

From: Jutta Stange <juttasta@hotmail.com>
To: <coshita@oehha.ca.gov>
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Subject: FLUORIDATION OF OUR DRINKING WATER

Thank you for accepting my comments! My family, friends, and I are very unhappy that fluoride was added to our drinking water here in San Diego! We have always taken good care of our health and feel disenfranchised. Warnings on small children's toothpaste state to take them to a poison control center if they ingest fluoride toothpaste. So why do we want to medicate our whole body with fluoride by ingesting it? When drinking the water, the fluoride hardly touches our teeth or gums and most likely does not even do much good for the teeth. However, it accumulates in our bodies! Anyone wanting to use fluoride could use it as a topical treatment. It seems to us that the real culprits of causing cavities are carbonated drinks, and sugar & corn syrup that is in so many foods/cookies, etc. Why not eliminate that from our children's diets, if we are so concerned about their dental health? There are too many questions to ignore: Has the Food & Drug Admin. even approved fluoride as safe? What are the long-term effects in our bodies? In what tissues or organs does it accumulate?

Articles have been written and published that warn about fluoride ingestion. I know that much of Europe does not use fluoridation, and statistics show (World Health Org.) that their teeth are just as good, if not better, than those of Americans! My former (now retired) and highly respected dentist in San Diego, Dr. Kennedy, wrote about the dangers of fluoride early on. I enclose a small excerpt below. I feel we must lean to the conservative side, when it comes to putting drugs into our bodies! Thank you for looking into this matter, we appreciate it.

Sincerely, Jutta Stange, also for my family and friends

Prior to 1945, when communal water fluoridation in the U.S. took effect, fluoride was actually a known toxin. For example, a 1936 issue of the Journal of the American Dental Association stated that fluoride at the 1 ppm (part per million) concentration is as toxic as arsenic and lead. Years later, the Journal of the American Medical Association stated in their September 18, 1943 issue that fluorides are general protoplasmic poisons that change the permeability of the cell membrane by certain enzymes.¹ Additionally, an editorial published in the Journal of the American Dental Association on October 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." (For a list of studies showing the numerous health hazards associated with fluoride, compiled by Dr. David Kennedy D.D.S., see this link.)