

THE AUSTRALIAN FLUORIDATION NEWS

ARTIFICIAL FLUORIDATION
IS WATER POLLUTION



GPO Box 935, Melbourne, VIC 3001
www.fluoridationnews.com

FB: Australian-Anti-Fluoridation-Association

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Vol 54
No. 2

\$20 per annum posted Australia
Published Quarterly

April - June
2018

Print Post Approval
PP331.985 00013
ISSN 1445-2847

Media Pushes Fluoridation in Oberon

The small town of Oberon (NSW) made national headlines in late May when a Fairfax media article appeared to try to convince the town to fluoridate, as well as boost national support for the scientifically discredited fluoridation scheme. On July 17, Oberon Council decided five to three to fluoridate the men, women and children in the area, despite many not wanting to be forcibly medicated against their will.

Fairfax published the article in the *Sydney Morning Herald* and *The Age* ("*Two towns are 48km apart. One has twice as much tooth decay*", 22 May 2018), trying hard to make it appear to be a balanced article.

The article appeared to be part of a campaign to add fluoride to Oberon's tap water. But if you don't know much about fluoridation, you might have just reacted to the presented "problem" of tooth decay and acquiesced to the article's "solution" ready at hand: to add fluoride.

Sydney (185km to the east) was fluoridated 50 years ago but Oberon has demonstrated "*long standing opposition to adding fluoride*". This spirit remains today.

Does the Data Exist, or is it Anecdotal?

The Fairfax article compares Oberon with Bathurst, some 48kms to the north west.

Oberon has around 2,450 residents, while Bathurst is more than ten times larger with 35,000 (from ABS data, as of 2011 and 2016 respectively).

Comparing two towns or cities of considerably different populations makes such a comparison invalid, but fluoridationists don't seem to understand that. Other differences may also need to be considered, including altitude as Oberon is at 1,110 metres and usually receives some snowfall in winter, whereas Bathurst is warmer on the western edge of the Great Dividing Range at only 650m.

Typically fluoridationists don't release data that proves a claim of "your teeth are worse". When there isn't good data or studies to prove it, the next best thing is to use anecdotes from employees, in this case from NSW Health. As compelling as their testimonies sound, we would still want to see the data.

The general conclusion of "your teeth are far worse than your neighbouring town" is an old fluoridation conjurer's trick which attempts to shame the community, and lower their resistance to the scheme, without presenting any evidence.

The NSW Health dentist appealed to our emotions, claiming anecdotally that decay was twice as bad in Oberon. But World Health Organisation (WHO) data shows there is no difference in the decay rates between fluoridated and non-fluoridated areas. (<http://fluoridealert.org/content/who-data/>)

The Authorities and The Residents

The well-honed statements and assertions by "experts" were taken as fact and not questioned. Authorities "told" the meeting while some resident's statements were framed as "alleged" or "claimed". The article presented in a haphazard fashion some locals views, without presenting an understanding of 'why' residents really don't want fluoridation.

One resident highlighted a fundamental issue when she said "*the answer to tooth decay was not fluoridation but teaching children how to brush properly and avoiding sugary drinks.*"

Conclusion

Fluoridation is a health hazard. It appears that Oberon Council has buckled under pressure, as they could have taken the available option to *not* consider fluoridation.

Whether your area is fluoridated or not, we urge you to learn more, share with others and be active. Focus your energy where it will make the biggest difference. Now is the time to review and regroup.

Any politician or councillor voting to dump unrefined industrial fluoride wastes into a water supply ought to be removed from office or not be voted in to begin with.

See the "NHMRC" on page 2 and "Questions" on page 3 ►

CONTENTS

Media Pushes Fluoridation in Oberon	1
NHMRC asserts fluoride does not accumulate!	2
Holistic Oral Health Summit 2018 Review	2
Questions on Water Fluoridation for Thinking People	3
A Quick Guide to Fluoride Harms	4
USA Legal Update; Hidden Cause Acne; Dandenongs	8

NHMRC asserts that fluoride does not accumulate!

