



WATERSHED

National Pure Water Association

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IN THIS ISSUE: VICTORY IN THE ISLE OF MAN; THANKS FROM ACTIVISTS, FIRST CONSULTATION CALLED, FAN CONFERENCE IN TORONTO, DEMAND FOR FLUORIDATION TO END IN EIRE, NEW BOOK ON FLUORIDE FATIGUE & MORE...

Victory in the Isle of Man!!!

We are delighted to report that on 12 June 2008, the following press release was issued by the Department of Health and Social Security on the Isle of Man.

"DHSS LISTENS TO PUBLIC OPINION ON FLUORIDATION"

Following an extensive consultation process, the Department of Health and Social Security today recommended to the Council of Ministers not to proceed with fluoridating the Island's water. The Council of Minister's have accepted this recommendation.

The issue of fluoridating water has been proposed by various professional bodies and the Health Services Consultative Committee for many years. The Director of Public Health has a statutory duty to raise matters of concern brought to the attention of the Public Health Directorate, with the Department. In order to assess public opinion regarding the addition of fluoride to the Island's water, the Department entered into a public debate. This consultation process has been very helpful to the Department, as it has established current public opinion and helped to highlight the poor level of dental health among our children.

Independent market researchers, GfK NOP, conducted a comprehensive survey on 12-15th May 2008. A random sample of 1000 Island residents were interviewed and all age groups 18 and over were represented. Results showed that a majority of respondents (54%) were opposed to fluoridation.

Hon W. E. Teare, MHK, Minister for Health and Social Security said, "The poll has highlighted some important issues for the Department to consider. Particularly in respect

of the level of awareness amongst those polled of the rate of tooth decay and the general state of dental health in the Isle of Man compared to the UK. In reporting the outcome of the telephone poll, the Department wants to assure the public that their views have been listened to. The poll results have shown that the majority of respondents are opposed to fluoridation of water in the Isle of Man. On that basis the Department accepts the results and will not continue with proposing fluoridation of the water, but will concentrate efforts in the coming years to further develop health promotion activity with regard to improving the dental health of everyone living in the Isle of Man."

NPWA played an important part in the achievement of this victory. We have been helping local campaigners for eighteen months and arranged for Dr Paul Connett's first visit to the Island which led to his invitation to debate with Professor Lennon in the Island's Parliament, the Tynwald. Congratulations to all who were involved in this great success for the Campaign.

First Public Consultation under the Water Act (2003)

At a meeting in Newbury on 29 May 2008, the Board of South Central Strategic Health Authority voted unanimously to take the issue of water fluoridation to public consultation. A three-month consultation is a legal requirement before fluoridation can be introduced in an area and this is the

first to be called under the new legislation. People who live and work in the area will be allowed to take part. The consultation began on 8 September and will continue to 19 December. The result is expected in February.

The SHA has already commissioned a feasibility study into its plans, which are to fluoridate deprived areas of Southampton. Some 36,000 Hampshire residents would be affected because they are served by the same water pipes.

Four members of NPWA's Executive Committee attended the Newbury meeting and two were allowed to briefly outline their objections before the resolution to consult was taken. Members of Hampshire Against Fluoridation were also present and allowed to speak.

Subsequently we were able to discuss our concerns with a journalist from the Southern Daily Echo and the paper has run a number of articles on fluoridation which have also been posted on its website. Many people responded to the Editor's invitation to comment and the pro-fluoride messages were well out-numbered by those opposed. See page 2 for the disgraceful way in which the consultation is being conducted.

Because of the fluoridation threat in Hampshire, we include with this Watershed a re-make of an historical leaflet - *Fluoridation in Andover*, which was produced by NPWA in the 1960s. Can you believe that 50 years later they are still considering it again?

Please pass on to friends and elected representatives the information on books and videos supplied with this Watershed

Recent Activities

This year has seen a complete redesign of our website which is - www.npwa.org.uk

Special thanks are due to John Graham for all his hard work on this. There have been teething-troubles and the transfer of documents is not yet complete but there are now facilities for joining and donating online as well as use of Paypal. The new site will be a much improved resource for members, supplying news, up-to-date campaigning leaflets and archive material.

The Chairman has spoken to a number of groups this year, including a Sixth Form General Studies class, Thyroid Patient Advocacy and a health support group in Shipley. We have had stands at four Health and Healing Festivals. York (April), Buxton (June), Leeds (July) and Harrogate (September). If any member knows of a festival or show in their area where they would like to man a stand, please get in touch.

The Consultation in Southampton and Hampshire has generated vast amounts of work for the NPWA Executive Committee. Four of us attended the meeting in Newbury at which SCSHA took the decision to consult. We subsequently challenged SCSHA on grounds of ethics and human rights, issues on which their views differ fundamentally from ours. We are working closely with Hampshire Against Fluoridation and Green Party activists and have held a News Conference and briefed journalists.

NPWA's Chairman, Elizabeth McDonagh, made major speeches to Southampton City Council's scrutiny panel for fluoridation on 22 September and to Hampshire County Council's equivalent panel on the 25th. She acknowledges with gratitude John Graham's considerable assistance in making this possible. John (Vice Chairman, NPWA) also spoke at the second meeting and alerted the committee to anomalies in the cost/benefit data supplied to them by SCSHA. Several councils have been sent packs of our information leaflets. More reprints are in the pipeline. Some new campaign materials have been produced; some are enclosed. We have attended several council scrutiny events in Greater Manchester.

