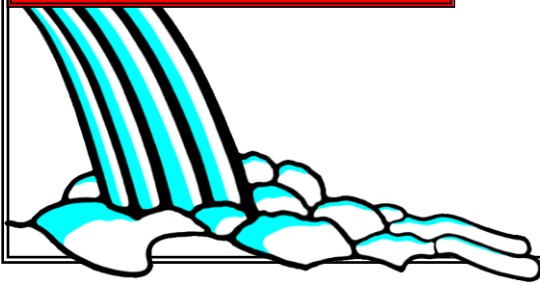


# WATERSHED

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**IN THIS ISSUE: Changes to fluoridation law, Welsh oral hygiene policy, EU petition remains open, Report by Irish environmental scientist, Tralee students fight fluoridation, ISFR Conference 2012, Fluoridation fails in the US, New tests for fluoride & MORE...**

## Changes to fluoridation law



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The Health and Social Care Act 2012 (HSCA2012) gained Royal Assent on 27 March and will introduce major changes to the way our National Health Service operates. It also changes fluoridation sections of the Water Industry Act 1991 (WIA1991), which members will recall was last amended by the Water Act 2003 (WA2003). Few sections of the HSCA2012 came into force with Royal Assent. The remaining sections will commence by order.

The HSCA2012 will abolish Strategic Health Authorities (SHAs) and Primary Care Trusts (PCTs), and require upper tier and unitary authorities (LAs) to establish Health and Wellbeing Boards (HWBs). The authorities who are subject to this requirement are primarily county councils, London borough councils and unitary authorities. District councils in counties with a county council are not subject to the requirement. HWBs, whose 21 commissioning responsibilities will include dental public health, will comprise of councillors (at least one!), the Directors of Adult Social Services, Children's Services and Public Health for the LA; a representative of the local HealthWatch organisation;

representatives from each relevant clinical commissioning group and such other persons, or representatives of such other persons, as the local authority thinks appropriate. According to the consultation document *Healthy Lives, Healthy People: consultation on the funding and commissioning routes for public health* (2010), Directors of Public Health will be employed by local authorities but jointly appointed by Public Health England, an Executive Agency of the NHS.

Upper tier and unitary authorities will receive ring-fenced public health grants.

The WIA1991, as amended, provides for the Secretary of State to make arrangements with a water undertaker to fluoridate a water supply. However, the Secretary of State may only do so if a local authority has made a fluoridation proposal [for a new scheme], consulted on that proposal, and taken a final decision in accordance with the new sections of the 1991 Act. This explains why LAs, in relation to existing and new fluoridation schemes, will be required to make payments to the Secretary of State from their public health grant. The Secretary of State effectively acts as

an agent and this arrangement overcomes the problem of who holds the contract with a water undertaker where more than one LA is involved in an existing or proposed scheme. The WIA1991, as amended, also provides for existing schemes to be terminated and it would appear that consultation [of the public] is not required in this circumstance.

It would appear that HWBs might be dominated by health professionals but we understand that early on in the passage of the HSCA2012, many LAs were clear that they wanted to assert democratic control. How much democratic control LAs have will depend in part on the outcome of consultation/s on secondary legislation (regulations). On 30 May 2012, the Department of Health (DH) began a month-long process of seeking informal views to help develop proposals for the technical regulations that will apply to Health and Wellbeing Boards from April 2013, including views on: political proportionality requirements, voting restrictions, conflicts of interest, appointment of sub-committees and access to information provisions. It remains to be seen if the DH will consult on regulations specifically on fluoridation consultations as they did in 2004, which resulted in a consultation regulation that gave SHAs the power to over-ride public opposition to a proposed fluoridation scheme.

There is also a question of whether the work undertaken by HWBs and their decisions will be subject to scrutiny by committee, and full council debate and approval by vote.

We must work hard to influence the councillors who will oversee future fluoridation proposals for new schemes and the termination of existing schemes.

Our aim remains the repeal of all UK fluoridation legislation which is simply BAD LAW.