The CEO of Australia's peak medical body, the National Health and Medical Research Council (NHMRC), has asserted in a letter (8 March 2018) to Oberon councillors a range of distortions and falsifications about fluoride, including that fluoride does not accumulate in the body.

CEO Prof Anne Kelso wrote that "[t]he toxicologists on our expert committee advised that fluoride is excreted regularly by the kidneys to achieve a 'steady-state' that is safe for humans. This is different to lead which accumulates in the body."

This is contrary to the NHMRC's Australian Drinking Water Guidelines, where "fluoride retention" is regarded as an issue. It's also contrary to the Leeds Study (Weatherall 1975), which shows fluoride accumulating in bone as we age (even at the very low 0.1 ppm). How did the NHMRC get the letter so wrong, and how long will it take them to correct their errors?

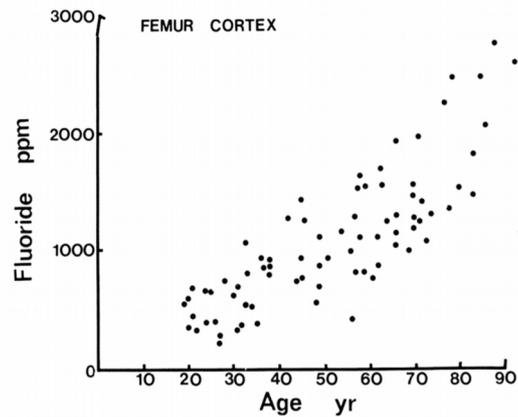


Fig. 1. Fluoride concentration in bone ash from the femoral diaphysis of males and females living in a district where the fluoride concentration in the water supply was <0.1 ppm
The Leeds Study (Weatherall, 1975)

Holistic Oral Health Summit 2018 Review

An online summit covering many aspects of oral health featured 36 presentations, predominantly by holistic dentists, but also featuring doctors, research scientists and people who have transformed considerable health challenges and learnt a great deal about what *not* to do – and perhaps more importantly, what to do instead.

The topics of mercury fillings, root canals, fluorides and fluoridation were covered from different perspectives. None of the presenters had a good word to say about any of these 'treatments'.

Recently-retired dentist David Kennedy says in his interview, that he'd realised from a series of events that *"the science had moved on, but dentistry hadn't."* He continues:

"The fluoride added to water is industrial waste. The fluoride in toothpaste is a refined product... it's relatively pure but it's deadly poison. It falls in the category [that] it's more toxic than lead, and a little bit less toxic than arsenic. So, in terms of 'poisonous-ness', fluoride is not an essential nutrient, it's a deadly poison. So, that's why they say 'Oh, you can use it topically, and then spit it out.' Well, you know, things absorb through the mouth. There's no way you can put something inside the oral cavity and not have it absorbed into the bloodstream... This is the problem, you can't put poisonous things in toothpaste. Because toothpaste gets swallowed or absorbed, and the same thing's true of your drinking water. If they put hazardous waste, hydrofluosilicic acid into the drinking water, and you take a shower, or a bath, you absorb that through your skin. So as long as we've contaminated the entire country with silicofluoride in the drinking water, you get a dose of it when you go to the swimming pool, or you sit in a jacuzzi, or you have a cup of coffee at the restaurant, or you have a bowl of soup. Even [with] people who think they are not getting exposed, if you analyse their daily intake, there's a substantial amount of exposure... It's a crime that's ongoing in our time.

When you put a medication in the public drinking water, the baby gets a dose that is five to 20 times higher than will harm that baby... The NAS [US National Academies of Science] identified 0.03 mg/kg as the dose that harmed the thyroid. Well, a baby on a bottle gets 0.25... So it's eight times more than is known to harm that baby. It's insane!"

Mercury fillings are 50% mercury, one of the most toxic elements, which gets into the brain. The mercury disposal

industry continues to make significant money upon the ignorance of many in the dental profession and the public. If you didn't have mercury fillings, your mother did, or your grandmother, so testing and detox are still worth investigating.

