

fluoride

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that you pay for, fluoridated against your will?

According to the Fluoride Action Network, a non-profit organization dedicated to raising awareness of the health effects of fluoride ingestion (due to water fluoridation as well as other sources), there are at least fifty reasons to oppose fluoridation. Additionally, the Centers for Disease Control and Prevention (CDC) acknowledges that the mechanism of fluoride's benefits are mainly topical and not systemic. This means that the fluoride that you swallow in your drinking water won't be doing you much good (if any) as it splashes by your teeth on the way to your stomach. In April of last year, an issue of *Time* magazine included fluoride on a list of "The Hazards Lurking at Home," pointing out that fluoride is "neurotoxic and potentially tumorigenic if swallowed; [and that] the American Dental Association advises that children under 2 not use fluoride toothpaste."

While San Diegans drink, play and scrub up in fluoridated water, it is to be noted that the U.S. Food and Drug Administration (FDA) has never approved any fluoride product designed for ingestion as safe or effective and that no clinical trials have been conducted and submitted to the FDA to demonstrate the effectiveness of ingesting fluoride. If the FDA does not recognize the safety and effectiveness of fluoride supplements, how can we, as a community of athletes, infants, elders, medical patients (with special emphasis on kidney dialysis patients), and average citizens—all of whom consume various amounts of water in a myriad of ways—feel safe with fluoridated water?

The Fluoride Action Network reports that fluoride is a cumulative poison and that on average, only 50% of the fluoride we ingest each day is excreted

through the kidneys. The remainder accumulates in our bones, pineal gland, and other tissues. If the kidney is damaged, fluoride accumulation will increase, and with it, the likelihood of harm.

For more information on the health impacts of fluoridated water, visit The Fluoride Action Network at www.fluoridealert.org and Citizens for Safe Drinking Water at www.nofluoride.com

Fluoride & Water Action Alert

We have the opportunity to let our views about fluoridation be taken into account.

A public comment period regarding the toxicity of fluoridation is being held by the Office of Environmental Health Hazard Assessment until 5 p.m. on Tuesday, September 6, 2011.

The OEHHA encourages you to submit comments in electronic form, rather than in paper form.

Comments transmitted by e-mail should be addressed to coshita@oehha.ca.gov.

Comments submitted in paper form may be mailed, faxed, or delivered in person to the address below:

Ms. Cynthia Oshita
Office of Environmental Health Hazard Assessment
P.O. Box 4010, MS-19B
Sacramento, California 95812-4010

Comments transmitted by fax should be sent to (916) 323-8803. *Doesn't work*

OEHHA will organize and index the comments received and forward the information to the CIC members prior to the meeting at which the chemicals will be considered.

labels

peoples.com
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of cages isn't enough to ensure high welfare.

Unlike battery hens, cage-free hens are able to walk, spread their wings and lay their eggs in nests, vital natural behaviors denied to hens confined in cages. Most cage-free hens live in very large flocks that can consist of many thousands of hens who never go outside. The vast majority of cage-free hens live on farms that are 3rd-party audited by certification programs that mandate perching and dust-bathing areas.

GMOs / GE

Genetically engineered organisms, often referred to as GMOs (genetically modified organisms), are defined as organisms whose DNA has been altered. The purported original purpose of genetically engineering plants was to increase crop yield and reduce pesticide and herbicide use. Whereas there has been ongoing debate in the scientific community regarding an increase in yield, based upon data from the U.S. Department of Agriculture, genetically engineered corn, soybeans and cotton have increased use of herbicides by 383 million pounds in the U.S. from 1996 to 2008. Since genetically engineered foods have only been developed fairly recently, their long-term effects on humans and the environment have not been proven. And, since genetically engineered food doesn't require a label in North America, many consumers don't even realize they are eating it. The only way to ensure you're not eating genetically engineered food is to buy certified organic or foods certified and labeled as Non-GMO by a third party.

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We agree with the statements in this article on Fluoride which has been added to our water which is not a natural fluoride but a waste product! We, the people, voted this down way back in the 1960's in California! Some European countries tried it & removed it after hip fractures increased!
SINCERELY - BOB & LOIS CANZONERI