A highlight of the year was NPWA's delegates' tremendous welcome at the ISFR and FAN conferences in Toronto. We learned a lot and returned inspired and invigorated for the tasks ahead of us at home.

South Central SHA and how to run a Consultation fairly and impartially – not!

With £178,000 budgeted for the Consultation, South Central Strategic Health Authority (SCSHA) has produced a glossy 32 page 'consultation document' claiming to "set out all the facts about fluoridation". "South Central SHA is satisfied that fluoridation represents a feasible option to improve the dental health of the local population." Because of how water pipes go, SCSHA cannot supply some areas with the worst tooth decay and will be obliged to fluoridate some 36,000 Hampshire residents who are perfectly capable of looking after their teeth without Nanny Alan Johnson interfering.

On page 11, SCSHA estimates that tooth decay will be prevented in 36,032 teeth over 20 years at a "cost of 32p/tooth". This is based on one study (something the SHA warns others against doing in their document). Two of the three authors were employed by fluoridation promoters - US CDC. The best available scientific evidence indicates fluoridation will not make any significant difference to decay rates in Southampton. Therefore, the capital cost, running costs and cost of the consultation, amounting to the best part of £2 million will literally be poured down South Coast drains.

The only negative effect admitted is very mild or mild dental fluorosis and readers are assured of the absolute safety of fluoridation, though "further research is needed."

On 13 September Southampton City PCT placed a full page advert in the Southern Daily Echo, promoting fluoridation with a slip for readers to return, but only if they supported the proposal!

Leaflets with response slips have been sent to residents and are available at NHS facilities. We are concerned that responses will be screened for 'cogency' by an independent adjudicator but will go there via SC SHA's office.

The Echo has described the population as 'underwhelmed' by the eight 12 noon to 8 pm drop-in events which have been poorly attended apart, perhaps, from the 19 September dropping in of Dr Paul Connett and John Graham. Good one eh?

Machinations in Manchester

It has been reported in the Lancashire Telegraph and the Manchester Evening News that seven out of ten of the PCTs within the area of proposed fluoridation have given their initial backing to the measure by asking the Strategic Health Authority to come up with a fluoridation plan. A correspondent tells us that local councils were wrongly informed that they had until the end of October to inform their local PCT of their decision on fluoridation. The pre-emptive announcement from the PCTs has local people concerned that the views of their elected representatives could be disregarded.

One local council with a long history of opposition to fluoridation has allegedly been put under such pressure to change its position that the Chairman is said to have remarked "What part of the word 'NO' do they not understand?" Declaring that he wanted no more time, money or effort expended on the fluoridation issue, he has, we are told, instructed his secretary to write back to the health authorities in the strongest possible terms.

The seven PCTs supporting fluoridation are: Manchester, Bury, Trafford, Oldham, Tameside, Stockport and 'Ashton, Leigh and Wigan' (ALW). The feasibility study for the North West identifies four possible fluoridation schemes, ranging in capital cost from £35 million to £102 million. Steve Clarke (Manchester Against Fluoridation) telephoned five of the trusts for confirmation of the news. In almost every case he was told there was no one available to give him the information he wanted. The relevant officials including two members of staff at ALW, two at Tameside, one at Oldham and Sir David Henshawe of Manchester PCT were all "on annual leave". He was told by someone at Manchester PCT "Our feedback is that the public wants fluoridation" and that "Sir David Henshawe doesn't speak to the public". How then can he listen to them??

Thanks from activists in the IOM Victory dedicated to Jane Jones

The efforts to fluoridate the Manx water supply began back in September 2003 so this represents the end of a 5 year battle. We would like to extend our heartfelt thanks to all who have contributed to this massive success especially John Graham, Dr Paul Connett, Grant McPherson, Quintin Gill MHK, George Glasser, Doug Cross, Liz Vaughan, Ian Packington, Dr Peter Mansfield, David Gear, Doug & Manna Bairstow, Dawn Taylor, Dr Hans Moolenburgh, Walter Graham, Robert Pocock, Mary Hillary, Bruce Spittle, Dr A.K. Susheela, Jane Barham, Dr Adam Standring, Cathy and Wayne Justus, Janet Bridle, Leslie Hanson, Dr Mark Draper, Elizabeth McDonagh, PSM Commissioners, Ramsey Commissioners, IOM F.O.E., Glynne, Krista, Graham, Eva and to the many other concerned Manx citizens and organisations who helped by handing out leaflets, spreading the word on the issue, writing letters to the press and government, making calls to the radio, voting 'no' in the poll and by donating funds to the campaign. Also thanks to our friends and family for putting up with all that a long campaign brings.

We would like to dedicate this victory for common sense and democracy to you all and in memory of Jane Jones of the NPWA who was so helpful and inspiring in the early days of our campaign.

Thank you all

Kevin Glynn & Greeba Skinner

Fluoride Fatigue – a new book

A simple, but striking, presentation at the ISFR Conference in Toronto was that of Dr Bruce Spittle from New Zealand. Dr Spittle compared Dr George Waldbott's list of the *Symptoms of Chronic Fluoride Toxicity*, (from the Appendix to Waldbott's *Fluoridation – the Great Dilemma*) with the symptoms of one of his own patients.

