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## **Fluoride; Toxic Wolf in Sheep's Clothing**

At the turn of the last century, the smelters who made aluminum had a big problem: tons of sodium fluoride as a waste product of the smelting process. It's a potent poison that doesn't decay. It leeches into groundwater supplies. It can't be put in landfills and ignored. They came up with a brilliant and unique solution to their pesky problem.

Fluoride has long been touted as a way to help prevent dental cavities and form stronger teeth.

There may be some benefits during the time of tooth formation. Teeth typically start to develop about 6 weeks after conception with the formation of tooth buds. These deciduous or "milk" teeth are not permanent, they erupt from the gums at 6-24 months of age and are usually present by age 2 years.

These teeth are then replaced by the "permanent" teeth from age 6 to early adulthood when the wisdom teeth have erupted. The most essential nutrients for proper tooth formation include Calcium, Phosphorous, Vitamins A, C & D. Fluoride is present in small amounts in the hydroxyapatite crystal of developing teeth to help make it more resistant to demineralization and decay. Fluoride makes up 0.0037% of our body—it's a TRACE element. Fluoride deficiency can cause increased demineralization when the tooth is exposed to an acidic environment and also delays re-mineralization. Excessive fluoride can also damage the teeth causing weakness and mottling and increase risk of bone fractures (breaks).

Fluoride is naturally found in vegetables, fruit, tea and other crops. Although drinking water is usually the largest contributor to the daily fluoride intake. Fluoride is also found in the atmosphere, originating from the dusts of fluoride-containing soils, from gaseous industrial wastes, from the burning of coal fires in populated areas and from gases of volcanic activity. Thus fluoride, in varying concentrations, is freely available in nature. Most of the studies of fluoride intake have been done in developed countries. In temperate climates, daily exposure is about 0.6mg/adult/day if the water is not fluoridated. The WHO guideline value for fluoride is 1.5mg/litre, with a target of between 0.8–1.2mg/l to maximize benefits and minimize harmful effects. Acceptable levels depend on climate, volumes of water intake and the likely intake of fluoride in other sources. Much depends on whether other sources, such as those mentioned above, also have high levels. Fluoride is a desirable substance: it can prevent or reduce dental decay and strengthen bones, thus preventing bone fractures in older people. Where the fluoride level is naturally low, studies have shown higher levels of both dental caries (tooth decay) and fractures.

OK, so we've established that a little Fluoride is a good thing. It's essential for proper tooth and bone formation mainly needed during embryonic development through the teen years and it occurs naturally in amounts that we need for proper tissue development.

Let's review the "downside".

Fluoride is highly toxic.

In areas with excessive fluoride, mottling of the teeth can occur as well as brittle bones (just as with too little, too much is harmful, there's a narrow "therapeutic window" for fluoride. In cases of acute toxicity it avidly binds calcium, magnesium and manganese. These are essential cofactors for many of the enzymes in our bodies that are essential for life itself. It can harm several major organ systems; GI effects include pain, nausea, vomiting, diarrhea, hyper-salivation, difficulty swallowing and burns to the gut mucosa.

Electrolyte imbalances include high levels of potassium (which can cause cardiac arrest) and low levels of sugar, calcium & magnesium in the blood.

Cardiovascular effects such as irregular electrical activity that can lead to shock and cardiac arrest  
Neurologic (brain & nerve) effects such as headache, muscle weakness & spasms, altered sensations, tremors, convulsions and stupor including docile behavior. It's been used to poison inmates and military personnel in the past to maintain a docile attitude enabling easy manipulation of them by authorities. It also can cause memory loss and delay learning ability. Just what we want for our children in school right? There are no areas of the US with documented "fluoride deficiency". It's present naturally, we really don't need to add it to water supplies.

Why is it being added then? Ahhh, that's the point of this review. It reads like a spy novel. To understand it better we need to look at the history of fluoride in this country and worldwide. There is a wealth of information on this on the website <http://curezone.com/dental/fluoride.html> which is summarized below.

Sodium Fluoride is a byproduct/waste/pollutant from the smelting/manufacturing of aluminum, there's no getting around the fact that a lot of this waste product is produced with the aluminum.. When it's dumped into the environment it tends to accumulate in groundwater as it's a very stable salt

Aluminum itself is toxic to the brain; aluminum cookware, cans etc have been linked to Alzheimer's dementia and a host of other brain syndrome. If you've ever cooked spaghetti sauce in an aluminum pot, you'll notice how shiny the pot is after cooking; the acidity of the sauce leaches the oxidized aluminum into the food. We're all ingesting this poison that will damage our brains.

The aluminum industry needed to put good spin on it's pollution and managed to use dentists and hoodwink government agencies into stating that it's necessary for proper bone and teeth development (they neglected to mention that while trace amounts are needed, too much is VERY toxic). Edward Bernays, nephew of Sigmund Freud had a lot to do with the spin. He understood that fluoridation is an attempt by industry to camouflage their deadliest pollutant, with government officials and Madison Avenue advertisers beating the drums. The fluoridation empire is like a castle built on quicksand.

