



# WATERSHED

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**IN THIS ISSUE: 900 PROFESSIONALS SAY STOP FLUORIDATION, BFS GIVES FORMULA FEED 'ADVICE', CDC CHARGED WITH ETHICS VIOLATIONS, BDHF ROLLING IN IT, FLUORIDE ALLERGY CASE, ANOTHER FLUORIDE SPILL & MORE...**

## 900 Professionals Call for Fluoridation to Cease **BFS Formula Feed Farce**

Over 900 professionals have signed a statement urging the U.S. Congress to stop water fluoridation until Congressional hearings are conducted. They cite new scientific evidence that fluoridation, long promoted to fight tooth decay, is ineffective and has serious health risks. Dr Paul Connett of Fluoride Action Network released the statement in New York on 9 August 2007. "The NRC Report (2006) on fluoride in drinking water dramatically changed scientific understanding of fluoride's health risks," says Dr. Connett.

Besides the NRC Report, which an Assistant NY State Attorney General has called "the most up-to-date expert authority on the health effects of fluoride exposure", the Professionals' Statement references:-

1 The new American Dental Association policy recommending infant formula NOT be prepared with fluoridated water.

2 The CDC's concession that the predominant benefit of fluoride is topical not systemic.

3 CDC data showing that dental fluorosis, caused by fluoride over-exposure, now impacts one third of American children.

4 Major research indicating little difference in decay rates between fluoridated and non-fluoridated communities.

5 A Harvard study indicating a possible link between fluoridation and bone cancer.

6 The silicofluoride chemicals used for fluoridation are

contaminated industrial waste and have never been FDA-approved for human ingestion.

Signers include a Nobel Prize-winner, three members of the prestigious 2006 National Research Council (NRC) panel that reported on fluoride's toxicity, two officers in the Union representing professionals at EPA headquarters, the President of the International Society of Doctors for the Environment, world-famous biologist Lynn Margulis and hundreds of medical, dental, academic, scientific and environmental professionals, worldwide. One of the Signers, Dr. Arvid Carlsson, winner of the 2000 Nobel Prize for Medicine, says, "Fluoridation is against all principles of modern pharmacology. It's really obsolete."

Ken Cook, President of Environmental Working Group (EWG), a Washington DC watchdog, said, "It is time for the US to recognize that fluoridation has serious risks that far outweigh any minor benefits, and unlike many other environmental issues, it's as easy to end as turning off a valve at the water plant."

See the Professionals' Statement with references, a list of the signatories and personal statements from many of them at – [www.fluoridealert.org](http://www.fluoridealert.org)

Paul Connett, PhD, Executive Director of the Fluoride Action Network (FAN), has announced an Online Action Petition to Congress in support of the Professionals' Statement. View this petition at the FAN website.

The British Fluoridation Society's Chairman, Professor Michael Lennon OBE (yes OBE) has drafted a briefing document that advises against using fluoridated water for reconstituting infant formula feed. He writes that dentists should advise concerned parents:

- that breast feeding is the best option;
- that a ready-to-use infant formula (e.g. SMA Gold ready-to-use) has a low fluoride content (less than 100 micrograms/litre);
- that powdered formula could be made up with a suitable bottled water (less than 300 micrograms/litre);
- that tooth brushing with a smear or small pea sized amount of lower fluoride toothpaste (500 ppm) should be started under supervision from the age of one year; and
- that fluoride tablets/drops should not be used.

Lennon fails to point out why breast is best – it has a fluoride content of 4-10 micrograms/litre!

How are parents supposed to become aware of the danger fluoridated water poses to infants? Press releases about 'poor oral health' from the fluorosilicic acid pushers abound, but where is the press release with advice for the parents of newborn children that fluoridated water should not be used for reconstituting formula feed?