## Welsh Democracy at Work

Since 2009, the Welsh Government's *Designed to Smile* (D2S) programme has addressed oral health in Welsh children. D2S is delivered by the Community Dental Service (CDS). Its protocols vary with age-group, and include educational initiatives including teaching children how to brush their teeth, the provision of free toothbrushes and fluoride toothpaste, professionally-applied topical fluoride treatments and improving care for children with chronic tooth decay.

From 27 July to 9 September 2011, the National Assembly for Wales' Children and Young People Committee held a consultation to examine the effectiveness of the D2S programme in improving the oral health of children in Wales, particularly in deprived areas. Most submissions were enthusiastic for the D2S programme and made no mention of water fluoridation but two, that from Gwynedd Health Authority and from Betsi Cadwaladr University were forceful calls for fluoridation. The Committee's Report was published in February 2012 and accepts that D2S has not been in place long enough for its effects to be thoroughly evaluated. The initiative will be subject to expansion and further monitoring. Most of the Report's recommendations have been given ministerial approval but the Welsh Government has declined to include the programme in the school curriculum. The Minister has accepted the Committee's final recommendation (p33) that "The Welsh Government should keep under review the evidence for fluoridating water supplies in Wales". The Welsh Government's response is that it "acknowledges that the scientific evidence supports the case for water fluoridation as having significant health benefits but has no current plans to fluoridate water supplies in Wales."

We would urge our Welsh supporters to write to their Assembly Members asking them to reject all calls to fluoridate Welsh water supplies and to support NPWA's campaign for the repeal of all UK fluoridation legislation.

Our understanding is that although the UK's legislation on fluoridation applies to Wales, the UK Parliament's 2005 Statutory Instruments on Consultations and Indemnities do not. The National Assembly for Wales would need to enact Consultation and Indemnity Regulations before any fluoridation scheme in Wales could proceed.

## What we told Parliament's Health Committee

In June 2011, NPWA submitted evidence to Parliament's *Commons Committee on Health* who were consulting on Public Health. Here is a summary of what we told them. Fluoride is not an essential nutrient, fluoridation is unethical, there is no high-quality scientific evidence to show that fluoridation is either effective or safe, indeed, fluoridation is harmful. Regardless of countries' fluoridation status, similar declines in tooth decay have occurred in many countries since the 1970s. Fluoridation is wasteful as shown in our pie-chart 'Where Southampton's Water Goes'. Fluoridation does not reduce inequalities in dental health and actually disadvantages the poor who cannot afford costly treatment for dental fluorosis.

The UK population is over-exposed to fluoride from all sources. Fluoridation is now seen to be an unscientific and out-dated idea. There is a safe, effective, equitable and cost-effective alternative to water fluoridation. We called for the repeal of all legislation underpinning artificial water fluoridation. All these

points were backed up with fully referenced information. If you would like to read the full 9 pages of our evidence it is published on the Health Committee's website – <http://tinyurl.com/caznefa>

NPWA members who are not on the internet may request a copy from our York address. Please include an A4-size envelope stamped with a large stamp.

Watershed readers might also wish to read the evidence submitted to the same Committee by Stephen Peckham, Chairman of Hampshire Against Fluoridation – <http://tinyurl.com/czd3pyu>

## Wise Traditions 17-18 March 2012

Our stand at this year's Wise Traditions conference organised by the Weston Price Foundation, London Chapter (and held at Epsom Racecourse) was extremely busy. We met a farmer who knows that fluoridated water adversely affects his cattle. We also met a young lady from the West Midlands who showed us a photo of her badly fluorosed teeth before treatment. She explained they had been 'abraded' (i.e. the surface had been filed away).

She was not entirely happy with the result, which had left the teeth a matt off-white colour, but she said she could not afford veneers.