Root canals are supposedly the way to "save a tooth". The dead tooth's innards are drilled out and it's sealed up. Unfortunately the sealed tooth breeds anaerobic bacteria (not requiring oxygen) away from the immune system and they are able to multiply and even escape to other parts of the body, causing a range of health problems, soon after or maybe years later. e.g. for women with a root canal in the "eye" tooth, that is associated with breast cancer on the same side of the body.

Gum Disease is discussed by a number of speakers. It's a superficial infection that causes gums to bleed, bad breath and loosens the teeth. Teeth become abscessed and eventually teeth are pulled out. Instead, it's essential for a dentist to use a microscope to look for the "bugs" and to disinfect the mouth (using solutions like iodine, essential oils, oregano, bicarb soda or others). And then importantly to treat the rest of the family.

Tooth decay is also an infection (strep mutans, lactobacillus), so it's essential to brush the sticky goo off, then best to squirt them away with an irrigator/hydrofloss. No need for fluoride!

Other topics included the dangers of store bought dental products (often fluoridated and with other hazardous chemicals); jaw bone cavitations; questions to ask when you're looking for a good holistic dentist; ayurvedic anti-microbial "oil pulling"; sea salt rinses; essential oils (neem, clove, peppermint); vitamin C; hydrofloss (which fixes gum pockets) & more.

If any of these topics pique your curiosity as a patient, or if you're a dentist, hygienist, technician, and keen to learn more to reduce toxins and the negative effects of damaging, outdated practices like root canals, mercury fillings and the fluoridation scheme, this series will further open your eyes and give pathways toward truth and remedy.

The Holistic Oral Health Summit is still available (online only, for US\$99). See <http://holisticoralhealthsummit.com/>

Questions on artificial water fluoridation for thinking people

1/ Where does the “fluoride” used for artificial water fluoridation come from?

Hexafluorosilicic acid (S7) and sodium silicofluoride (S6) come from the phosphate fertiliser factories’ chimney smoke-stacks. It has to be captured, otherwise airborne fluoride compounds down-wind can etch glass, kill crops, cattle and even kill the farmer. Instead of being treated as hazardous waste, which is a costly process, the captured fluoride wastes are sold to (only a few) governments like Australia for artificial water fluoridation.



Reprinted from *National Fluoridation News*



2/ Why does “fluoride” carry an Schedule 6 (or Schedule 7) poison warning with skull and cross bones when transported?

Fluoride is a poison, and by law it must be identified as such with these symbols.

3/ What is an individual’s total daily dose of fluoride?

Every litre of water contains 1mg of fluoride, so it depends how much tap water is consumed (or absorbed through the skin when bathing). Some foods accumulate fluoride, which adds up. As with mercury and lead, there’s no safe level of fluoride.

4/ How much fluoride stays in the body?

Fluoride (from any source) is cumulative. If the kidneys are working efficiently, approximately 50% is excreted. Fluoride accumulates not only in teeth, but in the skeleton and soft tissues including the kidneys and bladder. The NHMRC says kidney patients retain up to three times more fluoride! (ADWG)

5/ Do Australian medical authorities monitor fluoride levels?

No. There is reluctance to measure fluoride levels in blood or urine. Post mortem, fluoride levels can be measured in bone, as is done in India (with high natural fluoride levels), and England (where the main fluoride source is tea). Accumulating fluoride can cause painful, crippling skeletal fluorosis (poker back).

6/ What are fluoridation’s adverse health effects, and where do we find reputable studies?

Fluoride is a protoplasmic poison, and as such it affects individual cells in multiple organ systems, causing dysfunction and illness such as: arthritis, bone fractures, reduced IQ, endocrine (hormone) disruption, cardiovascular disease, kidney disease, diabetes, thyroid disease & more. Fluoride also causes cancer, as shown epidemiologically by Dr Dean Burk, co-founder of the US National Cancer Institute. Reputable sources include: www.fluoridealert.org/researchers/health_database/, GreenMedInfo www.greenmedinfo.com/toxic-ingredient/fluoride, Fluoride Journal, www.fluorideresearch.org/ and ResearchGate www.researchgate.net/profile/Geoff_Pain. Also read Dr Pain’s “A Quick Guide of Fluoride Harms” in this edition.

7/ Where are the (scientific) peer-reviewed studies showing fluoride to be safe and effective?

We keep asking that question too, but Australia’s peak medical body, the Australian National Health and Medical Research

Council (NHMRC) don’t produce decent quality studies as a basis for their claim of “safe and effective”. Since the start in the 1930s, no researchers have shown fluoride to be “safe and effective”, not even universities funded by toothpaste manufacturers (with their own vested interests in promoting fluoridated products). The Australian Medical Association (AMA) and Australian Dental Association (ADA) are primarily there for themselves and their members (doctors and dentists) so instead of researching, point to organisations such as the NHMRC. They all repeat the words ‘safe and effective’ like cockatoos.

8/ Why don’t the media go into any of these details in their stories and ask decent, probing questions?

It would appear to be multi-factorial. Journalists need to keep onside with their employers and any particular directives for contentious issues. With fewer jobs available, a journalist committed to integrity is at some point unable to comply any longer and leaves to change career, write a book or even start their own operation. With fewer and fewer media owners, and the fluoridation narrative seemingly stuck in a timewarp, we must look elsewhere for decent reporting on polarised issues. When we see a media campaign like Oberon’s fluoridation, we ask what other reporting might also be skewed?

9/ How do authorities respond to questions like these?

Authorities’ responses to such pointed questions are typically one or more of the following: silence, evasion (not answering the question), or desperate ridicule. This hasn’t changed in more than 50 years. But more and more science is piling up every month documenting the hazards of water fluoridation.

10/ How do we stop the madness of dumping toxic fluoride into the water supply?

Get involved. Learn more, determine for yourself with certainty that water fluoridation is a big scam for fluoride disposal. We may either turn a blind eye, or keep our eyes open and commit to pursuing the matter further. We can be involved in whatever constructive capacity is beneficial for ourselves & others, until a critical mass of people recognise fluorides as dangerous toxins.

For further information: See past issues of *The Australian Fluoridation News* (AFN), investigative reporter Chris Bryson’s book, “*The Fluoride Deception*” (2004), Dr Bruce Spittle’s book “*Fluoride Fatigue*” (3rd Edn), “*Fluoride: Poison on Tap*” (DVD film and on Youtube) and the “*Fluoridegate*” film (YouTube).

A Quick Guide to Fluoride Harms

This paper was first published on ResearchGate in August 2017 and contrasts the findings of various organisations' health reports. Observe the similarities in the first three columns: the World Health Organisation (WHO), the thorough US National Research Council (NRC) Report and the 'PEW Wheel' of Harms and Risks, which shows a smaller list of some key industry concerns with fluorides.

The National Health and Medical Research Council (NHMRC) studies of fluoride in 2007 and 2017 mysteriously don't mention certain health issues and often ignore issues brought up in public submissions and reports like the major NRC Report (2006). Also notice the sheer number of fluoride's effects that we're aware of. With more and more independent studies being published each year, the list of fluoride health effects is continuing to grow. How might fluoride be affecting you, or people you know?

Geoff Pain PhD

Abstract

In 2013 Australia's National Health and Medical Research Council (NHMRC) decided to commission an update to its 2007 report on Water Fluoridation, which dismissed, in a single paragraph, the comprehensive United States National Research Council [NRC 2006] report that had been compiled by a panel of experts, working for more than three years, and carefully considering thousands of publications and numerous harms caused by Fluoride.

The NHMRC contractors in 2006-2007, in stark contrast, did a simple automated online search and found 5,415 publications on Fluoride Toxicology. Given they had just a few weeks to write, they immediately used ludicrous exclusion criteria to cut this down to 405 publications after scanning abstracts.

They then only included 77 read papers in their report.

A slide, obtained under Freedom of Information (FOI), shows they still found worrying evidence that Fluoridation causes increased Bone Fracture, Cancer and "Other Harms".

A call for public submissions was made in 2014 and the NHMRC received notification from the public of 379 scientific papers on Fluoride, considered highly relevant and published since 2006, the arbitrary cut-off date set by the NHMRC.

The NHMRC decided to consider only two of those submitted papers and a total of only 39 publications in all.

