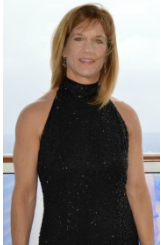


***“Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone. The future is not guaranteed.”***

**- Dr. Wayne Dyer**

On my recent trip to Niagara Falls, I listened to Dr. Wayne Dyer in the car. How I love him and his messages! His ideas and philosophies are so much like my dad's that I almost forget I'm listening to Dr. Dyer and feel like I'm listening to my dad. He speaks the truth and it really is common sense. One of his favorite topics (and mine) is CHOICE, which is truly in our own power. In my own quest to help you continue to CHOOSE health, this month I'm going to tell you about an everyday product, in your home right now, that's actually quite toxic. I hope after reading about it, you'll choose to get rid of it. If you need help or want more information, please be sure to contact me.

Yours in health,



Susan Monaco, Certified Health Coach  
Health and Wellness by Design  
[www.healthnwellnessbydesign.com](http://www.healthnwellnessbydesign.com)  
[susan@healthnwellnessbydesign.com](mailto:susan@healthnwellnessbydesign.com)

### **The Scary Truth about Fluoride**



I'm going to get right to the point.....fluoride is toxic. But the problem is, we've been brainwashed into thinking it's good for us. However, I'm going to provide you with some facts and history that prove otherwise so you can make your own decision about whether you want to continue to use it.

Putting fluoride in water goes back almost 100 years. Back in the 1920's, aluminum manufacturing was booming, mostly due to the growing canning industry. But it was also a big producer of toxic fluoride waste and its safe disposal was very costly. But a Pittsburgh company, ALCOA, had an idea to reduce disposal costs. At the time, the US Public Health Service (PHS) was under the jurisdiction of Treasury Secretary Andrew Mellon, founder of and major stockholder in, you guessed it, ALCOA. In 1931, a PHS dentist went to over 300 small towns in Texas where water wells contained high concentrations of organic, natural fluoride. His goal was to try to determine how much fluoride people could tolerate without sustaining tooth damage. His findings were pretty startling. People in these towns had discolored and eroded teeth, but they also appeared to have fewer cavities than average.

He then selectively used data from only 21 of the towns to prove that fluoride at 1 part per million ("ppm") reduced cavities. He ignored data from the other 279 towns that showed NO relationship between fluoride and tooth decay. An ALCOA-funded scientist, Gerald Cox, learned of his findings and devised a way for ALCOA to profit from fluoride. He suggested that this apparently worthless byproduct MIGHT reduce cavities in children, even though there was no real evidence to support his claim. He simply stated fluoride was good for your teeth and in 1939, proposed the United States fluoridate its water supplies. Isn't it strange that a scientist working for the largest producer of fluoride in the United States, not a doctor or dentist, made this recommendation?

Here's the scary part: the aluminum industry was already marketing their toxic fluoride waste as an insecticide and rat poison, but they wanted a larger market. In 1944, the Journal of the American Dental Association warned that the potential for harm from fluoridation far outweighed the good. In 1945, a Michigan city was chosen for a 15-year comparison study to determine if fluoride could safely reduce cavities in children. So fluoride was pumped into the drinking water of Grand Rapids. In 1946, 6 more cities added fluoride to their water. This 7-city experiment was stopped before it was half over because of inconclusive results.

In 1947, a long-time ALCOA lawyer was appointed head of the Federal Security Agency, putting him in charge of the PHS. Under him, a national fluoridation campaign began. The PR strategist for this program was Sigmund Freud's nephew, Edwin Bernays, known as the "Father of Spin". He used a very simple technique: Pretend there's favorable research by using statements such as "Numerous studies have shown" or "Scientific investigators have found," but never really citing anything specific. If you say things like this long enough and loud enough, people will believe it. So now, rather than ALCOA having to pay huge costs to safely dispose of this toxic waste, they (and other aluminum manufacturers) could sell it to municipalities and make a HUGE profit. In 1950, our government officially endorsed fluoridation. Since then, 2/3 of the nation's reservoirs have been fluoridated and almost 150,000 toxic tons of fluoride are pumped in every year. By the year 2000, 66% of public municipal water systems serving 170 million people had been fluoridated.

In the mid 1980's, the largest study ever conducted on fluoridation and tooth decay was performed using data from 39,000 school children in 84 areas around the country. The results showed no statistically significant difference in rates of tooth decay between fluoridated and non-fluoridated cities. A 1992 study by the University of Utah found the water fluoridation weakens bones and increases the risk of hip fractures. A recent Centers for Disease Control study indicated that 41% of US children ages 12-15 have dental fluorosis, a permanent discoloration and brittling of the teeth and a cause of irreversible damage to the enamel. Fluoride has also been linked to Alzheimer's, since the aluminum binds with fluoride to form aluminum fluoride, which is able to pass the blood brain barrier. Aluminum is now thought to be one of the causes of Alzheimer's.

Calcium fluoride is naturally found in plants and water. But the fluoride added to our products is sodium fluoride, hydrofluorosilicic acid or silicofluorides, all of which are TOXIC WASTES! The most common form of fluoride used in water, hydrofluorosilicic acid, is actually an EPA-regulated toxic waste. **So it's illegal to bury it or dump it, but it's perfectly legal (and mandated) to sell to towns to put into the water supply for people to drink!** Not only does it NOT protect our teeth, but it can cause genetic damage at concentrations as low as **one** ppm. The Town of Vienna, where I live in Virginia, has **4** ppm in its water supply. How many are in yours? I use a reverse-osmosis filter to remove the fluoride from our water.

Have you ever read the label on your toothpaste? The warning says to keep it away from children under 6. Haven't you wondered why? Now you know. Fluoride is toxic waste. It's even more toxic than lead and there are more than 500 peer-reviewed studies documenting adverse effects ranging from cancer to brain damage. Yet dentists still try to get you to agree to put it on your children's teeth when they get their semi-annual cleaning. **JUST SAY NO!**

Most countries, including 97% of Europe, don't fluoridate their water and tooth decay is declining. Sweden, Norway, Germany, Ireland, Italy, Austria, Belgium, Finland, France, Denmark and Holland have banned water fluoridation. Why is the United States of America still allowing it? Sadly, I think we all know the answer.

How do you protect yourself? Don't use products that contain fluoride. Read labels. Buy "fluoride free" mouthwash and toothpaste. Please don't buy bottled water with added fluoride.

Here are a few ways to help get fluoride out of your system:

- **Selenium:** Experts say this is often the first nutrient they recommend to people who want to remove or reduce the presence of sodium fluoride in their bodies. A great source is Brazil nuts, but it is also found in fish, meats and other nuts. Natural health practitioners recommend 100-200 micrograms per day. However, if you take it with high doses of vitamin C and zinc, proper absorption can be inhibited.
- **Nascent iodine:** Fluoride is known to directly attack the thyroid. Therefore, nascent iodine, (the best quality), helps remove sodium fluoride through the urine as calcium fluoride.
- **Tamarind:** This is a staple in Ayurvedic medicine. Not only will it make your tea taste better, but it also helps eliminate fluoride through the urine.
- **Dry sauna:** Spending some time in a dry sauna can help to excrete sodium fluoride from fatty tissues in your body. Be sure to hydrate when you're done. My favorite choice for that is coconut water.

It's now easier than ever to find fluoride-free products by a simple internet search. I sometimes make my own toothpaste, using only natural ingredients. If you want the recipe, please contact me.

Have a wonderful month.