Lennon's formula feed briefing, at – [www.bfsweb.org](http://www.bfsweb.org) is based in part on a review by Foman et al published in 2000. Why did it take Lennon seven years to pronounce on this issue? Because it would, of course, have alerted the UK people to the farce that is fluoridation. ■

\*\*\*Fundraising News on page 3\*\*\*

## Recent Activities

Events have kept the Committee very busy of recent months. Since the publication of the *York Review* in the year 2000, it has become increasingly obvious to the independent thinker that water fluoridation is downright harmful. None-the-less, *funded by the Government's Department of Health*, the fluoridistas continue to put out propaganda claiming that tooth decay is appalling in many deprived districts and that fluoridation is the safe, effective and cost-effective answer. The threat to Manchester and the North West is still very real.

NPWA has been keeping an eye on events in the Isle of Man where their Public Health Consultant, Dr Paul Emerson is conducting a year-long 'awareness campaign'. We helped to facilitate the visit of Dr Paul Connett to the island in May when he spoke to a public meeting in Douglas. Paul impressed Parliamentarians present and was invited back to speak to Tynwald, the IoM Parliament, in November. Dr Emerson was "unavailable" for the May public meeting but has accepted a challenge from IoM campaign group *Save Our Water* to debate with Dr Connett at Tynwald and at a public meeting the same night. Watch this space!

Dr Connett's IoM visit coincided with other UK engagements organised by NPWA including, in Manchester, a public meeting at the Friends' Meeting House and interviews by WagTV and BBC Radio Manchester. NPWA would like to thank Paul for visiting and we would like to say a special thank you to Ralph Ryder of ToxCats and Kevin Glynn for their invaluable assistance during Paul's stay.

On 23 May, two NPWA representatives attended a Council scrutiny meeting in Salford. The speaker against fluoridation, our own Paul Clein (pharmacist and Liverpool City Councillor) was pitted against a raft of pro-fluoride speakers. Councillors were visibly wearied by the time it was Paul's turn to speak. However they soon woke up to the clear message that, unlike all the pharmaceuticals Paul deals with every day, fluoridated water is an untested medicinal product and that mass-medication is against medical ethics and human rights. Paul gave them plenty to think about and backed up everything he said with documentation.

Rotherham MBC's Scrutiny Panel invited us back on 31 May, to hear their decision as to whether the Council should back fluoridation. We were represented by Ian Packington, and Barry Thomas from Sheffield. The good news is that the Scrutiny Panel had decided not to back fluoridation (though they still seem to believe it is effective). They are to support a range of other measures to improve oral health. We can be gratified that all our hard work earlier in the year in Rotherham seems to have paid off.

NPWA's Chairman, Elizabeth McDonagh, has continued to attend some of Dr Skinner's hearings at the GMC in Manchester. The Fitness to Practise hearing began on 2 July and resumes on 3 September after an adjournment. If you wish to follow the case, the following websites give an account of it - [www.thyroiduk.org](http://www.thyroiduk.org) and - [www.tpa-uk.org.uk](http://www.tpa-uk.org.uk)

NPWA had a stand at the 2-day Buxton Health and Healing Festival on 23 and 24 June. Elizabeth McDonagh gave a talk on each day to interested participants.

Ian Packington has written an article on the adverse effects of fluoride for anyone contemplating pregnancy. This has been submitted to *Foresight*, the pre-conception charity. More recently we have been working on a leaflet challenging the cost-effectiveness of fluoridation.

On Saturday 14 July, NPWA representatives attended a conference of the Bone Cancer Research Trust in Leicester. We were very courteously received and were allowed to distribute NPWA leaflets and to give out copies of the Bassin paper. This conference was memorable, particularly for the six incredibly brave young people who had survived bone cancers and who told their individual stories. As they spoke, many delegates were in tears.

We came away with a much clearer understanding of the impact of bone cancers on young patients and their families, of the dedication and skill of the doctors and surgeons who treat the victims and of the amazingly innovative prostheses which enable the survivors whose limbs have been amputated to live almost normal lives. The organisers promised that our information would be discussed at their next committee meeting but we have not been informed of any outcomes. More information - [www.bonecancerresearch.org.uk](http://www.bonecancerresearch.org.uk)

Very recently Calderdale Council's Health Scrutiny Committee, led by Councillor Metcalfe, produced a 25-point list of actions to improve oral health, one of which is fluoridation of the district's water. The councillors on this committee were each sent a package of information from NPWA in March but they have ignored a request that we should be allowed to speak to them. We have responded to articles in the Halifax Evening Courier (29 and 30 August) which have also been posted on the paper's website. If you have internet access, please consider making your own comments - <http://tinyurl.com/2qz88w>

## NPWA's Response to Professionals' Statement

The National Pure Water Association welcomes the Professionals' Statement and calls for artificial fluoridation to be stopped in the UK until a public enquiry investigates the lack of science underpinning the practice, the scientific evidence indicating adverse effects and the legal aspects relating to the individual's right to refuse what is, by definition, medication.

National Pure Water Association, founded in 1960 by the late Lord Douglas of Barloch, has been foremost in the fight against fluoridation in the UK. Its Chairman, Elizabeth McDonagh, said: "The fluoridation 'house of cards' began to collapse seven years ago when it was acknowledged by the York Review that the science underpinning the practice was woefully inadequate.

The UK Government-funded York Review found little evidence to support fluoridation and identified high levels of dental fluorosis (mottled and stained teeth) in fluoridated areas. The York Review should have ended fluoridation in the UK, which involves water companies administering fluorosilicic acid to six million customers; but the pro-fluoride lobby, claiming 'York' totally endorsed their position, facilitated a late amendment to what became the Water Act (2003). This requires water companies to accede to health authorities' fluoridation requests in future. The Water Act 2003 is bad law as it conflicts with other UK and EU legislation."

## CDC Charged with Ethics Violations

Paul Connett writes: "On the same day as the Fluoride Action Network released the Professionals' Statement calling for end to fluoridation worldwide, the Lillie Center was making a thrust into the belly of the beast - the Center for Disease Control - that continues to promote fluoridation despite the growing evidence of harm and little evidence of benefit.

In their press release the Lillie Center announced that it had filed ethics charges against the CDC's Oral Health Division, its Manager, William Maas and CDC's Director Julie Gerberding for their failure to follow the ethical code produced by the CDC and promoted by them around the country. The charge specifically focuses on their failure to warn the public, especially vulnerable sub-groups, of the dangers posed by fluoridated water - dangers which were clearly articulated in the NRC (2006) review of fluoride's toxicity as well as concerns raised by the US Department of Agriculture about the total dose of fluoride people are getting today from a variety of sources, including the food supply.

According to the complaint, "the unethical actions of Oral Health Division manager William Maas and CDC Director Julie Gerberding are 'serious and egregious' in not disseminating findings of the National Research Council that kidney patients, diabetics, infants, and seniors are especially susceptible to harm from fluoride."

Lillie Center spokesman, Dan Stockin, stated that, "We have provided very specific examples of statements and actions by Drs Maas and Gerberding that show blatant disregard for the most fundamental principles of ethics in public health. CDC is striving mightily to defend its policy of supporting water fluoridation to prevent cavities, but the facts about harm from fluoride are now coming from highly respected organizations like the National Research Council."

The ethics complaint and the 600 professionals' statement are the latest in a string of blows to the conventional wisdom that fluoride and water fluoridation are safe. In 2005, frustrated by EPA administrators' lack of response to mounting evidence of harm from fluoride, eleven unions

within EPA representing 7,000 lab workers, scientists, and others, publicly called for the immediate halt to fluoridation based on concerns about fluoride-caused bone cancer.

In 2006, the American Dental Association quietly stated on its web site that mothers of newborns might wish to consider using unfluoridated water when mixing powdered infant milk formula. The CDC this year similarly changed its policy about use of fluoridated water for mixing formula, but did so only on its web site, not issuing even a press release to alert millions of parents to the news. The U.S. Dept. of Agriculture has recently developed software to begin to assess the quantity of fluoride Americans are ingesting, citing concern that cumulative fluoride intake could lead to a painful bone and joint condition called 'skeletal fluorosis'. Dan Stockin says, "At-risk groups have a moral right to be told the whole story about fluoride. Get ready for their lawsuits. The world is not flat, and fluoride is not safe." The full statement, attachments and contact details can be viewed at - <http://tinyurl.com/3799r7>

## Indian Library makes contact with NPWA

We have received a typewritten letter from Librarian Mr E John Britto in India.



The Learning & Educational Research Library is 'independent, self-managed, free and non profit making'. It was established in August 1980, on "a day filled with joy and happiness". Mr Britto is appealing for donations of books on education and management studies, women studies, hydrology, water science, ocean and seawater technology, environmental studies, media studies, solar energy and power technology, fishing boats and rural economics. He says, "Old and used copies are welcome. You can place your inscription stating that the books are donated by you." Mr Britto is not in a position to make payment for books or postage.

If any Watershed reader wishes to help the Library, the address is: Mr E John Britto, Librarian

Learning & Educational Research Library,  
1/162A, Ponnlyammart Koil Str.,  
Medavekkam, Chennai-600 100, India.

The telephone number given on the letter is - 22461433.

## A Fluoride Allergy Case

The following is from a letter received last year from a member:-

"I was most interested in two of the articles in the latest Watershed, about the horses and poodle. The effect of fluoridated water on the poodle is exactly what happens to me when I have to drink fluoridated water. I got caught out in Birmingham, in the U.S.A., New Zealand and Southern Ireland. The doctors and even the skin specialist couldn't understand what those burning itching patches on my legs and hands were. I tell them it comes when I go to stay where the water is fluoridated. It also affects my bladder to the point where it becomes too hot to sit down! The urine burns within 24 - 48 hours of drinking the water and the burning patches appear about two days later. No one in the medical profession believes the fluoridated water is the cause.

I sent (a letter) to Tony Blair and all the members on both sides of the House who were Ministers or Shadow ministers of Health and Environment. Needless to say, they just acknowledged my letters saying my views would be taken into consideration or gave me the rhetoric on how good it was for our health.

I also wrote and photocopied information out of "Nexus" to the environmental councillors in Oxford City and Oxfordshire County Councils and the Oxford Health Authority plus three breweries. I also collected hundreds of names on a petition against fluoride but no-one seems to be interested or care. I have osteosarcoma on my spine so that fluoridated water is the last thing I need. Keep up the good work."

## Fundraising

Fundraising activities for our Memorial Fund continue. Members will notice that this issue comes with two fundraising forms. The idea is for members to collect donations from friends and family who support our campaign and then send collection totals by cheque to our York address.

Thanks to all who have donated money or helped with fundraising.

## A peek at the British Dental Health Foundation – Only Fools and Fluoridation



The British Dental Health Foundation (BDHF) is, according to its website "the UK's leading independent oral health charity, with a thirty year track-record of providing public information and influencing government policy". So why does it promote dentistry's equivalent to the three-wheeled Reliant Robin - fluoridation of public drinking water supplies. And, why does it back the promotional and lobbying work of fluorosilicic acid pushers - the British Fluoridation Society and the National Alliance for Equity in Dental Health? BDHF is itself actively campaigning for fluoridation and is "calling on Government to facilitate the rapid introduction of fluoridation all over the U.K. particularly in areas of social and economic deprivation."

In support BDHF cites the York Review, which, it says, "concluded there was a 15% increase in the number of caries-free children in communities with fluoridated water" and "said there was evidence that fluoridation helped to reduce dental inequalities in children". Neither of these statements is true. It does not accept York's claim of a doubling of aesthetically significant dental fluorosis (asf) in fluoridated areas, which it says is skewed by including areas with high levels of natural fluoride and/or where supplements were prescribed. It also reminds us that "extensive research done in the US in the 1940s" (before fluoridated toothpaste and pesticide, folks) shows asdf occurs only when water fluoride levels are above 1.9 ppm. We are assured that "there is no association between fluoridation and cancer risk" nor is fracture risk increased by fluoridation. (The NRC report 2006 is less reassuring). On the BDFH's website there is no mention of Bassin's research or the baby-food issue.

