

WATERSHED**National Pure Water Association**

42, Huntington Road, YORK. YO31 8RE

Telephone: +44 (0)20 8220 9168

www.npwa.org.uk

IN THIS ISSUE: NPWA's fiftieth year, Lord Douglas of Barloch, Pre-election info, Hampshire news and HAF's Open Letter to SCSHA, News from the USA and Canada, In Defence of Homeopathy, Wise Traditions UK event, Dental veneer warning & MORE...

One year on, Hampshire fluoridation still on hold



Four representatives of NPWA's Executive Committee joined Hampshire Against Fluoridation to mark the anniversary, on 26 February 2010, of South Central Strategic Health Authority's decision to fluoridate 200,000 people in Hampshire. HAF organised a demonstration at the SCSHA's offices in Newbury and presented the Authority with a letter of protest. The SCSHA's decision was taken on Feb 26th 2009, despite widespread opposition from local people and 72% of 10,000 written responses to the Authority's own Public Consultation rejecting the fluoridation proposal.

The letter (which may be read on our centre pages) was backed by more than 170 signatories including

Members of the House of Lords, MPs of all parties, councillors, scientists and dental and other professionals. The full list may be accessed via the following internet link -

<http://tinyurl.com/yemrogr>

HAF member Anna Peckham had previously written to the Chairman of the 12-strong SHA Board but was told he would be unavailable to receive the document. It had to be left with a receptionist.

Belying the 'Welcome' sign on the door to the building, the protestors were hardly received with cordiality. One person was allowed to enter, after which the door was firmly shut and the rest contented themselves by posing with their banner to be photographed outside in the cold.

Fluoridation made front-page news in the Southern Daily Echo on 26

February revealing that the legal case (to be heard in the High Court later this year) has delayed fluoridation plans by at least 14 months. It is unlikely that any fluoridation could be implemented before 2012. The paper also carried a double spread article inside with the impressive headline "Fluoride: Listen to the people", reporting on the protest in Newbury and the Echo's extensive coverage of the issue since the Consultation of Autumn 2008.

In its efforts to get the SCSHA to reverse its decision, HAF has raised complaints with the Parliamentary and Health Service Ombudsman, the Advertising Standards Authority, the Environment Agency and the Medicines and Healthcare Regulatory Agency. To date these bodies have not been helpful and the SHA clearly remains obdurate.

2010 NPWA's Fiftieth Year

The National Pure Water Association was founded in 1960. This year is our Golden Anniversary! The battle is not over. However, since 1986 no new fluoridation schemes have been introduced in this country and for this we have to thank the procession of dedicated people who have supported and led our Association for the past fifty years. We deeply regret that some of them are no longer with us and we are grateful to them all for their efforts.

We plan to hold a celebratory event in York to accompany the 2010 AGM. It would be helpful to the Committee to know how many people would plan to attend such an event so we request members to kindly return the enclosed form to the York office before the end of May. York is a beautiful city with many tourist attractions and we are sure that members will find it a memorable place to visit.

Lord Douglas of Barloch, Founder of the National



Pure Water Association

Francis Campbell Ross Douglas, 1st Baron Douglas of Barloch KCMG was a British journalist, solicitor and Labour politician.

Born on 21 October 1889, Francis Campbell Douglas was educated at Glasgow University and afterwards became a partner in Douglas & Company, solicitors. He also worked as a journalist. At a by-election in 1940, he was returned to Parliament for Battersea North, a seat he held until 1946. He served as Parliamentary Private Secretary to the Parliamentary Secretary to the Board of Education from 1940 to 1945 and to the Home Secretary from 1945 to 1946. He was also a member of the Public Works Loan Board from 1936 to 1946 and of the Railway Assessment Committee from 1938 to 1946. He served as Chairman of the Finance Committee of the London County Council from 1940 to 1946.

Douglas resigned from the House of Commons in 1946 on being appointed Governor of Malta, which post he retained until 1949. He was made a Knight Commander of the Order of St Michael and St George in 1947 and in 1950 he was raised to the peerage as Baron Douglas of Barloch, of Maxfield in the County of Sussex. He later became a Deputy Speaker of the House of Lords.

Lord Douglas was passionately opposed to compulsory water fluoridation and we still have a leaflet entitled 'Blind Obstinacy' which he authored and which was published by the NPWA in 1978. Nothing has changed – much of it could have been written for today.

Lord Douglas of Barloch died on March 30th 1980, at the age of 90. The title became extinct on his death.