In the 1920's & '30's smelters labs were set up to analyze the effects of fluoride. They were not allowed to report to the public. By 1937 the US Public Health Svc (USPHS) found that fluoride concentrations in many cities varied between 0.6-8.0 ppm; 0.9 ppm is toxic and causes mottling of teeth and weak bones. Despite these findings, the aluminum industry funded "studies" to prove that it was essential for proper bone and tooth development.

By the 1940's fluoride was put in water supplies of military bases and prisons to keep those who drank the water more docile and easily managed by authorities due to the poisonous effects on the brain. It also causes physical deterioration of the body in general due to it's toxic effects. Germany used it in it's concentration camps to the same purpose. In 1943 the USPHS evaluated health in Bartlett Texas where there was a natural fluoride level of 8 ppm; they found that the death rate was three times that of other areas with lower fluoride levels. By this time fluoride was being used in insecticidal sprays for better crops.

1944 Oscar Ewing is put on the payroll of the Aluminum Company of America (ALCOA), as an attorney, at an annual salary of \$750,000. In 1947, Ewing was made Federal Security Agency Administrator, with the announcement that he was taking a big cut in salary. The US Public Health Service, then a division of the FSA, comes under the command of Ewing, and he begins to vigorously promote fluoridation nationwide. Also in 1944 The October 1944 issue of the Journal of the American Dental Association cautions that "knowledge of the subject does not warrant the introduction of fluorine in community water supplies generally. Sodium fluoride is a highly toxic substance, and while its applications in safe concentrations, and under strict control by competent personnel, may prove to be useful therapeutically, under other circumstances it may definitely be harmful. 1945 Newburgh, New York has their water supply fluoridated in May 1945. Subsequent exams of the children by x-ray reveal that almost 14% have cortical defects in bone, compared to the nearby unfluoridated town of Kingston, where 7.5% have bone defects. The data is suppressed. 1945 Covert experiments with fluorides are conducted in Massachusetts and in Connecticut

between 1945 and 1946 on indigent, mentally retarded children at state-run schools. According to 1954 testimony of Florence Birmingham, a trustee of the Wrentham State School in Massachusetts, her schools administration learned only by accident that fluorides were being put in the drinking water.

1945 A study reveals that fluoride's affinity for magnesium and manganese ions enables it to deplete their availability for vital enzyme functions. 1946 Reports from the House Committee on Un-American Activities in the Armed Forces for 1946 and 1947 reveal the dociling effect of fluorides in the water supplies at military bases on American troops. 1946 Water fluoridation proponents claim no benefits for people over 9 years of age, promising the magic effect of fluorides occurred prior to eruption of teeth. Despite this claim, all U.S. military reservations, populated by adults, were heavily fluoridated to keep the populations docile. 1947 ALCOA lawyer Oscar Ewing is appointed head of the Federal Security Agency, later HEW, a position that places him in charge of the Public Health Service. Under Ewing, a national fluoridation campaign rapidly materializes, spearheaded by the Public Health Service.

1950 The 24th edition of the U.S. Dispensatory (pp 1456-1457) defines fluorides as "violent poisons to all living tissue because of their precipitation of calcium. They cause fall of blood pressure, respiratory failure, and general paralysis. Continuous ingestion of non-fatal doses causes permanent inhibition of growth ... the use of fluoride-containing dentifrices and internal medicants is not justified." In subsequent editions, the editors removed this entire portion. Why? Science and biology doesn't change. Political agendas do. 1950 The U.S. Public Health Service officially publicly endorses the concept of the addition of fluorides to public water supplies. 1950 The Seventh Annual Report of the Sugar Research Foundation recognizes sugar as the major cause of tooth decay. The SRF furnishes grants to the Harvard Department of Nutrition to "solve the tooth decay problem without restricting sugar consumption". The result of these grants was the advocating of water fluoridation. 1950 From 1950 to 1951, ALCOA advertises sodium fluoride for addition to water supplies. 1950 The Seventh Annual Report of the Sugar Research Foundation (130 corporations) expresses its "aim in dental research" : to discover means of controlling tooth decay by methods other than restricting sugar intake. Two institutions most aggressive in promotion of water fluoridation, the Dental Schools of Harvard and the University of Rochester, receive large grants for fluoride research from the sugar industry. 1950 Soviets add fluorides to water in prison system to maintain subservience in the inmate population. 1952 The American Dental Association publishes an issue of its Journal instructing its dentists not to discuss their personal opinions about fluoride. 1952 From 1952 to 1956, the cities on the "fluoridation list" began to fluoridate their water supplies. As the process of water fluoridation continued, the cancer death rate of the fluoridated cities began to far exceed the rate of the unfluoridated cities. In 1955 an independent review of prior studies shows that every experimental trial in the world claimed to justify the belief that fluorides prevent dental caries is fraudulent, and can be proved fraudulent. For extreme detail on this matter.

It doesn't take much to conclude that fluoride is an essential TRACE mineral, it's present in the water supply due to leeching from sodium fluoride in aluminum production and other sources. It's found in animals and vegetables naturally; the places we get our food from and comprises only 0.0037% of our body by weight. The issue at hand is not how much do we need but how do we keep from too much intake of this deadly poison and how do we protect ourselves from the government agencies and other entities charged with our health and protection.

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Stay Healthy!

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