Bruce Spittle, from, New Zealand, has had a distinguished career in medicine and psychiatry. His book entitled, *FLUORIDE FATIGUE Fluoride Poisoning: is fluoride in drinking water - and from other sources - making you sick?* (3rd revised printing) was available at the Conference. Dr Spittle is convinced that drinking water with fluoride at one part per million makes some people – and animals – ill. Within the pages of his slim paperback, he explains the mechanisms behind the fatigue and other symptoms of chronic fluoride toxicity, and the research, which has influenced his understanding of the syndrome.

The book is illustrated, well-referenced and indexed. It is dedicated to "all those who have struggled, in the face of criticism, to see an end to the irrational policy of fluoridating water supplies."

Waldbott's co-author, Dr Albert W Burgstahler, Professor Emeritus of Chemistry at the University of Kansas, USA, has said of it: "Those who deny reality and persist in discounting sensitivity to fluoride in drinking water are like ostriches with their heads in the sand. They would do well to read what Dr Spittle has reported ...and stop continuing to promote and be misled by scientifically indefensible claims that do not hold up under scrutiny."

The electronic version of Dr Spittle's book is FREE to download at –
www.pauapress.com/fluoride/files/1418.pdf

MEP and Professor call for fluoridation in Eire to end

Kathy Sinnott, MEP for Ireland South and Member of the EU's Environment, Public Health and Food Safety Committee, and Dr Vyvyan Howard, Professor of Bio-imaging at the University of Ulster, Coleraine, recently met the European Commission's Public Health and Consumer Protection Directorate to present their views on the dangers to human health posed by water fluoridation in the Republic of Ireland.

Dr. Howard has for many years studied the effect of toxins on foetuses and infants. He said that human health from conception is being compromised by the addition of fluoride to drinking water. Fluoride compounds are known to adversely affect many other parts of the body including bones, teeth and the thyroid gland, as well as the developing brain. The claim that fluoridation benefits teeth should be questioned because nearly four in ten Irish teenagers have dental fluorosis - permanent damage to the tooth enamel - and this is three times the level of their counterparts in Northern Ireland where fluoride is not added to the water.

Kathy Sinnott said "Over the last 20 years the Chinese have done extensive research on the effects of fluoride on brain development in children. Those studies, which are already accessible to us in English, should cause us to be very concerned that public water supplies in Ireland are deliberately fluoridated, for the simple reason that this fluoridated water may be affecting expectant mothers in Ireland. It is time for our Government to stop mass medicating its people. They should stop fluoridating our drinking water to protect the health of all our citizens."

Memories of Mississauga The 3rd FAN Citizens' Conference, Mississauga Campus, Toronto, 10 –11 August 2008

After the intensity of the ISFR Conference, the FAN Conference was quite a contrast. Many, but not all of the scientists had left and a number of activists, mostly American, had joined us. Dr Paul Connett opened the proceedings with his vision for the worldwide campaign against fluoridation. At the heart of this are scientific integrity and the expansion of the Professionals' Statement. We have to combat our dismissal as 'cranks', the refusal to debate and the so-called 'endorsements', with impeccable science as exemplified in the NRC Report 2006. Networking is essential for support and the achievement of best practice. A major objective is public education in which FAN's series of videos has an important role. Dr Connett expressed his thanks to Michael Connett, his son, who has long been responsible for the FAN website www.fluoridealert.org but who is now moving on to study Law. The rest of the morning was spent in group discussions on strategy.

In the afternoon I was among a number of people invited to report on developments in their respective countries or regions.

This was followed by a presentation by Professor Vyvyan Howard (President, International Society of Doctors for the Environment) on 'Fluoride and the Brain'. Before dinner, Doctors Susheela, Jennifer Luke and Bruce Spittle formed a panel for a discussion of other health issues. The evening ended on a jovial note, firstly with an auction for FAN funds. Paul had arrayed a diverse selection of 'goodies' ranging from copies of Waldbott's books to delightful pieces of art-work made, from recycled materials, in the Philippines and elsewhere. I

bought some early leaflets produced by NPWA, including one by our Founder, Lord Douglas of Barloch. In a corner, Marcia Poe offered computerised metabolic assessment so I had my nutritional deficiencies identified.

Finally, with a borrowed guitar, Bruce Spittle led us in singing anti-fluoride songs, the assembled company joining in choruses with gusto. Example: Has fluoride been put in your water? Is fluoride a treat or a trick? Has fluoride been put in your water? Is flu-o-ride making you sick? (To the tune of My Bonnie lies over the Ocean).

Speakers on Day 2 (11 August) included Dr Bill Osmunson on "The Evidence that ingested fluoride does not reduce tooth decay", Dr Andrew Harms on "Why I changed my mind about water fluoridation", and Ellen Connett on "The sulfuryl fluoride appeal to the EPA". There was a panel discussion around "Can we trust government agencies and dental associations on the fluoride issue?" and reports on the ISFR Conference and the strategy sessions.