Promises Promises - Election pledges from Tories and Lib-Dems

Conservatives have announced a series of reforms to NHS dentistry, which they claim will drive down costs to allow many more patients to access an NHS dentist. These are:

- Restore access to an NHS dentist for the million patients who have lost it under Labour' by slashing costly bureaucracy and cutting out waste
- Create new incentives for dentists to spend more time on preventative dental care, improving oral health and reducing long term costs
- Using money currently spent on carrying out unnecessary treatments, they would instead reintroduce dental screening for children in schools
- Give dentists the freedom to charge patients who repeatedly miss appointments
- Ensure that taxpayer-trained dentists work for the NHS for at least five years

Shadow Health Secretary Andrew Lansley said: "...Over a million people have lost their NHS dentist in just three years and dentists are fed up with the flawed system of perverse incentives that Labour has introduced... A Conservative Government will immediately cut waste and bureaucracy and restore access to an NHS dentist to the million who have lost one under Labour. And, we will make preventative treatment a real priority because we urgently need to improve our nation's dental health. Our plans will create real incentives for dentists to help people avoid tooth decay, so that we can cut the shocking rise in the number of people needing to have their teeth

pulled out" [Ref: York Central Conservatives' 'in touch' P2]

At the Bournemouth Autumn Conference 2009, Health Spokesperson Norman Lamb gave the following outline summary of Lib-Dem NHS Dentistry reform proposals: The Liberal Democrats will ensure there is an NHS dentist available to everyone who needs one, by:

- Making sure that the dentists who are trained by the NHS work in the NHS for a minimum of five years
- Reforming dentists' contracts so they are paid to take on more NHS patients, not just getting money for the number of treatments they provide

- Prioritising areas where dental services are worst, by providing increased payments to dentists who operate in the areas of greatest need

Ian Packington, NPWA Scientific Adviser, comments: Pre-school, Nursery and Primary School dental screening is the most vital area. It could be very cheap and highly effective if they trained, as in Sweden*, a sufficient number of 'dental care assistants' - whose expertise was in observing and scoring all the evidence in every child's mouth for incipient problems, thus classifying them as low, medium or high risk patients need-ing appropriate remedial actions, combined with the power to refer children with active decay, or needing fissure sealants, to a dentist attached to the service for free (non-compulsory, but parents would be involved, of course) treatment. This approach is accompanied by a strong educational message re self-reliant care for their teeth to all children from the earliest possible ages, and providing the recommended toothpastes, brushes, mouth rinses etc.

We must hope that the 'costly bureaucracy and waste' the parties propose to cut out includes all funding of the BFS and/or NFIC and all further fluoridation consultation exercises. Although fluoridation gets no mention above, we have no confidence that either of these parties would end fluoridation. The Green Party is opposed to fluoridation.

*See - <http://tinyurl.com/yk4o6hf>

Member Correspondence

One of our members wrote recently to David Cameron, asking whether, if his party won the next election, he would make changes to the law regarding fluoridation. The reply, from Andrew Lansley, CBE, MP, Shadow Secretary of State for Health, included the sentences: "I have no objections to Strategic Health Authorities initiating water fluoridation if that is what their local community are calling for, but I do not see why the Government should press them to do so.

I believe that Strategic Health Authorities should consult their local communities about this issue, if and when it is deemed appropriate."

Our Member also wrote to Nick Clegg and had this reply from Douglas Dowell, Office of Nick Clegg MP.

"...In general terms, Liberal Democrats believe that people and local communities should have the ability to make their own decisions as to whether or not they should take forms of medication, which – according to the stated purpose – fluoridation would effectively constitute. Obviously there is no such thing as absolute certainty when it comes to health safety – but in normal circumstances patients can weigh up the pros and cons of receiving potentially risky treatment and choose whether to undertake it. Mass fluoridation of water would leave people with no choice, and we believe that it should not be imposed by Whitehall diktat."

From Peter Poole, Brighton

"I recently received a pre-printed survey leaflet from Brighton Kemp Town hopeful, Labour's Simon Burgess, wanting to know what my thoughts were on various issues - mostly tick-box stuff. However, the very brief space for my own comments meant I could raise the fluoride issue. In fact, I said Mr. Burgess would only receive my vote if he answered with a commitment to oppose fluoridation - and, more specifically, uphold my rights to reject it should it be necessary to withhold payment for

fluoridated water supplies. Pinning the candidates down like this is a great idea, and costs nothing with the Freepost letters they send you. Particularly good in marginal seats!"

Canada - fluoride plant failure in Waterloo, Ontario and residents to vote – again, 26/2/2010

Waterloo Regional council has approved the question "Should the Region of Waterloo continue to fluoridate your municipal water?" to be placed on the municipal election ballot in October 2010. This will be the fourth time since 1967 that the people of Waterloo have been asked to vote on whether their district should be fluoridated.