Professor Paul Connett entertainingly put the case against fluoridation to an appreciative audience and Elizabeth McDonagh (for NPWA) outlined the history and current situation regarding fluoridation in the UK. A DVD of the 2012 conference proceedings is in course of production and will include these presentations. If you would like to obtain a copy please keep an eye on the website of the Weston Price Foundation, London Chapter, for an announcement. <http://www.westonaprice.org/london> Elizabeth's talk is now available to watch for free at – <http://vimeo.com/42897455>

## **EU Petition to stop fluoridation still open**

Robert Pocock of [irelandagainstfluoridation.org](http://irelandagainstfluoridation.org) in the Republic of Ireland (Eire) in 2007 petitioned the European Parliament to seek an end to the addition of fluorosilicic acid to water supplies in Eire and the UK by pressing the European Commission to enforce Directives contravened by fluoridation. [Petition 0210/2007]. Instead, the Commission sought a scientific opinion from the Scientific Committee for Health and Environmental Risks (SCHER) which was eventually published in May 2011. Robert returned to Brussels on 28 February 2012 to again address 'PETI', the European Parliament's Committee for Petitions and was strongly supported by MEPs from Eire, the UK and former East Germany.

He quoted extensively from the May 2011 opinion by the SCHER whose assessment described fluoridation as 'a crude measure of systemic treatment'. Nevertheless Mr Joachim d'Eugenio, for the Commission, still denied that fluorosilicic acid, when used for fluoridation is a medicinal product. He said no EU law was breached by fluoridation and that the Commission relied heavily on statements of the World Health Organisation regarding fluoride. NPWA has supported Robert's petition and has written to Mr d'Eugenio to explain the reasons why fluorosilicic acid added to drinking water should be considered a medicine and why the WHO Guidelines on fluoride are unreliable. Dr. Susheela is very critical of these Guidelines in her *Treatise on Fluorosis*. The Petitions Committee has decided to keep the petition open.

## **Irish Environmental Scientist's Report on Fluoridation**

We have recently been made aware of a 328-page Report, "*Overview of the Health and Environmental Risks of Fluoride and Silicofluoride compounds requiring Priority Attention for the Safe Management of Drinking Water for Human Consumption-Human Toxicity, Environmental Impact and legal Implications of Water Fluoridation*" (February 2012). The Report's author is Declan Waugh, an Irish environmental scientist with over twenty years' experience in the fields of environmental science and technology, surface and groundwater pollution, environmental and waste management, risk and impact assessments and due diligence.

Declan had no fixed view on fluoridation and no intention of writing a report when, simply as a parent concerned for the wellbeing of his children, he began his research. When he read in the (UK) Medical Research Council's Report (2002) that "more robust information on the potential harm from fluoridation is needed" he realised that the Irish people had been subjects of a medical experiment for forty years. Declan's study evolved into a 328-page report which he has submitted to the Irish Government, the World Health Organisation and the European Commission. It has also been sent to many MEPs and NGOs.

Declan declares that he has no conflict of interest regarding fluoridation and has received no compensation for the production of his Report which has been "undertaken for the people of Ireland, particularly to benefit consumer rights, consumer protection, the health and wellbeing of individuals and the environment." He now believes

"that public policy should evolve with developments in science and that continuation of the policy of systemic water-fluoridation is no longer sustainable." It is impossible, in this short article, to do justice to the information, much from peer-reviewed papers, which is presented in Declan's Report. For further information and to view the full Report and a 27-page summary go to - [www.enviro.ie](http://www.enviro.ie)

Declan Waugh was recently interviewed for London Today (a radio programme for London, Ontario, Canada, not London UK) <http://www.youtube.com/watch?v=8rUxenL3fs4> In it he states that Ireland has more than twice the global average of neurological illness, the highest level of childhood epilepsy, twice the global average of osteoporosis, and is among countries with the highest levels of cardiovascular disease, diabetes and cancers associated with the digestive tract. He says that fluorosilicic acid has never been tested as a medicine and it is criminally negligent to add such a substance to water supplies.