Given that Fluoride Toxicology produces about 500 new publications per year, we see the NHMRC ignoring the vast science of Fluoride harms.

On 4 July 2017 the NHMRC published its draft final statement on Water Fluoridation and closed the opportunity for public comment on 3 August 2017. In that statement, the only harm conceded by the NHMRC is Dental Fluorosis.

The NHMRC fails to report that the incidence of dental hypoplasia (Fluorosis) has been measured at 71% in young children in Western Australia [Arrow 2008] with one child in 17 judged to have such severe damage as to require clinical intervention. The author stated "The treatment needs of these children are likely to be complicated by difficulties in achieving analgesia, management of difficult behaviours and difficulty in achieving good restorative outcomes due to the poor quality of the enamel".

The NHMRC fails to report that leading experts, using state of the art technology, have concluded "F treatments have no effect on improving crystal quality or remineralization and are inconsistent with the purpose of public health" [Kakei 2012].

The public were not allowed to comment on the technical issues during this 2017 "consultation".

The Table below lists harms linked to Fluoride listed by the NHMRC, United States National Research Council (NRC), Pew Center on the States, and World Health Organization with some useful examples of science.

Readers might well be able to add their own observations to this list of Fluoride Harms.

Fluoride Mentions in Publications:

Harm	WHO	NRC 2006	PEW Wheel	NHMRC 2007	NHMRC Public Sub.	NHMRC 2017	Further Evidence
Age of menarche		☒		☒		☒	
Aluminium toxicity enhanced by Fluoride					☒		Pain 2017b
Alzheimer's		☒	☒	☒		☒	
Anaemia in pregnancy	☒			☒	☒	☒	Yasmin

Harm	WHO	NRC 2006	PEW Wheel	NHMRC 2007	NHMRC Public Sub.	NHMRC 2017	Further Evidence
Aortic Rupture, Sudden Death							Pain 2015d
Arthritis		X [Ⓢ]	X [Ⓢ]				
Asthma and Respiratory Disorders	X [Ⓢ]						
Attention Deficit Hyperactivity Disorder							Malin, Pain 2017b
Autism			X [Ⓢ]				Carter
Birth rate / Fertility		X [Ⓢ]			X [Ⓢ]	X [Ⓢ]	Heba
Bone Deformities	X [Ⓢ]	X [Ⓢ]		X [Ⓢ]	X [Ⓢ]		
Bronchitis	X [Ⓢ]						
Cancer - overall		X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]		Pain 2015e
Cataract, Vision Problems, Blindness	X [Ⓢ]						Pain 2017d
Childhood behavioural problems		X [Ⓢ]	X [Ⓢ]		X [Ⓢ]	X [Ⓢ]	
Chronic Cough	X [Ⓢ]						
Chronic Obstructive Pulmonary Disease	X [Ⓢ]						
Chronic Pain		X [Ⓢ]				X [Ⓢ]	Namkaew
Cognitive Deficit / reduced IQ / mental retardation	X [Ⓢ]	X [Ⓢ]	Grandjean, USEPA, Pain 2017b				
Congenital malformations				X [Ⓢ]		X [Ⓢ]	
Conjunctival Hyperaemia	X [Ⓢ]						
Contamination with carcinogens, radioactives and sensitizers					X [Ⓢ]		
Coronary Heart disease mortality					X [Ⓢ]	X [Ⓢ]	Pain 2015d
Cretinism		X [Ⓢ]					
Deafness, Hearing Problems	X [Ⓢ]						
Delayed Tooth Eruption		X [Ⓢ]			X [Ⓢ]		
Diabetes		X [Ⓢ]			X [Ⓢ]		Fluegge, Pain 2015a
Digestive Disorders	X [Ⓢ]						
Down Syndrome		X [Ⓢ]		X [Ⓢ]		X [Ⓢ]	
Eczema, Fluoroderma, Skin Disease	X [Ⓢ]						
Endocrine Disruption	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]		Bergman, Pain 2015c
Ewing's sarcoma	X [Ⓢ]						
Fluorosis Dental	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]			
Fluorosis Skeletal	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]		X [Ⓢ]	
Foetal and Perinatal mortality						X [Ⓢ]	
Fractures (other than hip)		X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	
Fractures, hip		X [Ⓢ]			X [Ⓢ]		Hedlund
Gastric Distress, Abdominal Pain "Self-reported"	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]	X [Ⓢ]	Pain 2017c
Goitre		X [Ⓢ]		X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	Pain 2015e
Haematological, Blood Disorders	X [Ⓢ]						