Resident Robert Falla wrote to the local paper, The Record, to complain about the anodyne wording of the question. He said that in previous referendums, voters didn't realize what they were voting for and the powers that be would like to keep it that way. In none of the previous votes were voters told that Waterloo fluoridates their water not with food grade fluoride, but with a toxic by-product called fluorosilicic acid which contains, of all things, lead, mercury and arsenic. Fluorosilicic acid is so toxic that it's against the law to dump it anywhere, but the powers that be want people to believe that it's safe to ingest. Fluorosilicic acid is not safe, he says, and there are many studies that have been done to substantiate this fact. Members of the public have been invited to voice their opposition to the wording of the question at a public meeting to be held on 9 March.

It was revealed in November that the regional government did not fluoridate any of Waterloo's drinking water between May and October of 2009. The authorities blamed broken equipment at all three sites where fluoride is added, and inadequacies in communications so that they were not informed of the problems. By the end of the year only 41% of the population had had their supply of fluoridated water restored, because repairs had not been completed.

According to Regional Environment Commissioner Thomas Schmidt, some components of the plants were difficult to obtain and had to be custom-built.

Officials could not estimate the cost of repairing the broken fluoride equipment. Also unknown is the annual operating cost to fluoridate water. Councillor Angela Vieth, an opponent of fluoridation, expressed her concern that these figures are not available. She criticised the current expenditure on repairs when the public may vote to stop the practice in October.

However, the authorities say that, according to law, fluoridation must continue until the public decides otherwise in the ballot. Under the Municipal Elections Act, there must be 50 per cent vote turnout and more than 50 per cent of vote must be favour of the question for the result of the plebiscite to be binding.

Can we grow NPWA?

For the last five years, NPWA has been without a paid administrator. The work of the organisation has been carried out by the Executive Committee, with considerable assistance from members and supporters who keep us informed and who operate to oppose fluoridation, in groups or individually, in their local areas.

Much has been achieved in the last five years but to increase our effectiveness and to ensure the continuation of NPWA's work until fluoridation is finally defeated, we need to increase the Association's membership. Since the recession, our subscription income and donations has levelled-off. We ask members to make a big effort in this 50th Anniversary year to encourage family, friends and colleagues to join the Association. NPWA's 'Say NO' leaflet is designed to inform and to encourage memberships. Donations to the Memorial Fund are always gratefully received. Some people choose to remember NPWA in their Will and occasional legacies assist our activities considerably. The Chairman and Committee sincerely thank everyone who is able to contribute in any way to ensure that NPWA's work continues for as long as it is needed.

The following letter was delivered by Hampshire Against Fluoridation on 26 February 2010.

OPEN LETTER

To the Board of South Central Strategic Health Authority

Dear Board Member

It is exactly one year since you took the unanimous decision to implement a scheme to fluoridate the public water supply of Southampton, Eastleigh, Totton and surrounding areas. The decision on 26th February 2009 was taken despite widespread opposition from local people with 72% of Public Consultation respondents rejecting the fluoridation proposal (The Evidence Centre Independent Summary of Responses to the Public Consultation, February 2009).

During the past year, local opposition to the scheme has grown, a 15,300 signature petition has been handed in to Downing Street and EVERY local MP regardless of political party, has since written to the Strategic Health Authority to express concern at your continuing determination to impose water fluoridation on an unwilling community. Hampshire County Council, Eastleigh District Council, Test Valley and New Forest Councils all rejected the proposal and there have been a number of previously supportive Southampton City Councillors who have since expressed concern about the decision given the lack of public support.

The most recent NHS dental survey report published in October 2009, showed a substantial decrease in levels of dental decay amongst the city's five-year-olds and a large increase in the number of five-year-olds without any tooth decay (NHS Dental Epidemiology Programme for England Oral Health Survey of 5 year old Children 2007/2008). Encouragingly, this means that decay rates in Southampton for five-year-olds are similar to the English average and are below levels recorded in 2001. In order to maintain this improvement, we urge you to ensure that the local NHS places greater emphasis on the implementation of targeted community-based oral health strategies as an alternative to water fluoridation.

An important peer reviewed study published in the October 2009 issue of the Journal of the American Dental Association confirms previous research showing that infants fed formula milk in areas where the water is fluoridated at 1.0 ppm may receive excess fluoride putting them at risk of fluorosis (Siew, C et al. J Am Dent Assoc 2009; 140: 1228-1236). The authors conclude that "When powdered or liquid concentrate infant formulas are the primary source of nutrition, some infants are likely to exceed the recommended fluoride upper limit if the formula is reconstituted with water containing 1.0 ppm fluoride". Indeed, the American Dental Association recommends that formula milk is reconstituted with fluoride-free water in order to reduce the risk of fluorosis - www.fluoridealert.org/scher/ada.egram-2006.pdf We believe that on this evidence alone, it would be irresponsible to proceed with a scheme which may result in some babies exceeding the recommended fluoride upper limit.

Given the financial constraints currently faced by the NHS, we are concerned that precious NHS funds are being used to force through a scheme that the local community does not want. These funds could be better used to develop alternative, more effective oral health schemes. The SHA's decision to continue with water fluoridation and to fight a legal challenge is seen as a waste of Health Service money and we are concerned that this will damage the reputation of the local NHS.