After lunch the entire company relocated to down-town Toronto where two 'Fluoride Forum' meetings, sponsored by 'Citizens for a Safe Environment' had been arranged in the Steelworkers Union hall. These were addressed by Professor Susheela and Professor Vyvyan Howard and incorporated questions from the public. Sleepy, I was driven back to Mississauga for the last evening with my flatmates, three delightful Texan ladies. We parted in the middle of the night when their taxi arrived to take them to the airport. It was all over except for a memorable trip to see Niagara Falls before returning to the UK. I returned invigorated for the campaign at home where the Southampton consultation was imminent and I give you Bruce's last song as inspiration to us all (To the tune of Banks of the Ohio)

*I started off, a job to do
To get rid, of you know who
'Twas clear to me, it had to go*

But those in charge didn't want to know

CHORUS

*So try to stay till the job is done
But along the way, have a little fun
It's a marathon, we have begun
But the day will dawn when the race is won.*

*Let's not forget what wise ones say
Rome wasn't built in just a day
While it's our watch, let's trim the sail*

And in the end, truth will prevail.

Report by Elizabeth McDonagh

One million fewer NHS dental patients since new contracts

Radio Four's lunch time news Thursday August 21st was that one million fewer patients had been seen by dentists since the latter signed their new contracts. There has been a big increase in extractions while more difficult dental procedures such as crowns and fillings have reduced in number. A 38% increase in the number of patients having dentures is reported. Dentists blame the new target-based system. Strangely there was no mention of fluoride in the programme, not even by Barry Cockcroft the Chief Fluoridator...er...sorry...Dental Officer. Perhaps if the Government had concentrated on the real problems of dentistry, including dentists, rather than wasting so much time and money on fluoridation pipe dreams, we would not be in this situation.

Another fluoride accident in America, 23 August 2008

Some homes had to be evacuated and a two-mile stretch of State Highway 6 had to be closed after a tanker-train became derailed between Santa Fe and Alvin, Texas. The accident happened in the early evening. Twelve tank cars left the track and only three remained upright.

The main concern was that several of the cars had slid down an incline into a drainage ditch and two of them were thought to contain hydrofluoric acid. The Texas Commission on Environmental Quality was soon on site to assess the environmental risk, as was a private company specialising in monitoring air quality.

Photographs taken by the Santa Fe Fire and Rescue Service show severe damage to ¼ mile of track but mercifully the railcars remained intact and no chemical escaped.

**The 28th Conference of the International Society for Fluoride Research [ISFR]
August 7-10, 2008: "Fluoride's Effects on Bone and Brain"
held in the Mississauga Campus, University of Toronto, Ontario, Canada**

I attended this Conference to present a poster paper describing further results of my studies of excessive infant mortality in the West Midlands in the context of fluoridation. The Chairman of NPWA, Elizabeth McDonagh, was also a Conference delegate.

The main Conference took place over two days; the keynote speaker was Dr. AK Susheela, who gave two presentations about her work in India; there were another ten invited speakers, plus 23 short (10 minute) oral presentations, and 10 posters - a total of 45 original contributions, all of which will be published (at least as Abstracts) as the ISFR Conference Proceedings in 'Fluoride' Journal. Here, I can only summarise the highlights of this excellently organised Conference - benignly hosted by Professor Hardy Limeback - and concluding with the Conference dinner at which presentations were made of Albert Burgstahler awards for Scientific Integrity, 2008, to Dr. Bruce Spittle and Professor Robert Isaacson. Finally Professor Limeback was warmly thanked for all his work, from which he retired officially as the Conference ended. Often away from the lecture theatre, Professor Vyvyan Howard gave a number of radio and television interviews about the contribution of fluoridation to brain developmental disorders and IQ deficits, as public debate continues on whether or not to cease fluoridation of Toronto's water supply.

