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HUFFPOST HEALTHY LIVING

Harvard Study Confirms Fluoride Reduces Children's IQ

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A recently-published Harvard University meta-analysis funded by the National Institutes of Health (NIH) has concluded that children who live in areas with highly [fluoridated water](#) have "significantly lower" IQ scores than those who live in low fluoride areas.

In a 32-page [report](#) that can be downloaded free of charge from Environmental Health Perspectives, the researchers said:

A recent report from the U.S. National Research Council (NRC 2006) concluded that adverse effects of high fluoride concentrations in drinking water may be of concern and that additional research is warranted. Fluoride may cause neurotoxicity in laboratory animals, including effects on learning and memory ...

To summarize the available literature, we performed a systematic review and meta-analysis of published studies on increased fluoride exposure in drinking water and neurodevelopmental delays. We specifically targeted studies carried out in rural China that have not been widely disseminated, thus complementing the studies that have been included in previous reviews and risk assessment reports ...

Findings from our meta-analyses of 27 studies published over 22 years suggest an inverse association between high fluoride exposure and children's intelligence ... The results suggest that fluoride may be a developmental neurotoxicant that affects brain development at exposures much below those that can cause toxicity in adults ...

Serum-fluoride concentrations associated with high intakes from drinking-water may exceed 1 mg/L, or 50 Smol/L, thus more than 1000-times the levels of some other neurotoxicants that cause neurodevelopmental damage. Supporting the plausibility of our findings, rats exposed to 1 ppm (50 Smol/L) of water-fluoride for one year showed morphological alterations in the brain and increased levels of aluminum in brain tissue compared with controls ...

In conclusion, our results support the possibility of adverse effects of fluoride exposures on children's neurodevelopment. Future research should formally evaluate dose-response relations based on individual-level measures of exposure over time, including more precise prenatal exposure assessment and more extensive standardized measures of neurobehavioral performance, in addition to improving assessment and control of potential confounders.

Studies Have Repeatedly Linked Fluoride to Reduced IQ and Brain Damage

There are so many scientific studies showing the direct, toxic effects of [fluoride](#) on your body, it's truly remarkable that it's NOT considered a scientific consensus by now. Despite the evidence against it, fluoride is still added to [70 percent of U.S. public drinking](#) water supplies.

It amazes me that the medical (and dental) communities are so stubbornly resistant to connect the dots when it comes to the skyrocketing increase of cognitive decline in adults and behavioral issues in children (ADD, ADHD, depression and learning disabilities of all kinds). In fact, there have been more than 23 human studies and 100 animal studies linking fluoride to [brain damage](#). Fluoride can also increase [manganese](#) absorption, compounding problems, since manganese in drinking water has also been linked to lower IQ in children.

Reported effects of fluoride on your brain include:

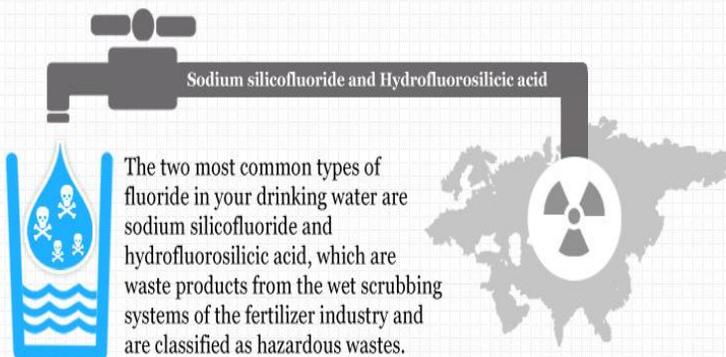
- Reduction in nicotinic acetylcholine receptors
- Damage to your hippocampus
- Formation of beta-amyloid plaques (the classic brain abnormality in Alzheimer's disease)
- Reduction in lipid content
- Damage to purkinje cells
- Exacerbation of lesions induced by iodine deficiency
- Impaired antioxidant defense systems
- Increased uptake of aluminum
- Accumulation of fluoride in your pineal gland

Six Facts You Need to Know About Water Fluoridation

WATER FLUORIDATION

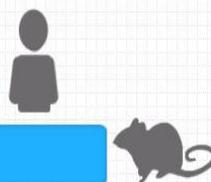
6 Facts You Need To Know

FLUORIDE is the **ONLY** drug that is forced as mass medication of the population with no control of dosing