In the light of these facts, we strongly urge you to reconsider your decision.

Signatories to the Open Letter

Politicians – MPs – Chris Huhne (Eastleigh); Dr Julian Lewis (New Forest East); Sandra Gidley (Romsey); Desmond Swayne (New Forest West); Brian Donohoe (Ayrshire Central), Joint Chair, APPGAF*; Lord Stoddart of Swindon, APPGAF; Lord Baldwin of Bewley, Joint Chair, APPGAF. **MEP** – Dr Caroline Lucas MEP for South East. **Southampton City Council** – Cllr Royston Smith, Deputy Leader and Conservative Prospective Parliamentary Candidate (CPPC) for Southampton Itchen; Cllr Jeremy Moulton, CPPC for Southampton Test; Cllr Neil Fitzgerald; Cllr John Hannides; Cllr Don Thomas; Cllr Derek Burke; Cllr Matt Jones; Cllr Edward Daunt; Cllr Gerry Drake; Cllr Paul Holmes, Cabinet Member for Children's Services; Cllr Peter Galton; Cllr Edwina Cooke, Chair of the Healthy City Scrutiny Panel. **Test Valley Borough Council** – Cllr Alison Finlay; Cllr Alan Dowden; Cllr Celia Dowden; Cllr Len Gates; Cllr Marion Kerley; Cllr P Mutton; Cllr C Thomas. **Totton Town Council** – Cllr A Weeks; Cllr D Harrison. **Eastleigh Borough Council** – Cllr Keith House, Leader, on behalf of Eastleigh Borough Council; Cllr David Goodall, Liberal Democrat Prospective Parliamentary Candidate (LDPPC) for Southampton Itchen; Cllr A Roling; Cllr R Kyrle; Cllr C Davidovitz; Cllr A Broadhurst. **Hampshire County Council** – Cllr Ken Thornber, CBE, Leader, Hampshire County Council, on behalf of Hampshire County Council; Cllr Anna McNair-Scott, Chair of the Health Overview and Scrutiny Committee; Cllr A Roling; Cllr R Kyrle; Cllr K Mans; Cllr B Dash; Cllr R Perry; Cllr P Dickens; Cllr Alan Dowden; Cllr F Hindson;

Cllr S James; Cllr F Pearce; Cllr K Evans; Cllr R Hussey; Cllr B Tennent; Cllr J Porter; Cllr P Mutton; Cllr M Tucker; Cllr R Muschamp; Cllr E Heron; Cllr A Buckley; Cllr J Wall; Cllr C Leversha; Cllr P West; Cllr S Payne; Cllr C Thomas; Cllr C Davidovitz; Cllr B Gurden; Cllr S Reid; Cllr M Geddes; Cllr L Fairhurst; Cllr S Wheale; Cllr P Mason; Cllr C Bailey; Cllr A McEvoy; Cllr I Beagley; Cllr R McIntosh; Cllr R Price; Cllr A Collett; Cllr A Carew; Cllr J Radley; Cllr D Keast; Cllr A Joy; Cllr T Knight; Cllr A Broadhurst; Cllr D Kirk; Cllr G Hockley; Cllr A Weeks; Cllr D Simpson; Cllr D Harrison; Cllr S Woodward. **New Forest District Council** – Cllr E Heron; Cllr A McEvoy; Cllr A Weeks; Cllr D Harrison.

Prospective Parliamentary Candidates – Chris Bluemel, (Green Party) for Southampton Test; David Callaghan (Lib-Dem) for Southampton Test; Maria Hutchings, (Conservative) for Eastleigh; Tom McCann, (Lib-Dem) for NW Hampshire.

Dental Professionals – Tony Lees, BDS Dental Surgeon; Dr Jennifer Luke, BDS (Lon), LDS, MSc, PhD; Johan Delva, LTH (RUG) General Dental Practitioner, Southampton; Ian Kendal, LDS RCS, Dental Surgeon, Eastleigh; R Zac Cox, BDS, General Dental Practitioner, Bursledon; Professor Richard Johns, PhD, LDS RCS (Eng.), Emeritus Professor of Restorative Dentistry, University of Sheffield; Dr Andrew Harms, BDS, President of the Australian Dental Association 1996; Dr Kevin Boehm, DDS, CNC; Dr Meagan J Lilly-Frank, DDS; Dr John J Palmer, DMD, Greer, SC; Dr Armand V DeFelice, DDS, Dental Surgeon; Dr Mae W Woo, DDS, Regents Scholar, Graduate of UCLA School of Dentistry.