From its website pages "Informing and reassuring the public" and "Financial summary", we learn that the biggest chunk (40% or £317,456) of BDFH's annual income 2005 -2006 was from the production and sale of educational resources including a (best selling) model of a decayed tooth and almost a million information leaflets for dental surgeries. BDFH runs an "impartial and objective product approval scheme" which generates 26% of its income, (£204,056) and allows a smiley face logo to appear on branded products from sugar-free

mints to toothbrushes and baby teats. "Donations and Sponsorship" produced £108,448 (14%), membership subscriptions raised 16% (£124,255), investments 3%. NHS Direct put in 1%, a useful £12,000 of our money. BDHF also has an online dental shop.

BDHF's most publicised activity is the running of "National Smile Week" annually in May. They also claim credit for persuading the European Parliament to allow fluoride to be added to food.

How did Del Boy put it in *Only Fools and Horses*? Luvly jubbly?

### Another US Fluoride Spill

Nearly 1500 gallons of fluoride overflowed the fluoride tank at Parley's Water Treatment Plant near Salt Lake City between 1am and 5am on 31 August.

A press release from Salt Lake City Department of Public Utilities advised people and their pets to avoid three popular dog-walking areas near Parley's Creek until the following Tuesday. A spokeswoman said the cause of the incident was being investigated.

The fluoride concentration in the creek would not be fatal but could cause skin irritation. She had been given varied opinions as to whether the pollution of the creek might kill fish or harm wildlife and dogs.

Four hazardous materials teams used sand bags and a makeshift earthen dam to contain the bulk of the fluoride in a pond below the treatment plant. From there it was pumped into a tank and treated with alkali to achieve a neutral pH. Only then could it be flushed away by the release of additional water from Mountain Dell reservoir into the creek. Besides the risk of contact with the chemical, the expectation of much higher flows through Parley's Creek to the Jordan River made public access undesirable. Residents were assured that there was no risk to the municipal water supply.

### So we don't need fluoridation

Dr Barry Cockcroft, Chief Dental Officer, claiming "a massive improvement in oral health over the last 30 years" said we now have "the lowest rates of dental decay in our children in Europe" and "low disease rates across all age-groups". (BBC Radio 4 Today programme, 15th September 2007).

## Patient Forums to go

Three years ago Patient and Public Involvement Forums replaced the earlier Community Health Councils. There is currently a PPIF for every NHS Trust and Primary Care Trust (PCT) in England. Foundation trusts are excluded. The Forums consist of local volunteers who are provided with training opportunities to enable them to participate effectively. There are statutory powers to ensure that their views are listened to by health service providers thus enabling local people to have a say in decisions about local health services. PPIFs have proved useful people to speak to regarding fluoridation proposals.

However, in July the Government revealed plans to replace the PPIFs with Local Involvement Networks (LINKs). Unlike PPIFs which kept a watching brief on individual NHS Trusts and PCTs, LINKs will be established in every local authority area which has social services responsibilities. They will work closely with the councils' Overview and Scrutiny Committees (OSCs), so that, in future, patients' concerns will form part of the local democratic process. The Commission for Patient and Public Involvement in Health (CPPIH) is also to be disbanded and what will take its place is presently unclear.

Overview and Scrutiny Committees will be particularly involved in health services commissioning decisions. They have already shown themselves interested in the fluoridation issue and are being actively lobbied by the promoters of fluoridation. We urge our Members to keep a watching brief on the OSCs for Health in their locality and to express their views. Many local councils have two OSCs, one for adult health and one for children's health. Phone your local council to find out meeting dates. Most OSC meetings are open to the public as observers. In many cases an opportunity to speak briefly to the Committee may be given by arrangement. Minutes of OSC meetings may be posted on council websites. Please contact NPWA if you discover that an OSC is actively investigating fluoridation or making recommendations to the council, or the health authorities in favour of the practice. We shall do all in our power to intervene. As to LINKs, they are currently an unknown but it seems they will soon be with us.