Harm	WHO	NRC 2006	PEW Wheel	NHMRC 2007	NHMRC Public Sub.	NHMRC 2017	Further Evidence
Headache or Migraine "Self-reported"		X [Ⓢ]	X [Ⓢ]		X [Ⓢ]	X [Ⓢ]	Pain 2017b, Seferoğlu
Heart Cardiovascular Disease	X [Ⓢ]	X [Ⓢ]		X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	Pain 2015d
High Blood Pressure		X [Ⓢ]			X [Ⓢ]	X [Ⓢ]	
Hydroxyapatite Disease							Pain 2015d
Hyperglycemia		X [Ⓢ]					Chlubek, Grucka-Mamczar, Pujary, Vasant
Hyperparathyroidism		X [Ⓢ]			X [Ⓢ]		
Hypocalcemia		X [Ⓢ]					
Hypophosphatemia		X [Ⓢ]					
Hypothyroidism		X [Ⓢ]	X [Ⓢ]				Peckham, Pain 2015c
Insomnia						X [Ⓢ]	
Joint Pain	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]		
Kidney Disease, CKD		X [Ⓢ]	X [Ⓢ]		X [Ⓢ]	X [Ⓢ]	Ibarra Santana, Pain 2017a
Kidney / Urinary Stones		X [Ⓢ]		X [Ⓢ]			Jolly, Pain 2017a, Rathhe
Ligament Calcification	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]		Pain 2015e
Low Birth Weight		X [Ⓢ]				X [Ⓢ]	MacArthur
Lung Cancer	X [Ⓢ]						
Mortality Infant		X [Ⓢ]		X [Ⓢ]			Hart
Mortality all cause						X [Ⓢ]	
Muscular problems, spasms, impairment	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]	X [Ⓢ]	
Nausea	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]		
Nervous System Problems	X [Ⓢ]	X [Ⓢ]	X [Ⓢ]		X [Ⓢ]		
Neurological problems	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]		Singh, Pain 2017b
Obesity	X [Ⓢ]						Bergman
Osteoporosis		X [Ⓢ]		X [Ⓢ]	X [Ⓢ]	X [Ⓢ]	
Osteosarcoma		X [Ⓢ]		X [Ⓢ]	X [Ⓢ]		
Osteosclerosis	X [Ⓢ]	X [Ⓢ]			X [Ⓢ]	X [Ⓢ]	
Plumbosolvency enhanced by Fluoride		X [Ⓢ]			X [Ⓢ]		Pain 2015b
Preterm Birth							Hart, MacArthur
Primary Degenerative Dementia	X [Ⓢ]	X [Ⓢ]				X [Ⓢ]	Pain 2017b
Rheumatic Disorders	X [Ⓢ]						
Seizures	X [Ⓢ]						Pain 2017b
Sialorrhea	X [Ⓢ]						Pain 2017c
Slipped Epiphysis						X [Ⓢ]	
Stomatitis		X [Ⓢ]					Brun, Ganter, Sharma, Pain 2017c
Stroke Cerebrovascular Disease	X [Ⓢ]						Pain 2015d
Sudden Infant Death Syndrome		X [Ⓢ]		X [Ⓢ]		X [Ⓢ]	

Harm	WHO	NRC 2006	PEW Wheel	NHMRC 2007	NHMRC Public Sub.	NHMRC 2017	Further Evidence
Tendon Calcification	☠	☠					Pain 2015e
Thyroid Cancer				☠		☠	Pain 2015e
Thyroid disease		☠			☠	☠	Pain 2015c
Tooth Wear		☠					ATSDR
Trachea Cancer	☠						
Violent Crime			☠				
Vomiting	☠	☠					Pain 2017c

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[The sequence of table columns was changed for publication]

USA Legal Action to Ban Fluoridation in 2019

The case against fluoridation is proceeding with the judge setting the dates for an eight day trial in August 2019.