Scientists/academics – Professor C Vyvyan Howard, MB, ChB, PhD, FRCPath, Nano Systems Biology, Centre for Molecular Bioscience, University of Ulster; Sir Iain Chalmers, FRCPE FFPH FMedSci, Founder of the Cochrane Collaboration, Editor, James Lind Library, The James Lind Initiative, Oxford, UK; Dr Iain J Robbé, BSc, MSc (PHM), MSc MB BS MRCS LRCP FFPHM, Clinical Senior Lecturer & Honorary Consultant, Centre for Applied Public Health Medicine, Department of Primary Care & Public Health, School of Medicine, Cardiff University; Dr H S Micklem, D Phil(Oxon), Emeritus Professor, School of Biological Sciences, University of Edinburgh; Dr John Williams, MMarBiol, PhD (physiology), Specialist in environmental toxicology; Dr Peter Mansfield, MA, MB, BChir; Dr Mike Fenner, BA PhD; Cllr Paul Clein B Pharm, MR Pharm, Executive Member for Children's Services, Liverpool City Council 1998-2008; Dr Sarah Goode, BSc (Hons), MA PhD Honorary Research Fellow, Research & Policy Centre for the Study of Wellbeing in Communities, University of Winchester; Stephen Peckham, BSc MA(Econ), HMFPH, Reader in Health Policy; Dr Sandra Woolley, PhD, Lecturer, University of Birmingham; Dr John Beard, MA, PhD, Cambridge; John Eaton, MA (Cantab) F Inst D, MCSI; Professor Andrew Blake, MA (Cantab), PhD, Associate Dean, Humanities & Social Sciences, University of East London; Dr Mike Fenner, PhD Biological Sciences; Professor Paul Connett, PhD, Professor Emeritus of Chemistry, St Lawrence University and Executive Director of the Fluoride Action Network; Dott. Lorenzo Martelli, PhD Chemist, Environmental Consultant; Dr Michael F Dolan, PhD Department of Geosciences, University of Massachusetts; Professor Beniamino Ginatempo, Professor of Physics, Messina University, Sicily; Dr Pierre-Jean Morin, PhD in experimental medicine, former Research Director at Laval Hospital (Quebec), Keith E Reinhardt, Environmental Scientist, ETSU '72 Public Health Sanitation; Dr Steve Breyman, Associate Professor PhD, Department of Science and Technology Studies, Rensselaer Polytechnic Institute; Prof Peter LD Van Coullart, DipA Ed, CES, CEI, Director Environmental Training Institute Ridgeville, Ontario, Canada; Dr Neil J Carman, BS, MS, PhD, Former faculty member in Biological Sciences, University of Texas, Austin; Professor James S Beck, MD, PhD, Professor Emeritus of Medical Biophysics, University of Calgary, Canada; Tamara Kazarian, MS Research Specialist, Johns Hopkins University, Dep. Orthopaedic Surgery; Professor Richard F Edlich, MD PhD, FACS FASPS FACEP Distinguished Professor Emeritus of Plastic Surgery, Biomedical Engineering and Emergency Medicine, University of Virginia Health Systems; Laurie LeDuc, PharmD; Rudolf Ziegelbecker, Mag Dipl-Lng, Dr techn Physicist, Austria. **Organisations** – Mohammed Aslam, Chair, Southampton Medina Mosque Trust; John Spottiswoode, Chair, Hampshire Against Fluoridation; Cynthia Bagchi, Bedford Allergy Support Group; Elizabeth McDonagh, Chairman, National Pure Water Association; Steve Mathews, Solent Oyster Fisherman; Clive Mathews, Solent Oyster Fisherman; Jamie Page, BSc MBA Chief Executive, The Cancer Prevention and Education Society, UK; Joy Warren, Co-ordinator, West Midlands Against Fluoridation.