## **We speak to dentists**

"Is fluoridation of our water acceptable?" was the question posed in dentists' magazine *Premium Practice Dentistry* October 2011. Alisdair McKendrick and Elizabeth McDonagh gave their opposing viewpoints. You can read it on <http://tinyurl.com/75ebyyy>

## **Meet us in Buxton or Harrogate**

We plan to have stands at the 3-day Buxton Health and Healing Festival 22-24 June 2012 and the Harrogate Health and Healing Festival 29 & 30 September 2012 <http://mbsfestivals.co.uk/>



## Bright green students

Students of Mercy Secondary school, Tralee, were concerned as to whether local and national public water schemes were being held to acceptable standards. They became interested in the benefits and possible risks of fluoridation and their findings led them to start a campaign to remove fluoride from Eire's national water supply. They handed out flyers and posted notices around Tralee as well as reaching out to radio, newspapers and other citizens concerned about this issue. They attended meetings with the Tralee Transitional Towns Movement, had support from their local County Council and even turned up in full Zombie garb to protest to the Irish parliament (the Dail). Their project, entitled "Would you pay for poison?" was entered into ECO-UNESCO's Young Environmentalist Awards, an all-Ireland programme that recognises and rewards young people who raise environmental awareness and improve the environment. After Dragons' Den-style judging rounds in March, it was shortlisted and its success then depended on votes from the public. Mercy School's project received the highest number of votes, 30.7%, well ahead of the competition. Their next nearest rival had 18.6%. The awards ceremony was held on 8 May 2012 at The Mansion House Dublin.

<http://www.ecounesco.ie/>

## New tests for fluoride

Biolab London UK now tests for fluoride in urine and tap water. Biolab Medical Unit, 9, Weymouth Street London W1W 6DB 020 7636 5959 [www.biolab.co.uk](http://www.biolab.co.uk)

## ISFR Conference 2012

The thirtieth conference of the International Society for Fluoride Research will be held in Szczecin, Poland, 5-8 September 2012. The conference title *Advances in Fluoride Research* enables the discussion of a wide range of topics, medical, chemical, bio-chemical, industrial, toxicological, agricultural etc. Further information is available on the conference website – <http://www.science24.com/event/isfr2012/>

On the 160th anniversary of his birth, the conference will be dedicated to Professor Henri



Moissan (1852 - 1907) above, who, in 1906 was awarded the Nobel Prize in Chemistry for his investigation and isolation of fluorine and for his adoption in science of the electric arc furnace named after him. Moissan died suddenly in Paris in February 1907, shortly after his return from receiving the Nobel Prize in Stockholm. His death was attributed to an acute case of fluoriditis, undoubtedly caused by his experiments with fluorine.

## Future of Watershed

We know members appreciate our newsletters but the cost of producing them and the recent rise in postal prices are forcing the Committee to consider alternatives by which to inform members of NPWA's latest news.

## Fluoridation fails in US

From NYSCOF Press Release 15 April 2012

<http://tinyurl.com/cusvx9x>

New York State Coalition Opposed to Fluoridation (NYSCOF) says new research shows that fluoride chemicals added to U.S. public water supplies are not reducing tooth decay as promised by government agencies.

Using federal statistics, the West Virginia University Rural Health Research Center reports that urban U.S. children, with more exposure to fluoridated water and dental care, have just as many cavities as less fluoridation-exposed rural children. The researchers found that fluoridation rates were not significantly related to the measures of either caries or overall condition of the teeth for urban or rural areas.

Fortunes are wasted on fluoridation schemes that fail to prevent cavities while unnecessarily exposing children to fluoride's adverse drug effects," says attorney Paul Beeber, NYSCOF President. New York City spends millions of dollars annually on fluoridation. Yet another study proves fluoridation fails there also. Chinese-American 2-to-11-year-olds, living in the low-income area of Manhattan's Chinatown have much more primary tooth decay when compared to white and other minority groups nationally (NYS Dental Journal June/July 2011). Chinese-American children in fluoridated Oakland, California can have from 6-20 cavities in their mouths. About 2,000 need costly sedation to be treated.

After six decades of fluoridation, over five decades of fluoridated toothpaste, a fluoride-saturated food supply, and a glut of fluoridated dental products, the Centers for Disease Control (CDC) reports that 60% of 12-15 year-olds are affected with dental fluorosis, white spotted, yellow, brown and/or pitted teeth, indicating fluoride overdose. And, the CDC reports the incidence and severity of children's primary tooth decay recently increased. Tooth decay crises are occurring in all fluoridated cities, states and countries. US Emergency rooms are

flooded with people in dental pain, wasting even more taxpayers' dollars. For example, fluoridated Philadelphia spent \$11 million in 2011 for toddlers' hospital dental care under General Anaesthesia and IV Sedation. The Kellogg Foundation has recommended that dental therapists be used to ease the US dental health crisis. But the powerful and rich dental lobby effectively thwarts dental therapists from working in most states.