Day 1 **Dr. Kathleen Thiessen** was on the NRC panel; she dissected the evidence that fluoride is an endocrine-disrupting anion - inhibiting thyroid function, calcium ion processing, pineal gland activity, and glucose metabolism. **Prof. Vyvyan Howard** showed how exquisitely sensitive the developing brain is to even ppb (billion) or ppt (trillion) of cytotoxic species and how, if neuronal connections are *not* made during critical prenatal and postnatal periods, the deficits are permanent, manifested as IQ deficits which deplete a population of gifted children and augment those of subnormal intelligence. Human breast milk contains only 10 ppb fluoride; this must be an evolutionary response to an environmental poison. There is no safety margin when typically very low natural environmental levels of fluoride are exceeded. The Precautionary Principle thus requires that fluoridation should cease. **Prof. Robert Isaacson** addressed the question "Does fluoride help aluminium to cross the blood/ brain barrier?" The short answer is "yes". **Prof Susheela**'s first talk focussed on diagnosis of skeletal and non-skeletal fluorosis, both of which are treated by elimination of fluoride plus really healthy affordable diets (supplemented with *natural* antioxidants). Abnormal but initially reversible calcifications occur after the protective connective tissue matrix becomes deranged; bone spurs and calcified ligaments appear, accompanied by bone pain, fractures and ultimate paralysis e.g. when damaged vertebrae trap spinal nerves and blood vessels. Clinical tests reveal progressive damage and indicate treatment for fluorosis. Non-skeletal fluorosis is often diagnosed as gastrointestinal malfunction; this is particularly harmful in pregnancy, when the mother becomes anaemic and she delivers a low birthweight baby. By using her nutritious diets Prof. Susheela can restore *normal* digestion and healthy, normal birthweight term deliveries after fluoride elimination. **Dr. Marc Grympas**' talk was about bone matrix quality, and genetic susceptibility to abnormal calcifications initiated by fluoride; only 8-15% of chronically exposed Indian children are *severely* affected. Fluoride ions alter the cohesion of the bone/collagen interface, where large apatite crystals make the interface more susceptible to damage. There were several fascinating short papers: **Chris Neurath** has identified five serious flaws in Chester Douglass' as yet unpublished study (which Douglass *claims* will undermine Elise Bassin's careful work on osteosarcoma rates in young males). The worst of these is the selection of an invalid 'control group' - mainly Ewing's sarcoma patients from the same bone cancer hospital-cases of which are also far more prevalent in fluoridated areas [Hoover]). Chris thinks the Douglass study will never be published - the *only* way that he (and fluoride promoters) can avoid instant censure. **Euridice Prado** has studied a specific cytoplasmic response to fluoride ion that *may* be beneficial. Keratinocytes - cells which (in contrast to e.g. kidney or gastric epithelial cells) are *not* subject to necrosis or apoptosis (cell death) under increasing fluoride ion exposure, exhibit faster mitosis (cell division). This has led to faster healing of oral mucosa after a scratch test. [Useful? Maybe - but enough to outweigh the terrible consequences of excessive fluoride exposure on osteoblasts i.e. juvenile osteosarcomas?].

Day 2 **Dr James P. Simmer**, dental researcher, gave a lucid account of the complexities of tooth growth and enamel formation. He showed how abnormal genetic factors could produce enamel defects very close to those generally recognised as dental fluorosis, so the latter is often *slightly* over-estimated in human populations (by e.g. 1 in 1000 cases). Specific enzymes with Mg^{2+} sites which are inactivated by F^- are vital in organic matrix removal. Controlled pH-cycling (between 4 and 9) corresponds to a succession of organic matrix removals and controlled, layered apatite crystallite growth. If excess F^- ingress disrupts these cycles; porous enamel is formed. **Dr Pamela den Besten** focussed more sharply on the enamelisation process, which she has studied for many years mostly with rodent models. She described amelogenesis as “genetic control vs fluoride ingress” (so F^- -susceptible subjects get *worse* fluorosis). Free F^- ions enhance mineralisation, promoting poor pH control and alternating hyper- and hypo-mineralised bands, hence “mild dental fluorosis” (but never *better enamel*). **Prof. Susheela** followed her first talk by listing five tissues she uses to diagnose non-skeletal fluorosis (gastrointestinal mucosa, skeletal muscle, red blood cells, ligaments and spermatozoa) and her protocols. She measures $[F^-]$ in drinking water, blood and urine, uses abdominal sonography, upper GI tract endoscopy, optical histology and scanning electron microscopy –techniques needed to characterise the degree of reversibility of the condition. Skeletal muscle weakness and general fatigue correlate with RBC damage (via Ca^{2+} loss) low haemoglobin, and depression. Sperms may be tailless, or e.g. double-headed. Maternal ligament-calcification may correspond with fetal blood vessel and placental calcifications, hence abortions and stillbirths. Dr. **Susheela** also treats thyroid axis disturbance, especially in children with dental fluorosis, via removal of all F^- intakes and supplementation with iodine. **Dr Jennifer Luke** asked “Is the pineal the target of fluoride toxicity?” expressed her concerns for infants and growing children, and answered by describing her study of human pineal glands (“little bags of enzymes and hormones”). Ashed pineals from subjects of all ages show how wide is the range of accumulated fluoride (mostly as “apatite silt”) at death. This led to her PhD studies with gerbils. Gerbils have calcifying pineals and a fairly short life cycle. This study was aimed at quantifying melatonin synthesis and observing other fluoride-intake effects during gerbil development. A two-level diet [‘Low’ and ‘High’ Fluoride] c.f. a “no effect” (minimal fluoride) control diet was fed to equal numbers of male and female gerbils. Bioassays were made at 7, 9, 11.5 and 16 weeks, during which time very significant differences in melatonin synthesis appeared, and almost disappeared. After sacrifice, diagnoses of sexual maturity were made. The F^- fed females showed precocious puberty; testicular weights in males were significantly reduced. Diurnal patterns of melatonin synthesis were also more or less strongly suppressed, especially in males. Dr Luke concluded by pointing to the possible implications of this work for human obesity, diabetes and cardiac arrest. Questions revealed that melatonin [MW=232] is lipophilic and cancer suppressing. No follow-up studies have yet been commissioned. **Prof Hardy Limeback**’s talk was postponed until the Conference dinner. As a Panel member he testified to the serious implications of the NRC Report and described how vested interests had tried to down-grade or to discount such cogent evidence for harm in populations under ~1 ppm fluoridation.