Other Professionals – Rodney Burke, BS, MS Health Care Administration, Denton, Texas; Dr LRB Mann, MSc, PhD Applied Ecology, Whangaparaoa, New Zealand; Dr Geoff Pain, Victoria, Australia; Dr James B Gerni, DC, LAc, Connersville, IN; Paul Peter Finney, BS Engineering Stanford University; Lady Carla Davis, MPH; Kenneth Dunning, MS, LMHC; Mount Vernon, WA; Susan Landes, LMT, NMT, Fairfax, CA; Dr Robert Gabriel, PhD Olympia, WA; Dr Barry Breger, MD Montreal, Canada; Deborah Eversage, RDH; EMT O'Nan, Director, Protect All Childrens' Environment, Marion, North Carolina; Sonja Hardy, B Ed St, Dip T; David Buttorff, Retired, University of Louisville (Zoology); Dr Lita Lee, Ph.D; Dr Louis Ricci, PhD in clinical psychology; Eugene L Packer, DC; Dr Steve Breyman, Associate Professor PhD, Department of Science and Technology Studies, Rensselaer Polytechnic Institute; Doris M Jones, MSc Co-Editor, Environmental Issues Forum; Kelly Sicoli, RN, Frontier School of Midwifery & Family Nursing; Dr Alexander J Audette, TCMD, RAc, BEng; Melanie Lancaster RN; Dr David Adams, Penn Valley, CA; Dr Eric Turk, PhD (Neuroscience, UCLA); Dr William Thornton, DC. Santa Monica, CA; Dr Elena Manvelyan, MD, PhD, Head of AWHHE NGO/Armenia; Laurie Martin, RN, MS, Lac; Ian E Packington, MA Cert Tox, Science Adviser to National Pure Water Association; Sherri L Johnson, RN, BSN, BBA; William Snodgrass, Director, Protect All Children's Environment, Marion, North Carolina; Dr Alexander J Audette, TCMD, RAc, BEng; Dr Barry Groves, PhD, Author: *Fluoride: Drinking ourselves to death?*; Alan Sousie, RNMED, Member, Burlington Board of Health; Cara Leverett, MS Biology, Staff Scientist, Atchafalaya Basinkeeper; Nancy Page MA; Nancy Martin MA; George Beard, BSc, Psychology Research student, University of Southampton; Carol Skeggs, Registered Nurse (retired); Muna Lakhani, National Co-ordinator, Institute for Zero Waste in Africa; Dr Alfonso Senatore, PhD, University of Calabria, Department of Soil Conservation; Christopher Adamo, LCMT, Health Educator; Cristina Mazza, Professional Interpreter and Translator; Gilles Parent, ND.A; Yoshimi Yoshida, Environmental Analyst; Luana Mencarelli, TPT, Physiotherapist; Margaret Reichlin, NDD, ATD.

*APPGAF – All Party Parliamentary Group Against Fluoridation NB Some Councillors hold seats on more than one council

For more on the Campaign against fluoridation in Southampton and Hampshire see - <http://ukagainstfluoride.blogspot.com/> and <http://hampshireagainstfluoridation.blogspot.com/>

The Lillie Center's Video and Dental Fluorosis Project

Atlanta, Georgia, is the home of the US Center for Disease Control (CDC), the biggest promoter of fluoridation in the US and the world. Georgia is also the home of The Lillie Center Inc. (TLCI), a small public health training firm that is working to end the harm from water fluoridation. TLCI was formed in Tennessee in 2004, and began efforts to end fluoridation after Dr. Lillie encountered a skin condition the cause of which was suspected to be the area's fluoridated water.

Daniel G Stockin, MPH, coordinates TLCI's efforts toward ending fluoridation. Dan has worked in public health and environmental health for more than 20 years and has real-world experience in hazardous materials management, toxics assessment, and environmental health. He recently gave an interview to CBS Atlanta in which he shows examples of dental fluorosis and voices his concern that, if fluoride can affect teeth in such a way, it is likely to be damaging to other tissues in the body. Surprise, surprise, neither the ADA nor the CDC would provide answers to the CBS Atlanta news team. You can view the video at - <http://www.cbsatlanta.com/video/2781769/>

Professor Paul Connett writes: "The CDC cannot deny that fluoridation increases the risk of dental fluorosis. Their own figures show that 32% of American children suffer from it. They have advised that fluoridated tap water should not be used to make up baby formula but have not taken steps to get this message out to parents. Nor are they warning vulnerable sub-groups of their extra susceptibility to fluorosis.

The US Public Health Service, the CDC's parent body, has assumed since 1950 that while fluoride was damaging growing tooth cells it wasn't harming any other tissue in the infant's body. They didn't have the evidence to

support that gamble in 1950, and they haven't shown much inclination to collect any evidence since. The absence of study does not mean the absence of harm. The CDC is guilty of failing to protect the public health. Now the mainstream media in its home town knows about it. Thanks Dan."

The Lillie Centre is working to raise awareness of dental fluorosis. People who have dental fluorosis are invited to send a photograph of their teeth to:

<http://spotsonmyteeth.com/>

Professor Connett tells us that donations to support the project are urgently required and the above website is able to receive them.

In defence of homeopathy

by Anne Butcher

In February the House of Commons Science & Technology Committee's report recommended that NHS homeopathy should cease because, in its view, homeopathy is just placebo. The media repeated this headline, without checking into the poor basis for the Committee's conclusion.

The process appears very similar to the 'debates' about water fluoridation. Rather than engage with anyone raising valid points backed up by research, the process runs along the lines of "Don't tell us the facts, we've made up our minds". However, just like the fluoridation issue, it is individuals who understand the reality - like one of my patients who sought homeopathy because of attacks of vertigo and is now, following 4 months of homeopathy, off the high blood pressure medication he'd been taking for 15 years. People know what works for them—and what doesn't. It's a real pity that, yet again, individual choice is being overlooked in favour of a 'one size will fit all' approach.