"Americans are fluoride-overdosed and dentist-deficient. Fluoride is neither a nutrient nor required for healthy teeth. Fluoridation must end." says Beeber.

Legislation (Int 0463-2011) is pending to stop fluoridation in New York City. The chief sponsor, Council Member Peter F Vallone Jr, says "There is a growing body of evidence that fluoride does more harm than good." The New York Times, 6 March 2012, printed a major article "Preschoolers in Surgery for a Mouthful of Cavities" by Catherine St Louis. It soon attracted 800 comments – <http://tinyurl.com/7aslaly> For more evidence that fluoridation fails see – [www.fluorideneews.blogspot.com](http://www.fluorideneews.blogspot.com)

## **A member's experience with a water filter**

For the last six months my family and I have been using a whole house Aquatiere Home and Garden water filter. We live in a fluoridated part of Lincolnshire which is an intensive agricultural area and I bought this filter to remove fluoride (approx. 85% of), chlorine, pesticides and other chemicals and to decrease water hardness.

Although I was in my early thirties, considered myself very fit, ate well and had a healthy lifestyle, my health was not as good as it should have been. The most significant unexplainable condition was constant pain in my joints. It started in my hands, getting progressively worse and spread to wrists, inner elbows and down my legs. I have always had slight lower back issues and this had also become much worse over the

course of a few years living at our new home.

I had had more visits to the doctors in the last three years than the previous thirty, all regarding back pain, joint pain, not sleeping (often directly from pain) and generally not feeling good although with no specific symptoms. These visits resulted in no diagnosis, no explanation and no treatment that worked. After much frustration from the lack of help and conventional medical views which reached no further than prescribed drugs, I decided to do my own research.

Having an interest in science, it did not take me long to realise the many health problems associated with adding fluoride- based products to drinking water. I had heard before about this, but thought "I don't smoke, don't drink heavily keep myself fit and eat well, so how can it be doing so much damage to me?" Ignoring all the evidence for and against adding fluoride, (the evidence for adding it being very very weak) one point stands out to me; we remove lead from drinking water and many other products, rightly so as it is very toxic to health, yet we add fluoride that has a higher toxicity rating than lead. Look it up for yourself, how does that make sense?

I do not claim that all my health improvements are due to the water filter, but the one undeniable and almost immediate (after around 2/3 weeks) difference was that all my joint pain vanished other than some in my lower back. The taste of the water, or rather lack of it, was very noticeable, going from not very pleasant tasting water to something comparable to a good bottled water with no chlorine smell.

The symptom of joint pain is well documented as a problem in fluoride poisoning, as fluoride builds up in the bones. Fitting this filter has made a big difference to my health, the pains have gone and I feel generally more healthy too. My skin has also improved, with less dryness and irritations. Chlorine, well known to irritate skin, is also filtered out. My filter removes 85% of the fluoride which

is in the water and it is also possible to fit another filter in line to attain almost 100% removal. I did a lot of research prior to buying this particular filter, which is made in the UK and I was pleased to be able to speak to the owner of the company who was able to assure me on the claims made for his product.

If you live in a fluoridated area of the UK, I would say you need to get a fluoride removal filter. The cost is well worth it for the peace of mind of knowing you are not ingesting an unnecessary poison and are improving your health. You may have some health issues you can't resolve or put down to something else being the cause.

My filter will last for 3-5 years, is easy to fit on the incoming water main and supplies the whole house. I was concerned about water pressure loss, but this has not been affected at all and there are small to large sizes available for higher flow rates. All of these features and more are supplied by this specific filter. Exact details of specifications and explanations are on the company's website – [www.aquatiere.co.uk](http://www.aquatiere.co.uk)

[Editor's note: My thanks to the writer of this article who does not wish his name to be published. Water filters vary in efficiency and simple ones do not remove fluoride. NPWA does not recommend any particular company's product. Prospective purchasers should try to obtain independent assessment of any water purification system before making a decision to buy. Reverse Osmosis and distillation are usually considered the most reliable methods of removing fluoride from tap water.]