This Conference stands as yet another vital testimony to worldwide efforts both to understand and to combat all of the harm directly attributable to human fluoride intoxication. A few countries with ‘advanced’ industrial economies (i.e. those where mass fluoridation is officially endorsed) continue either to suppress, or simply to ignore each and every one of these contraindicative findings. Clearly these responses are reactionary, irrational and unscientific. As all participants at Toronto understand so clearly, the time for a radical reassessment of fluoridation practice is long overdue! In the meantime, people - young and old - simply die unnecessary deaths, sacrifices deemed politically necessary in the aftermath of WW II. But the drive to fluoridate was so systematically embedded in US policy (and elsewhere) that logical reappraisal - and dismantlement - now seem beyond the limited capacities of mass fluoridation’s principal proponents, despite their ever-increasing insecurity.

I wish to record my gratitude to the National Pure Water Association for financial support enabling me to present my poster on “Perinatal Mortality in the West Midlands in the context of fluoridation.” Two academics, from the USA and New Zealand, showed particular interest in my poster. They hope to extend my study using their own national perinatal mortality statistics.

National Pure Water Association

Background information regarding fluoride and fluoridation, with links to online videos.

Professor (Dr) A K Susheela is interviewed by Professor Paul Connett and describes her work in India. Dr Susheela has researched fluorosis for 34 years. She is a histocytochemist with a distinguished career at the All India Institute of Medical Sciences, New Delhi. She has published many original papers and is a Senior Advisor to the Indian Government.

<http://video.google.com/videoplay?docid=4519697926101725336&hl=>

Dr Bill Osmunson, a dentist and former fluoridation proponent may be seen on video explaining why he changed his mind about fluoridation. The link is:-

http://www.youtube.com/watch?v=_Ys9q1cvKGk

Fluoridation debate on the Isle of Man, 20 November 2007. Dr Paul Connett, Executive Director of the Fluoride Action Network, debates with Dr Michael Lennon, Chairman of the British Fluoridation Society (60 minutes).

<http://video.google.com/videoplay?docid=82194292805035136&hl=en>

Professor Vyvyan Howard, a toxicologist now Professor of Bio-imaging at the University of Ulster, Coleraine, Northern Ireland has, for many years, studied the effect of environmental toxins on foetuses and infants. He speaks of his concern that a bottle-fed baby whose food is mixed with fluoridated water receives up to 250 times the level of fluoride in breast milk. The American Dental Association, the (US) Center for Disease Control and the British Fluoridation Society have all warned (on their respective websites) that mixing baby formula with fluoridated water may be unwise. Research has shown that the practice can lead to dental fluorosis in a child's permanent teeth. Chinese research indicates that fluoridated water may adversely affect the developing brain so Professor Howard thinks the 'precautionary principle' should be applied and fluoridation schemes should be ended.

www.youtube.com/watch?v=JqMmoQgnXnA

Cathy's Horses Doctor David Kennedy introduces Cathy and Wayne Justus, owners of the Quarter Horses that were poisoned by fluoridated water. They tell their own story from their farm at Pagosa Springs, Colorado, USA. Finally, Dr Lennart Krook explains how he was able to make the diagnosis of 'chronic fluoride toxicity'.

<http://www.youtube.com/watch?v=t9RXfOuylWo>

Fluoride and bone cancer This video discusses Dr Elise Bassin's finding that fluoridated water increases the risk of osteosarcoma in young males and whether this evidence has been subject of a 'cover-up'. Dr Bassin's paper was published in Cancer Causes and Control, 2006. The 'wider study' promised by Dr Douglass has never been published. Bassin's careful scientific study focused on particular age groups when the bones are growing. The effect may not be seen in other age groups and could be masked by a wider population-based study.

<http://www.youtube.com/watch?v=gBmVY8lUcXg>

National Pure Water Association

Recommended books about fluoride and fluoridation

Christopher Bryson “The Fluoride Deception” (2004) Seven Stories Press, 140 Watts Street, New York NY 10013. Price (paperback) £13.68 plus £3.00 p&p. ISBN 1-58322-526-9. Bryson, a former BBC journalist, spent 12 years researching what is the definitive book about how artificial fluoridation began.

Barry Groves “Fluoride—Drinking Ourselves to Death?” (2001) Newleaf, Hume Avenue, Park West, Dublin 12 Eire. Price (paperback) £12.99 plus £3.00 p&p. ISBN 0 7171 3274 9. A comprehensive critique of the British Fluoridation Society’s position on fluoridation.

Professor (Dr) A.K.Susheela “A Treatise on Fluorosis” (2000) (3rd edition) published by FR&RDF in 2007. Price 400 Indian Rupees plus postage. Dr Susheela is Executive Director of the Fluorosis Research and Rural Development Foundation (FR&RDF), B-1, Saransh, 34 I.P. Extension, Delhi – 110 092 India. She is a histocytochemist and has published original research on fluorosis, the illness caused by fluoride, which afflicts tens of millions of people in India and for which dental fluorosis is a biomarker. Prior to her present position, Professor Susheela had a distinguished 30 year career as a member of the Faculty of the All India Institute of Medical Sciences, New Delhi. She is a Senior Adviser to the Indian Government.