Homeopaths tend to understand the drawbacks associated with fluoridating water because for over 200 years we've tested remedies by repeatedly administering small amounts (one in a million?) and carefully recording results. Homeopaths know that very dilute

substances are not ignored by the body, in fact they often have profound effects. Our patients know this too.

So, to those who haven't experienced homeopathic treatment personally, I'd encourage you to look beyond the sweeping statements in the media. As is often the case, things are not quite as straightforward as they appear. And to those of you in local campaigns against fluoridation, how about contacting the homeopaths practising in your area? You might find that they are very happy to lend their support by putting *Say NO* leaflets in their reception areas and speaking to their patients about the issue.

More information can be found at <http://tinyurl.com/y87q414> and <http://tinyurl.com/ya6eq77>

NPWA Stand at Wise Traditions, UK, London, 21/03/10

NPWA's stand at this meeting attracted a great deal of interest. 'Wise traditions UK' was the first major event held by the London Chapter of the Weston A Price Foundation. The theme was the value of traditional foods in the maintenance of health and wellbeing. Speakers were Sally Fallon Morrell of the Weston A Price Foundation in the US; Natasha Campbell-McBride, a Russian-trained medical doctor with a clinic in Cambridge who uses dietary means to help autistic children and Sir Julian Rose, organic farmer. Sir Julian shared the platform with Jadwiga Lopata, Poland's leading and award-winning environmental campaigner against GMO and for the retention of small-farm traditions in Poland. Jadwiga's beautiful national costume was much admired. The final speaker was Barry Groves, author of *Fluoridation: Drinking Ourselves to Death* and more recently *Natural Health and Weight Loss* and *Trick and Treat: how 'healthy eating' is making us ill*. Barry was critical of official nutrition advice. Videos of the presentations can be viewed here - <http://vimeo.com/wisetraditionsuk> May require simple registration.

Southampton City Council having second thoughts?

The most recent NHS dental survey report published in October 2009, showed that tooth decay rates in Southampton for five-year-olds are similar to the English average and are below the levels reported by the South Central Strategic Health Authority (SCSHA) in their Consultation literature. On 17 March 2010, in a remarkable change of face perhaps influenced by that fact, and by the evidence of massive public opposition to the fluoridation plan, Southampton City Council (the only local council which supported fluoridation during the Consultation) passed the following motion:

"This council calls on the Strategic Health Authority to hold a referendum on its proposals to fluoridate Southampton's water before any such proposal is implemented. We further call on them to honour the outcome of that referendum."

The Motion was backed by the City Council's ruling Tories while opposition Liberal Democrat and Labour councillors abstained, claiming that the Motion was a ploy to get election votes by the two councillors (both prospective parliamentary candidates) who had tabled it. The Southern Echo newspaper and local MP Sandra Gidley have expressed support for the idea of a referendum but SCSHA have responded by saying that there is no mechanism by which they could carry out such a referendum.

The Chairman of Hampshire Against Fluoridation, Stephen Peckham, welcomed the city council's vote as a strong message against fluoride but he opposed a referendum. He said: "The SHA has already carried out a consultation and the majority of respondents rejected the proposal. Therefore, a referendum would be unnecessary, impossible to administer, and a waste of even more NHS money. The SHA is now in a rather isolated position as none of the local councils or MPs support the decision so the only course of action would be to scrap this unpopular scheme."

NPWA opposes all such referenda on the principle that fluoridation is totally unethical as it seeks to medicate individuals against their will. It is inappropriate to ask people to vote on something which is fundamentally wrong.

Beware Dental Veneers

The York Review (2000) found fluoridation to be significantly associated with increased dental fluorosis which is usually classified as mild (white mottling), moderate (severe mottling and staining), or severe (where the teeth have considerable staining with pits). 48% of children in fluoridated areas had some form of dental fluorosis and in 12.5% it was severe enough to be "of concern". However, the authorities who are pressing for fluoridation say dental fluorosis is so mild as to be "purely cosmetic" and that any severe cases can easily be remedied by dental veneers.

Before fitting a veneer, a dentist shaves off about 0.5mm of the tooth enamel with a drill. Veneers commonly need replacing every few years. After 2 sets of veneers, the enamel is so thin that further veneers will not adhere to the tooth stump. The options then are a crown or a dental implant.

A report in the *Mail on Sunday* 2, 17/8/08 (page 23), discussed the problem of botched veneers. After spending £10,000 on veneers for a better smile, one dentist's client got dark spots of decay under the veneers and bleeding gums. One of the veneers fell off. The teeth had been filed down too deeply, to the dentine layer which does not bond well with dental cement. Another dentist advised the client to take legal action with the Dental Law Partnership (DLP). The DLP said the veneers were badly fitted with gaps between the tooth and the veneers, which trapped bacteria, causing decay which showed up as dark spots. The DLP handle about 1,000 cases of complaint at any one time. This particular client was awarded £7,000 but had to pay £2,000 legal costs. She has since had her front tooth repaired four times, with each repair costing £90. Further repairs may be impossible and, if so, the teeth will have to be crowned.