**NPWA's Chairman and Committee** would like to thank all the members and supporters who have contacted their MPs and councillors and have sent us information. It is not possible to reply to you all individually but we are very grateful for your efforts. We also thank all those who have kindly sent donations which help us to keep this campaign going on your behalf.

## **A message from Shirley-Anne Hardy**

Shirley-Anne Hardy writes that readers of *Watershed* may well wonder what the connection was between fluoridation and her book *Stolen Land - Stolen Lives* (reviewed in Oct 2011 issue).

She points out that the connection was with the title of Dr Paul Connett's latest book, *The Case Against Fluoride - How Hazardous Waste Ended Up in Our Drinking Water and the Bad Science and Powerful Politics That Keep It There*, the connection being with the words 'powerful politics' – the most important words in the title, since without powerful politics' enabling of laws to override the people's will, there would be no fluoridation issue.

It is in the chapter of her book on the legacy of Francis Neilson that the connection is made; for it reveals that, when human settlements first arose on this earth, there was no political layer to society at all. The reason was that the landmark was universally respected, this ensuring to every man a just landholding from which to make a rightful living. The sacredness of the landmark was embedded in the laws of all the ancient settlements, from the Code of Hammurabi to the Brehon laws of Ireland. Thus with reason is the injunction in the Bible, that "thou shalt not remove thy neighbour's landmark", sometimes referred to as the Eleventh Commandment. As A J Nock sums it up bluntly in *Our Enemy the State* (1925) the purpose of the political layer of society, at its core, is to enable the exploitation of one class by another, that is: to enable the dispossessors of the people to exploit the landless – the dispossessed.

Part I of Shirley-Anne's book reveals that there exists, however, a natural law in the more fundamental realm of economics, which would restore to every member of the community a

natural birthright in the land, and so render the political class (fundamentally the landed interest) defunct. This is the law of (land) rent – kept well suppressed by that same landed interest which has infiltrated our educational system. Under this natural law of economics, re-establishing equilibrium in landholding, the political realm would become obsolete and all talk of fluoridation with it, as is set out more fully in the remaining chapters of *Stolen Land – Stolen Lives*....

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*Stolen Land – Stolen Lives and the Great Con-trick of DEBT* by Shirley-Anne Hardy was published in 2011 by The Peregrine Press, The Rocks, Pitlochry, Perthshire, Scotland PH16 The book costs £7.95 + p&p and is in stock at: Waterstones, St. John's Centre, Perth, Scotland. PH15UX (Telephone 01738 630013)

## **Slaying sacred cows**

Dr Stephen Peckham's paper *Slaying Sacred Cows: Is it time to pull the plug on water fluoridation?* will be published in *Critical Public Health*: Volume 22, Issue 2, June 2012, pages 159-177. It has been available online since 19 April. Its Digital Object Identifier is: DOI: 10.1080/09581596.2011.596818.

The paper explores how scientific evidence is used for policy-making purposes in the context of public health. In the long-running fluoridation debate, poor evidence has been promulgated by professionals and accepted by policy-makers, a phenomenon referred to as the 'Gold Effect'. Named after Thomas Gold, this effect is defined as the conversion of a mere unqualified belief into a generally accepted scientific theory. Gold was probably thinking of Tolstoy's words when he said: "Most men can seldom accept even the simplest and most obvious truth if it obliges them to

admit the falsity of conclusions which they have delighted in explaining to colleagues, which they have proudly taught to others, and which they have woven thread by thread into the fabric of their lives." Stephen Peckham was, until recently, Chairman of Hampshire Against Fluoridation.