Sodium silicofluoride and Hydrofluorosilicic acid

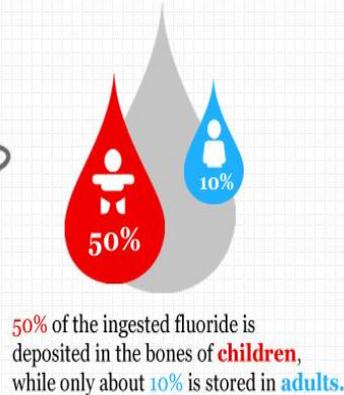
The two most common types of fluoride in your drinking water are sodium silicofluoride and hydrofluorosilicic acid, which are waste products from the wet scrubbing systems of the fertilizer industry and are classified as hazardous wastes.



23+
100+



23+ human studies
and 100+ animal studies
**LINK FLUORIDE TO
BRAIN DAMAGE**



50% of the ingested fluoride is deposited in the bones of **children**, while only about 10% is stored in **adults**.



41% of American children have dental fluorosis caused by excess fluoride, according to evidence from the Centers for Disease Control and Prevention (CDC)*.



99% Of all fluoride added to water goes down the drain and into the environment.

*According to evidence from the Centers for Disease Control and Prevention (CDC)

Harmful Effects Have Been Known for Half a Century

What is perhaps most surprising is that the harmful effects of fluoride have been known by conventional medical organizations for over half a century. For example, the *Journal of the American Medical Association (JAMA)* stated in their Sept. 18, 1943 issue that fluorides are general protoplasmic poisons that change the permeability of the cell membrane by certain enzymes. And, an editorial published in the *Journal of the American Dental Association* on Oct. 1, 1944, stated:

Drinking water containing as little as 1.2 ppm fluoride will cause developmental disturbances. We cannot run the risk of producing such serious systemic disturbances. The potentialities for harm outweigh those for good.

Part of the problem is that it's an accumulative toxin that, over time, can lead to significant health problems that are not immediately linked to fluoride over-exposure. In a 2005 paper entitled "[Fluoride -- A Modern Toxic Waste.](#)" Lita Lee, Ph.D. writes:

Yiamouyiannis' book, *Fluoride, The Aging Factor*, documents the cumulative effect of tissue damage by fluoride, commonly seen as aging (collagen damage), skin rashes and acne, gastrointestinal disorders, and many other conditions, including osteoporosis. The U.S. Center for Disease Control and the Safe Water Foundation reported that 30,000 to 50,000 excess deaths occur in the United States each year in areas in which the water contains only one ppm fluoride ...

Fluoride suppresses the immune system: Fluoride inhibits the movement of white blood cells by 70 percent, thereby decreasing their ability to reach their target. Yiamouyiannis cites 15 references in his pamphlet, *Lifesavers Guide to Fluoridation*, that document immunosuppressive effects of as little as 10 percent of the amount of fluoride used in fluoridated water ... Immunosuppressive effects run the gamut, from a cold that won't go away to increased risk of cancer and other infectious diseases.

Studies have shown that fluoride toxicity can lead to a wide variety of health problems, including:

- Increased lead absorption
- Disrupts synthesis of collagen
- Hyperactivity and/or lethargy
- Muscle disorders
- Thyroid disease
- Arthritis
- Dementia
- Bone fractures
- Lowered thyroid function
- Bone cancer (osteosarcoma)
- Inactivates 62 enzymes and inhibits more than 100

- Inhibited formation of antibodies
- Genetic damage and cell death
- Increased tumor and cancer rate
- Disrupted immune system
- Damaged sperm and increased infertility

Suppressed Science: Fluoride Link to Cancer

Long-lost research linking fluoride to cancer has resurfaced in a Dutch film clip featuring Dr. Dean Burk, who in 1937 cofounded the U.S. National Cancer Institute (NCI) and headed its cytochemistry department for more than 30 years. [In the taped interview](#), he equates water fluoridation to "public murder," referring to a study that had been done on the 10 largest U.S. cities with fluoridation compared to the 10 largest without it. The study demonstrated that deaths from cancer abruptly rose in as little as a year or two after fluoridation began. This and other studies linking fluoride to cancer were government-ordered but were quickly buried once fluoride was found to be linked to dramatic increases in cancer.

by Dr. Joseph Mercola