

Abundant Living Information Services

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Dear Policy and Decision-Maker:

Please note the CDC and the ADA's belated warning about water fluoridation:

"Because of the risk for dental fluorosis, and the lack of demonstrable benefit from ingesting fluoride before teeth erupt, the American Dental Association, the Centers for Disease Control, and a growing number of dental researchers recommend that **children under 12 months of age should not consume fluoridated water.**" On **November 9, 2006 an email alert** sent to all of its members by the ADA noted that "Infants less than one year old may be getting more than the optimal amount of fluoride if their primary source of nutrition is powdered or liquid infant formula mixed with water containing fluoride." The ADA went on to advise: "If using a product that needs to be reconstituted, parents and caregivers should consider using water that has no or low levels of fluoride."

PARENTS NEED TO BE WARNED!

Based on warnings from the ADA in 2006, and now last month's CDC updated warning in *November 2010*, state legislators in several states are finally warning the parents and caregivers in their states. Utah needs to be among them because there have been *no* warnings issued in Utah to date!

A Fluoride Warning for Infants—a humanitarian suggestion: The state legislature require that all drinking water systems place the following warning on all billing statements if they choose to add fluoride into the public water supply (<http://www.fluoridealert.org/>):

**Your public water supply is fluoridated.
Fluoridated water should not be used
or added to infant formula, foods,
or drinks intended for babies
12 months of age or younger
in order to avoid dental fluorosis.**

WHAT IS IT? Dental fluorosis is *not* a cosmetic effect, but the first *visible* sign that a child has been overexposed to fluoride (“...increased intake of fluoride in soft drinks, fruit juices, canned goods...” Fomon SJ, Ekstrand J, Ziegler EE., 2000, *Journal of Public Health Dentistry* 60(3):131-9).

The question is whether tooth cells are the only cells in the body that are impacted. As noted by *former* proponent of fluoridation, Dr. John Colquhoun, “Common sense should tell us that if a poison circulating in a child's body can damage the tooth-forming cells, then other harm also is likely.” As noted by Dr. Hardy Limeback, former President of the Canadian Association of Dental Research, “It is illogical to assume that tooth enamel is the only tissue affected by low daily doses of fluoride ingestion.”

In **1986-1987**, **22.6%** of adolescents aged 12-15 had dental fluorosis, whereas in **1999-2004**, **40.7%** of adolescents aged 12-15 had dental fluorosis. Eugenio D. Beltrán-Aguilar, D.M.D., M.S., Dr.P.H.; Laurie Barker, M.S.P.H.; and Bruce A. Dye, D.D.S., M.P.H. , CDC’s National Center for Health Statistics, November 2010, #53 NCHS Data Brief.

New study from China correlates fluoride levels in children's blood to lowered IQ.

After 24 former studies regarding effects of fluoride on brain development, a new study was released on December 17, 2010. **Previous Animal studies have shown that brain fluoride levels increase with increasing exposure to fluoride. Human studies have also indicated an association between high levels of drinking-water fluoride and lower intelligence.**

This study was conducted to assess the relationship between serum fluoride and children’s IQ. Conclusions: The results indicated that fluoride in drinking water was *highly* correlated with serum fluoride, and higher fluoride exposure may affect intelligence among children.

Citation: Xiang Q, Liang Y, Chen B 2010. “Serum Fluoride Level and Children's Intelligence Quotient in Two Villages in China,” peer-reviewed by Environmental Health Perspectives: <http://ehp03.niehs.nih.gov/>



Please pass the *Fluoride Warning for Infants*, based on fluoride overexposure, and please take note of the study with serum fluoride potentially damaging children’s IQ.

Sincerely, Kenneth M. Howard
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