Dr Bruce Spittle “Fluoride Fatigue”. Download free at - www.pauapress.com/fluoride/files/1418.pdf
Spittle is a well qualified medical doctor from New Zealand. “Fluoride Fatigue” contains information about chronic fluoride toxicity and gives evidence that fluoridation is harmful to people and animals. Dr Spittle is Editor of the peer-reviewed scientific journal “Fluoride”, published by the International Society of Fluoride Research,

The US National Research Council “Fluoride in Drinking Water –A scientific evaluation of EPA’s standards” (March 2006). Quoting from page 11: “The committee’s conclusions regarding the potential for adverse effects at 2 to 4 mg/L in drinking water do not address the lower exposures commonly experienced by most US citizens.....to protect against the development of dental caries; fluoride is added to public water supplies at 0.7 to 1.2 mg/L. The charge to the committee did not include an examination of the benefits and risks that might occur at these lower concentrations of fluoride in drinking water.” The Report documents a wide of research including - unlike the NHS/York CRD Systematic Review (2000), animal and ‘in vitro’ studies. It also embraces fluoride intake from all sources whereas ‘York’ was restricted to fluoridation at 1 ppm.

The NRC committee’s conclusion was that the EPA’s Maximum Contaminant Level Goal (4 mg/L) was too high to be protective of health in respect of severe enamel fluorosis, Stage II skeletal fluorosis and hip fracture in the elderly. It may be claimed that this Report is ‘of no relevance to water fluoridation’ but it acknowledges the adverse effects of fluoride on a wide range of body tissues and organs, it reveals many inadequacies in fluoride research, and it expresses concern for vulnerable groups such as babies and kidney patients whose tolerance of fluoride is compromised. If harmful effects are found at 2-4 mg/l fluoride in any exposed human population, it is certain that significant fractions of the same population will suffer these effects at 1 ppm. One needs at least *an order of magnitude lower* fluoride levels to protect the population adequately (reducing sensitive sub-populations to ‘acceptable’ proportions). This indicates that 0.3 mg/l should be generally agreed on as the safe upper limit for lifelong fluoride exposure in drinking water despite dental apologists’ incessant demands for ‘dentally optimal’ levels. Fluorides can be distributed directly to the dental tissues in a variety of safer, and clinically effective ways.

The NRC Report may be purchased for US \$50.40 or read online at no charge - http://books.nap.edu/catalog.php?record_id=11571#toc

David J Borrett “Something in the Water - The Anti-Fluoride Campaign in Andover 1955 – 1958.” Published by Andover History and Archaeology Society c/o Andover Public Library, Chantry Way, Andover SP10 1LT ISBN : 0903755 19 X The book is available from Andover Museum.

FLUORIDATION IN ANDOVER HAMPSHIRE

Illness caused, legal proceedings taken against Andover Council, defeat of Councillors and abandonment of fluoridation after two years

Fluoridation was recommended to the Andover Borough Council by its Medical Officer of Health, and approved by the Council in 1956, and sodium fluoride began to be added to the water in July 1956. Andover was one of the original so-called "study" areas chosen by the Ministry of Health to test out fluoridation.

This measure was strongly opposed by a retired Andover dental surgeon, Mr McClelland, on three grounds: (1) it was not ethical; (2) it was a poison which accumulated in the bones and tissues; and (3) it would not have the effect that the proponents said it would. He said "cleaning teeth after foods, such as sweets, chocolates, etc., would have a much more beneficial effect. To force everybody to take sodium fluoride was a very grave and dangerous thing to do, and the overall effect would be to make the children's teeth more brittle and so in later life make it more difficult for the dentists to fill them".

What was more immediately serious was that many people began to be ill. They complained that they were affected in one way or another by the addition of fluoride to the water, the two most common complaints being nausea and diarrhoea.

FORMER MAYOR MADE ILL

One of these was Mrs Olive Harvey, then of 78 Junction Road, Andover. She was a former Mayor and Councillor of Andover. She gave up council work in 1954 when troubled with an ulcer, but recovered subsequently. Then in 1956 she went on holiday and came back feeling very well, but within a few days of returning home she became unwell with nausea, which went on continuously. Mrs Harvey is a very down-to-earth woman. While she knew that sodium fluoride was a very strong poison, she dismissed entirely the idea that 1 part per million in the water could possibly affect her. She consulted her doctor, but his medicine made no difference. At the end of three weeks she had to stop work. For the next week or so she rested, but nothing seemed to make any difference, and she could not sleep.

A friend suggested to her that perhaps the fluoridated water was to blame, and so Mr Harvey obtained a supply from a well at Andover Down. This did the trick and within a few days Mrs Harvey was back to work, the nausea quite gone.

PRIVATE WELL SUNK

Her husband then decided to sink a well in their own garden. This was done and cost about £200.

During the time that Mrs Harvey's bore was being sunk and she was still getting water from Andover Down, her daughter offered to fetch it. She got talking in the town and as the time was getting on and she knew that her mother was waiting for the water, she filled the container from the tap and said nothing. Next day, once again Mrs Harvey felt sick and was much troubled at the expense of the well, which looked as if it would be of no avail. Her daughter then confessed that she had filled the container from the tap.

DIARRHOEA

When the well was sunk literally dozens of people asked if they might have some of the well water as one or other of their families was made ill with fluoride. For example, Mr Ward, of Junction Road, Andover, was told, long before fluoride was added to the water, that he should drink a jug of water a day for his gall-bladder trouble. After fluoride was added, he developed acute diarrhoea, which was so bad that he lost his job. On changing to well water, he became well again.