Published by Routledge and originally titled Radical Community Medicine, *Critical Public Health* (CPH) has, since 1979, established itself as a respected peer-review journal for researchers and practitioners working in public health, health promotion and related fields. It publishes scholarly papers, from the UK and elsewhere, reflecting current research and critical analysis on the theory and practice of public health. It also features short reports, comment and book reviews. Print ISSN: 0958-1596 Online ISSN: 1469-3682. Four issues are produced per year.

## **Mass medication revisited**

It seems Dr. David Shaw, Lecturer in Ethics in Relation to Dentistry at Glasgow University's Dental School, agrees with us that fluoridation is unethical mass medication. His article *Weeping and wailing and gnashing of teeth: The legal fiction of water fluoridation* has been published, (online 14 March 2012, in Journal 19 April 2012) by *Medical Law International*, a journal covering medical law and ethics. In the article Dr Shaw states that "the Water Act 2003.... appears to contradict legislation and regulations governing food and healthcare in the UK and the EU." His conclusion is that "the status quo rests on the legal fiction that fluoridated water does not constitute a medication." A brief abstract is available at <http://tinyurl.com/d73njlx>

We apologise for the late delivery of this issue of *Watershed* newsletter.



## Deadly Diseases in 1978

by Malcolm Bowman

There it was, in a book published in 1978, the effects of what the fluoridationists call a nutrient! **A book which, one would have thought, seeing as it was, as far as I know, the first book to take the effects of fluoridated water seriously, the fluoridationists would have read *Fluoridation The Great Dilemma* by George L Waldbott M.D.**

Dr Waldbott records patients exhibiting symptoms as varied as: nausea, stomach pains, insatiable thirst, loss of bodily control, no strength, loss of weight, muscular pains, numbness, continuous headaches, intense itching, exhaustion, excessive urination, loss of gripping ability, eye spots and deteriorating vision, excruciating migraine, mouth ulcers, and deteriorating mental alertness. The treatments that had been prescribed for these patients included surgery, heavy drugging, mind-altering pharmaceuticals, and even intervention for epilepsy!

**And yet in all the examples quoted above patients' symptoms alleviated when they were taken off fluoridated water!** We all act differently to fluoride. Some people can cope with it with little noticeable effect. For others it can end up being lethal. That is mass-medication for you. The above information was available in 1978! [Editor's note: Dr Waldbott described many of these health problems in his even earlier book *A Struggle with Titans* published in 1965. And the struggle continues to this day!]

## E-petitions

A number of petitions against fluoridation are on the Governments petitions website. Only if 100,000 signatures are attracted will a Commons debate be considered. Please support these petitions and ask your contacts to do so. Check the wording so you don't support a pro-fluoride petition by mistake! <http://epetitions.direct.gov.uk/search?q=fluoride>

## Precedent

by Malcolm Bowman

English Common Law was always based on Precedent. Had this or that ever been done before? I know that now our laws are made by faceless men afar off, so precedent is fast disappearing as a limiter or arbiter as to what happens to us. Nevertheless, precedent is still a strong debating point. That is why precedent was the main deciding point when the residents of Geelong in the state of Victoria voted some twenty years ago against fluoridation.

My wife has a sister living in Southern Australia who, when over here had become interested in the subject of fluoridation and had indeed helped with the scrutiny of the letters received by the Yorkshire "Health" authorities in the then consultative period. Back in Geelong she later reported that the Australians were not so much interested in whether the science said fluoride was good or bad for teeth, they just rejected the doctoring of the water in any way as being a dangerous precedent.

Allow one thing to be added to our water with the express purpose of having an effect on the body and what will be the next thing? The latest suggestion is lithium.

The people of Geelong were right. Water should come from the tap fit to drink. That is the only requisite. Like the people of Southampton the people of Geelong have recently been deemed not fit to make that choice about their own bodies and their own health. From now on fluoride will be entering their systems and some fifty percent of it will build up inside them and systematically destroy their immune systems and with it their health.

