Is it all over now? Ralph Nader has come out against water fluoridation. The US Centers for Disease Control and Prevention admit that 41% of 12- to 15-year-olds, and 36% of 16- to 19-year-olds, have dental fluorosis (tooth mottling). In January 2011, the US Department of Health and Human Services recommended a reduction of fluoride in drinking water. Has fluoridation finally been foiled?

If so, it’s been a long process. Back in 1980, when my children were infants, I noticed that virtually every country in Europe had stopped fluoridation. A few years later, I read an article in *Chemical and Engineering News* that, reviewing the research, showed that persons who have grown up with fluoridated water have, on average, only half of one filling less per lifetime than people who did not drink fluoridated water.1

So I am biased, having set my proverbial teeth against fluoridation long ago. My children were raised in a community without fluoridation, without fluoride mouth rinses, and using fluoride-free toothpaste. My son had a cavity and my daughter had three cavities...total, through all their teen years. That is not proof, but it is certainly a little intriguing.

But talk about intrigue: the real story started in the 1940s and trials began in 1945. The US Public Health service endorsed fluoridation on June 1, 1950 before any trials were completed. Endorsements from the American Dental association, the American Public Health Association, followed before year’s end. Th is “ready, fi re, aim” approach was the mother of claims, which I repeat-
support to the ‘unscientific’ views of fluoride opponents."

Fluoridation is alive and presumed well in the majority of American’s faucets. Is the fluoridation debate over? Those in favour of fluoridation typically say yes, and for some time now. The authors disagree. Declaring a victory by ignoring research is politics, not science.

There is not a great deal of published academic debate on the topic. Yiamouyiannis’ paper, mentioned above, appeared in the journal Fluoride. Medline steadfastly refuses to index Fluoride, even though it is peer reviewed, balanced in coverage of the topic, and has been continuously published for 44 years. Journal of Orthomolecular Medicine readers will not find this all that surprising. The entire Fluoride archive is online for free access at www.fluorideresearch.org.

“Balance” is a word that has never been welcome in the fluoride debate. Citizens and scientists critical of fluoridation have been and still are dismissed as cranks. It is curious that so many anti-anti-fluoride articles cite the movie Dr. Strangelove to bolster their arguments for fluoridation. The movie was a work of fiction. The Case Against Fluoride offers much evidence that to assert that fluoridation of water is safe and effective is a fiction as well.

- Andrew W. Saul
141 Main Street
Brockport, NY 14420
www.doctoryourself.com

References: