

## **Reply to North Coast Area Health Claims re Fluoridation by Caree Alexander BDS**

I'd like to point out some gross errors in the article recently submitted to The Port Macquarie Independent by the North Coast Area Health Service (22nd April, 2010, p. 6) some of which include the following:

- Fluoride is an element;
- Fluoride is safe;
- Fluoride that is added to water is "naturally sourced";
- Fluoridated water at 1ppm is therapeutic;
- European countries don't fluoridate their water because it already has fluoride in it.

### **Fluoride is not an element and it is most definitely not "safe"**

Fluorine is the element and it is one of the most toxic and poisonous elements known to man. Fluorine cannot exist on its own and combines avidly with almost any substance, taking its deadly potential along with it eg Sodium Fluoride (rodenticide or rat poison), Sodium Fluoroacetate (1080), Isopropyl methylphosphoFluoridate (Sarin nerve gas), Hydrofluorosilicic Acid (water fluoridating chemical).

### **Fluoride that is added to water is "naturally sourced"**

Fluorosilicic Acid and its sodium salt, most commonly used for water fluoridation, never occur naturally. They are produced as industrial waste in aluminium and superphosphate manufacturing. They are 85 times more toxic than natural calcium fluoride, as proven in the study, "Comparative Toxicity of Fluorine Compounds" (Industrial and Engineering Chemistry, July 1934, p 797).

### **Fluoridated water at 1ppm is therapeutic**

This has never been proven. 1ppm was chosen as the "optimum level" for artificial fluorides because at levels greater than this, dental fluorosis (damage to tooth enamel) is known to occur.

### **European countries don't fluoridate their water because it already has fluoride in it naturally**

Most of Western Europe has rejected water fluoridation. Some countries such as Holland and Switzerland, tried it and then had it removed because they found it ineffective at reducing tooth decay. Other European countries found water fluoridation to be a basic violation of human rights.