"The problem with the world is that the intelligent people are full of doubts while the stupid ones are full of confidence" **Charles Bukowski**

## Be a fluoridation sleuth!

Members who are on the internet can help us to discover any moves towards fluoridation in their area. Please take a look at the website of your upper tier local authority and find the Minutes of recent meetings of the Health Scrutiny Committee and the Health and Wellbeing Board. You can usually search these to find if fluoridation has been suggested or if the Committee (or indeed, the full Council) has had a presentation on fluoridation, perhaps from a Medical or Dental Officer for Public Health. Some such committees have already passed resolutions in favour of proposing fluoridation. Please let us know what has been happening in your area. You can also help to inform councillors and journalists on your local paper by giving them some of the literature downloadable from our website. Consider forming a local anti-fluoridation group so that you are prepared if there is a serious threat to your area.

## Acute and chronic toxicity

by Elizabeth McDonagh

It has been said that, to be poisoned by it, one would need to drink seven baths full of water fluoridated at 1 ppm. Such a statement is nonsensical. It refers to the **acute** toxicity of fluoridated water (how much would be needed at one time to cause serious harm or death) whereas we are concerned about **chronic** toxicity, subtle adverse effects which may come about after consuming a cumulative poison at low doses for years. The *Cathy's Horses* story illustrates this point. (see – <http://tinyurl.com/c4s3t2x> and – <http://tinyurl.com/25awuo>)

The slogan *safe and effective*, which is frequently applied to fluoridation, was used in the promotion of thalidomide. Sadly, with tragic consequences for the children deformed by that drug, the safety claim proved untrue. It is equally untrue of fluoridation.

## Water Company AGMs

by George Pinnell

We need to keep up pressure on the Water Companies, which allow their essential services to be high-jacked for administering medication. Such abuse of our drinking water is fundamentally flawed, as people should recognise. It is impossible to deliver a safe, accurate dose in this manner as some people drink 40 times as much tap water as others! Because of its toxic effects, lead piping has been removed from the water supply system, and lead from petrol. Yet fluoride is *more* toxic than lead and this mass-poisoning is being pushed by organisations who are supposed to be acting to protect our health. We need to remind the water companies of their duty of care to the public, and to their own customers (who are paying for the water). If you hold shares in Severn Trent (ST) and/or United Utilities (UU) or know someone who owns shares and is willing for us to use their proxy votes, please contact me as soon as possible on 020 8444 1783. The AGMs will be held in July, ST 18 July in Birmingham and UU 27 July in Manchester so please also get in touch if you are able to attend as a proxy. With enough shareholder support we will be able to table our own motion on this issue. In any case we will be entitled to ask questions of the Board and lobby other shareholders.

## Soap to brush your teeth?

From 1 January 2012, it became illegal in Fiji to sell any non-fluoridated toothpastes and anyone caught selling such toothpastes will be prosecuted. It's not that bad here, but non-fluoride toothpastes are becoming harder to find. Boots used to sell a no-fluoride toothpaste but doesn't any more. Sensodyne Original and Electrogel were fluoride-free but these are no longer available. However, all is not lost. *Green People* sell a useful range – <http://tinyurl.com/cxvhszs>

as do homeopathic companies like *Weleda* – <http://tinyurl.com/cypp7o8> Check carefully at local health food shops because some companies make both non-fluoride and fluoride toothpastes.

Dr W Gifford-Jones, in an article in the *Epoch Times* 10 August 2011, suggests using soap instead of toothpaste. He got the idea from the late Dr Gerald F Judd, Emeritus Professor of Chemistry, who claimed that soap kills both bacteria and viruses and helps to remove plaque. Dr. Judd described the fluoride used in water and in toothpaste as a dangerous biological poison.

He said fluoride seeps into enamel, making it weak and brittle, and fluoride destroys 83 enzymes along with ADP.

Dr Gifford-Jones agrees and is experimenting with soap as an alternative to toothpaste. We are simply reporting, not making recommendations! However personal experimentation by your editor indicates that very little soap is needed – a ‘pea sized piece’ is far too much unless you want to foam at the mouth like a horse after the Grand National. See – [www.theepochtimes.com](http://www.theepochtimes.com)

If you want to persuade kids to brushy-brush their teeth, here's a bit of help from Sesame Street – <http://tinyurl.com/crphvwm>

Also, you might enjoy this short animated cartoon which, in a few words, says it all – <http://tinyurl.com/cwrzsp8>