The EPA had earlier denied the claim that fluoridation presented an unreasonable risk to susceptible populations. The EPA denied more than 2,500 pages of scientific documentation and more than 180 published studies (including more than 50 human studies) showing neurotoxic harm and lowered IQ.

Under the (Californian) Toxic Substances Control Act (TSCA), if the EPA denies a claim, citizens can challenge the EPA in Federal Court, which is what's happening.

In the lead-up to the eight day federal court trial in 2019, there will be further fundraising, the discovery process for

internal EPA documents, and the continuation of advising and informing people of their rights to safe, clean water.

As well as fluoridation becoming legally untenable, it needs to be politically untenable with enough people aware of the real story of fluorides and fluoridation, and prepared to say so.

Advise and ask others to look below the emotive but shallow campaign slogan of "safe and effective", see how fluorides may be affecting them and to make up their own minds.

The judgement may not be made for some months following the case, and possibly into the following year. If that was the situation, the headline may read "With 2020 hindsight, fluoridation is dangerous and ineffective".

Book Review

The Hidden Cause of Acne (2018)

This new book by FBI intelligence analyst Melissa Gallico investigates the causes of acne and discovers a surprise.

Spikes of blood sugar and insulin clearly affect acne, though it took more than 30 years for the record to be set straight, by Dr Lorel Cordain in around 2004.

But for many, reducing and eliminating the various sugar culprits from the diet still does not completely disappear acne.

The author herself had struggled for 20 years with severe cystic acne, and her international travels indicated there was another factor beyond sugar. What else could it be? Indigenous cultures have no acne and are not exposed to "modern foods"

of westernised, sugary lifestyles, and in most cases, these cultures also have no fluorides or fluoridation.

The author determined that fluoridated water, fluoride containing foods and dental products were triggers for her acne. [This acne is 'fluoroderma', a recognised medical condition. Ed]

As an FBI analyst, the author digs into the research and any credibility that water fluoridation might have had is now gone.

Published by HealingArtsPress.com. See an overview article by the author & a brief review in Nexus 25/04 (June-July 2018).

Dandenongs

Plan to Dispose Pollution: Sodium Silicofluoride

Dandenongs (VIC) residents are raising awareness of the impending addition of silicofluorides to their water in parts of Kallista, Macclesfield, Menzies Creek, Monbulk, The Patch, Avonsleigh, Clematis, Cockatoo, Emerald and Gembrook. Advise everyone you know, neighbours, friends, colleagues and people you don't know yet. This is the opportunity to learn what fluoridation is really about, so that we can all be part of the great fluoride waste switch-off when it happens. The Fluoridators' plan is to turn it on in September, but they are renowned for switching it on early.

If a government with a fluoride-promoting health department and other involved corporations turned up for example, with free asbestos saying it was "safe and effective" to reduce obesity by 65%, maybe more people would get involved and say a resounding "NO!" loudly in their local politician's ear.

We must stand up and continue to reject any fluoridation supporting politician. They're not representing us; they're representing industrial fluoride waste producers and their own party's policy; a policy so crazy it could only be sponsored.

Both the main political parties support fluoridation, probably due to financial incentives, while wilfully ignoring the increasing volume of scientific research condemning fluoridation. We must all ask contending politicians: "Do you support fluoridation?"

To reject fluoridation politically, put all prospective "freedom of choice" politicians first (that prefer medical freedom instead of forced fluoridation), in your order of preference, followed by all the fluoridators last (from the least-worst down to reprehensible)! Let's filter out the fluoridation-mad politicians. Now's the time in Victoria with a state election coming up.

Quotes

Dresden James: "When a well-packaged web of lies has been sold gradually to the masses over generations, the truth will seem utterly preposterous and its speaker a raving lunatic."

Mahatma Gandhi: "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength."

Howard Zinn: "We don't have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world."

Subscriptions: The Australian Fluoridation News

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