supply discolored teeth, it must also be what stopped tooth decay.⁵⁻⁶ They overlooked other water nutrients such as calcium (today a recognized tooth and bone builder) that may have been the real decay-preventing component.

Today, 60% of Americans drink fluoridated water,⁷ and 100% of us consume fluoride through our food, air, and dental products.⁸ The most popular fluoride supplement, Luride, grossed about \$2.5 million in sales in 1999.⁹

Many children are now ingesting and inhaling more than one milligram of fluoride daily, even without drinking fluoridated water or taking fluoride supplements.¹⁰ So it is not surprising that fluorosis rates have increased to over 80% in some fluoridated communities.¹¹ "We are now spending more money treating dental fluorosis than we would spend treating new decay if water fluoridation halted," says Hardy Limeback.¹²

Moreover, several recent studies found that cavity rates actually decreased in cities that stopped water fluoridation, contradicting American Dental Association (ADA) predictions.¹³⁻¹⁸

What are My Options?

So, what can you do to reduce fluoride in your environment and reduce cavities?

1. Filtered Water: Reverse Osmosis filtration gets water very clean at a cheaper price however we have found a system that is better at getting arsenic out of the system: www.purewatersystems.com For more information about purchasing the system, contact our office.
2. Eliminate fluoride toothpaste and all fluoride treatments. We like Weleda brand toothpaste's that can normally be purchased at the health food store.
3. Eliminate white sugar and white flour from your diets. Replace with Honey. See our November 2004 newsletter for honey's amazing health benefits.

NOTES

1. Brian A. Burt, "The Case for Eliminating the Use of Dietary Fluoride Supplements for Young Children," *Journal of Public Health Dentistry* (Fall 1999): 269.
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3. Euan Swan, telephone interview, May 2000.
4. "Dental Association Blames Children's Tooth Decay on Too Much Soda Pop," Associated Press (April 15, 2000). detnews.com
5. Warren et al., "Systemic Fluoride Sources, Amounts, and Effects of Ingestion," *Cariology* (October 1999): 695-707.
6. "The Story of Fluoridation," National Institute of Dental Research. <http://www.nidcr.nih.gov/news/flouride.htm>. Also see www.earthlife.org.za/factsheets/fs-flouride.htm for a discussion of calcium and fluoride.

7. US Centers for Disease Control Fluoridation Census, 1992. www.cdc.gov/nccdphp/oh/fifact.htm
8. US Department of Health and Human Services, "Oral Health in America: A Report of the Surgeon General" (May 2000): 167.
9. IMS Health, a company that provides information to the pharmaceutical and healthcare industries.
10. F. Rojas-Sanchez et al., "Fluoride intake from foods, beverages, and dentifrice by young children in communities with negligibly and optimally fluoridated water: A pilot study," *Community Dent Oral Epidemiol* 27 (August 1999): 288-297.
11. Levy et al., "Infants' Fluoride Ingestion from Water, Supplements, and Dentifrice," *Journal of the American Dental Association* (December 1995): 1625.
12. Michael Downey, "A crack appears in the fluoride front," *Toronto Star* (April 25, 1999).
13. Seppa et al., "Caries Trends 1992-1998 in Two Low-Fluoride Finnish Towns Formerly with and without Fluoridation," *Caries Res.* 34, no. 6 (November-December 2000): 462-468.
14. Kunzel et al., "Caries Prevalence after Cessation of Water Fluoridation in LaSalud, Cuba," *Caries Res.* 34, no.1 (January-February 2000): 20-25.
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16. Brian A. Burt et al., "The Effects of a Break in Water Fluoridation on the Development of Dental Caries and Fluorosis," *J Dent Res.* 79, no. 2 (February 2000): 761-769.
17. Maupome et al., "Patterns of Dental Caries Following the Cessation of Water Fluoridation," *Community Dent Oral Epidemiol.* 29, no. 1 (February 2001): 37-47.
18. Kalsbeek et al., "Caries Experience of 15-year-old Children in the Netherlands after Discontinuation of Water Fluoridation," *Caries Res.* 27, no. 3 (1999): 201-205.

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