Several weeks after sinking the well, Mrs Harvey and many other families were using water from her bore, the officials pointed out that she had not had any plans passed, so her husband sank another pipe outside the original one. This made it necessary once more to cement the top. When this was done the first time the men working on the job pumped a large milk churn full of well water for people to help themselves from.

The second time, on a Saturday, once more a large churn was filled with water and a notice attached to the pump not to use it until the cement was set. A Mrs Waite and Mr Ward, both of Junction Road, took water from this churn thinking, as did Mrs Harvey, that it was pump water as before. Mrs Waite felt sick on the Sunday and on the Monday came and thanked Mrs Harvey for her kindness in allowing her to obtain well water, but she said that once more she felt sick and so it could not be the water.

Mrs Harvey was herself feeling ill and also worried when she thought that perhaps the water was not from her well. On the Monday when the men came to fetch their tools, she asked them about the water left in the churn. One immediately said how sorry he was, as the water in the churn was from the tap and not well water.

Mr Ward's diarrhoea had started again and this, with Mrs Waite's and Mrs Harvey's experience, made them absolutely sure that it was in no way their imagination.

Continued...

CYSTITIS

An instance of a different complaint was Mrs Clewen, of The Crescent, Andover, who began to suffer with cystitis, and who went to three different hospitals but they could not help her. They could find no cause for her trouble. She came back home and tried well water, and she became fit again.

One woman was so ill that her doctor asked her husband to get a supply of well water for the chemist to mix her medicine with. She was then able to keep the medicine down and soon recovered from her trouble. She always obtained well water after recovering.

LEGAL PROCEEDINGS TAKEN

Heavy opposition to fluoridation began to develop and it was decided to call a public meeting. Thirty to forty was the average attendance for public meetings in Andover, but on this occasion about 700 turned up, overflowing the hall. It was decided to form an Anti-Fluoridation Association to fight fluoridation both as an election issue and in the High Court.

COLITIS

Funds were subscribed, Counsel were engaged and legal proceedings against the Andover Council were started. Then the fluoridationists decided to hold a meeting and four speakers from the Ministry of Health addressed the meeting, which was also filled to capacity. At this meeting a Mr Mason, of 5 Fair's Avenue, Andover, asked the panel a question: "Would the panel agree that, if two glasses were filled with water, one of which was fluoridated and one pure water, one could not smell, taste or see any difference?" The panel readily agreed that was so. Mr Mason then offered himself as a guinea-pig, for he would be able to tell them within 5 to 6 hours, as fluoridated water in the taps in Andover gave him acute colitis. Mr Mason's challenge was, however, not accepted by the panel.

An Andover doctor suggested to Mrs Harvey that she ask the following question: "Can the Ministry of Health wonder why there is such scepticism regarding their advice after the episode of the grey powder given to the mother of babies at the clinics?"

One of the panel admitted that sometimes mistakes were made but that fluoride was entirely different.

FLUORIDATION COUNCILLORS LOSE SEATS

A third of the Council stand for election each year, and in 1957 and 1958 Councillors who favoured fluoridation were opposed at these elections and lost their seats, thus terminating fluoridation in the summer of 1958.

The High Court action was due to be heard shortly afterwards but, as the issues had been decided at the Polls, at the Ministry of Health's request and offer to pay costs, the action was stayed on terms.

It was agreed that, before Andover water could again be fluoridated, the Council would have to give the Association six months' notice so that the action could be heard.

Mrs Harvey said that one of the most difficult tasks she has ever had to perform was to persuade a group of working men to desist from their intentions. These men were so incensed at what fluoride was doing to their families that they had collected tools to demolish the fluoridation plant, and were on the way to do so. It was with the utmost difficulty that Mrs Harvey managed to restrain them from this and to persuade them to have a little more patience for the fluoridation to be stopped legally.

SYMPTOMS OF FLUORIDE POISONING

In a 14-year research conducted at Passaic General Hospital, New Jersey, by Reuben Feltman, D.D.S., and George Kosel, B.S., M.S., fluorides were given in measured doses to more than 1,000 expectant mothers and young children. In one per cent of these cases undesirable side effects were found. "Skin rashes, headaches, epigastric distress varying from slight discomfort to bloody vomiting were among the symptoms." The symptoms disappeared when the fluoride medication was stopped. When the fluoride is in the water supply the treatment cannot be stopped unless a water supply without fluoride can be used, which is ordinarily impossible and, in any case, an unwarranted burden on the patient. Consequently, as the symptoms are similar to symptoms due to other causes, doctors would find it difficult to determine whether the fluoride or other cause was to blame.

The cases mentioned above occurred after a short period of taking fluorides. Much more serious effects have been found after fluoride water has been consumed for 30 or 40 years. In Spain nearly all the inhabitants over 40 years of age in a district where the water supply had only 1.18 parts per million of fluoride were found to be suffering from a disease resembling rheumatism which was frequently accompanied by deformity especially affecting the spine. Similar observations have been made in India. These are only a few of many illustrations of poisoning from long continued ingestion of very small amounts of fluoride.

NB David J Borrett tells the story in detail in his book - *Something in the Water—The Anti-Fluoride Campaign in Andover, 1955 -1958*. The book is available from Andover Museum - 01264 366283.