Dentist Tif Qureshi sees about one new patient a week for corrective treatment after botched veneers. He

says he has seen teeth drilled down too far, through the dentine to the pulp which contains the blood and nerve supply, leaving the patient in agony. He recommends visiting the British Academy of Cosmetic Dentistry website to get an accredited cosmetic dentist - www.bacd.home.html

"Veneers", he says, "are not to be taken lightly".

High levels of fluoride in American dog food, June 2009

The rate of osteosarcoma in dogs in the US is almost 10 times that in humans. It is unknown whether this is caused by a greater vulnerability to bone cancer or by exposure to dangerous levels of fluoride. Scientists have not determined a safe level of intake of fluoride for dogs.

A study commissioned by the Environmental Working Group (EWG) found high levels of fluoride in eight major national brands of American dog food, raising concerns that pets may be at risk of bone cancers and other consequences of excessive fluoride intake.

Ten major brands of dog food, marketed for both adults and puppies, were analysed. Fluoride levels ranged between 7 and 11.2 milligrams (mg) of fluoride per kilogram (kg) of dog food, with an average of 8.9 mg/kg in the 8 brands which had detectable levels of fluoride. These eight brands were found to contain fluoride levels between 1.6 and 2.5 times as high as the Environmental Protection Agency's (EPA's) maximum allowed level in drinking water. The researchers concluded that a dog also consuming fluoridated water would be exposed to levels 3.5 times the EPA's limit.

The primary source of the fluoride was bone meal and other animal by-products (including chicken or beef meal and chicken or poultry by-product meal).

Those brands which contained no bone meal (a vegetarian brand and a brand produced by a small manufacturer) contained no detectable fluoride. EWG recommends that consumers seeking to protect their dogs from fluoride purchase only dog foods that do not contain bone meal or other animal by-products and says the government should establish fluoride limits for pet food.

To read EWG's full report, please go to - <http://tinyurl.com/yzjk2ah>

Awareness song

Don't miss the thoroughly entertaining, all singing, all dancing video "Fluoride Song" by Trillion which was launched on an unsuspecting Youtube last August.

We received from its author the following message and are only too happy to promote it. Thanks, Trillion, for your creativity and for lightening up what sometimes seems a dispiriting and never-ending campaign.

Hi there

I have made a fluoride awareness song and video that I thought you may be interested in -

<http://tinyurl.com/y9trmjc>

feel free to share it around...

regards Trillion

Wise words from Hans Moolenburgh

Dr Hans Moolenburgh led the successful fight to stop fluoridation in Holland, which resulted in fluoridation being made illegal in Holland in 1976. His book - *Fluoridation, the Freedom Fight* was published in English by Mainstream Publishing of Edinburgh, in 1987. Here is an extract.

"In order to keep the public informed, we published a small journal. Thus we took our place

among other journals against fluoridation, like the National Fluoridation News (USA), The Australian Fluoridation News, the Newsletter of the National Pure Water Association (UK) and others, although at the time we were not aware of these.

The journal was to appear on an irregular basis just as everything a good guerrilla does should be done unexpectedly. However, it helped to bind people together and to keep them informed of the latest developments. It also helped to change the climate of opinion in our country. Slowly but surely something interesting began to happen: It became disreputable to be in favour of fluoridation.

I consider this to be very important. As long as the fluoridation lobby poses as the great benefactor of humanity there will be no victory for the anti-fluoridation movement. But when a fluoridation lobby knows that the rest of the population thinks: 'Those are disreputable people. They ought to be thoroughly ashamed of themselves!' we see something different. We see people who initially rode happily with the lobby on their bandwagon quietly slinking away and saying: 'Well, perhaps it was not such a good idea after all'. In my view, the fluoridation lobby should be isolated from the rest of the population as people who are

wrongdoers, as people who should repent before we take them back again in our friendship and our trust. Perhaps some of my friends will be shocked. They perhaps will say: 'Is that a Christian attitude?'

I believe a wrongdoer should be called a wrongdoer. There is no excuse for what the fluoridation lobby is doing and these people should be shown clearly and unequivocally that they have to keep their hands off our personal rights.

People often do not see it like that, because water fluoridation is such an insidious thing, but imagine a policeman ringing your doorbell twice a day saying: 'Sir, Madam, your fluoride tablet! Swallow it at once please and then open your mouth. I have to make sure that it has gone down!'

What would you say?

This is what is actually happening with water fluoridation, only the official is not there only twice a day, but with every sip you take from a fluoridated cup of tea or glass of water."

And Finally, we are grateful to artist Emma Holister for permission to publish the cartoon below. Visit - www.art-margin.com for more examples of Emma's work.

