

FLUORIDE POISONING: IS FLUORIDE IN YOUR DRINKING WATER —AND FROM OTHER SOURCES—MAKING YOU SICK?

By Bruce Spittle^a

Reviewed by Peter Meiers^b

Bruce J Spittle, MB ChB with distinction, and DPM (Otago), who authored this remarkable little book appropriately titled *Fluoride Poisoning* (and subtitled: *Is fluoride in your drinking water—and from other sources—making you sick?*), is a long-time resident of Dunedin, New Zealand. He is a Fellow of the Royal Australian and New Zealand College of Psychiatrists, recipient of many prizes and awards, a former Senior Lecturer, Department of Psychological Medicine, University of Otago, Dunedin, NZ, and Consultant Psychiatrist for the Otago District Health Board, 1978–2004. Readers of *Fluoride* know Dr Spittle mainly as co-editor (1994–98), now managing editor (since 1999) of *Fluoride*. He has published several articles and editorials on the health effects of fluoride and was a



Bruce Spittle

peer reviewer for the University of York's recent systematic review of public water fluoridation.¹ The idea of writing a book on *Fluoride Poisoning* occurred to him at the 27th conference of the International Society for Fluoride Research at Beijing, China, 9–12 October 2007. For Dr Spittle to complete and publish this carefully documented book by December 2007 reveals how extraordinarily familiar he is with the literature on the health effects of fluoride.

Writing such a book also takes enormous courage, for earlier authors, such as the late Drs Leo Spira and George L Waldbott, were harassed relentlessly after they

^aBruce Spittle. *Fluoride Poisoning: is fluoride in your drinking water—and from other sources—making you sick?* Forewords by Albert W Burgstahler and AK Susheela. Illustrated with 50 b/w figures, vi + 66 pages including index; 2008. Published by Paua Press Limited, 727 Brighton Road, Ocean View, Dunedin 9035, New Zealand (<http://www.pauapress.com>). ISBN 978-0-473-12991-0.

Recommended Retail Price (RRP): £7.99, €10.99, US\$15.99, CAN\$15.99, A\$17.99, NZ\$19.99, and J¥1699. Available for the RRP plus shipping from www.RenaissanceBooks.co.nz and www.AbeBooks.com. Also available from the author for the special prices of £4.99, €6.99, US\$9.99, CAN\$9.99, A\$10.99, NZ\$11.99, and J¥1099, including shipping, if paid for by cash, by cheque made out to Bruce Spittle, 727 Brighton Road, Ocean View, Dunedin 9035, New Zealand or by PayPal to spittle@es.co.nz.

Also published by Paua Press Limited is an abridged version, *Fluoride Fatigue*, illustrated with 13 b/w figures, vi + 32 pages including index. ISBN 978-0-473-13092-3. RRP: £4.99, €5.99, US\$8.99, CAN\$8.99, A\$9.99, NZ\$10.99, and J¥899. This is also available for the RRP plus shipping from www.RenaissanceBooks.co.nz and www.AbeBooks.com or directly from the author as above, including shipping, for the special prices of £2.99, €3.99, US\$5.99, CAN\$5.99, A\$6.99, NZ\$7.99, and J¥699.

The prices are the same for the revised 2nd printings, January 2008, (*Fluoride Poisoning: is fluoride in your drinking water—and from other sources—making you sick?* Illustrated with 63 b/w figures, vi + 78 pages including index; *Fluoride Fatigue*, illustrated with 46 b/w figures, vi + 62 pages including index.

^bCorrespondence: Peter Meiers, Editorial Assistant, *Fluoride*, Weissenburgerstr. 28, D-66113 Saarbrücken, Germany. Email: PMeiers@fluoride-history.de

reported their early observations on toxic effects of fluoride in drinking water. At that time, to their disadvantage, not much was known about plausible mechanisms of fluoride toxicity, especially in regard to the allergic-type reactions they encountered. In the late 1970s, a series of papers revealed that fluoride, in the presence and with the aid of calcium, releases inflammatory mediators (such as histamine) from leucocytes and mast cells.^{2,3}

Since the 1980s, receptors and signaling pathways, such as the phosphatidylinositol pathway, have become the focus of related biochemical research showing that protein phosphorylation and release of calcium from intracellular stores combined with extracellular uptake, are triggered by fluoride acting on regulatory G-proteins.^{4,5} These effects are involved in hormonal and immunologic responses, transmission of nerve impulses, cell division, and even neoplastic transformations.^{6,7} It is the action on G-proteins, along with formation of corrosive hydrogen fluoride in the stomach, as well as inhibition of enzymes, to which Dr Spittle relates observations of chronic poisoning by fluorides as used in water fluoridation and from other sources.

As illustrated in *Fluoride Poisoning*, individuals who are sensitive to fluoride may experience a wide variety of symptoms: chronic fatigue, not relieved by extra sleep or rest; headaches; nausea; visual disturbances; dryness of the throat and excessive water consumption; gastrointestinal disturbances; spasms, aches and stiffness in the muscles; arthritis-like pains; skin rash or itching; and others. Citing case reports, including double-blind tests, from the research of Drs George Waldbott, AK Susheela, Harvey T Petraborg, Hans Moolenburgh, GW Grimbergen, and others, plus some of his own observations in New Zealand, Dr Spittle shows that such symptoms of chronic fluoride intoxication exist worldwide. His book also contains illustrations of some of the abnormalities underlying these symptoms.

Although laboratory data do not always show a consistent correlation between fluoride in blood or urine and the outbreak of illness, the association becomes obvious as the symptoms diminish or disappear, usually within a week or so, if the victim avoids fluoride exposure as much as possible, and re-appear upon ingestion/use of fluoride-containing products. In this simple manner, anyone who is being made ill from fluoride or is hypersensitive to it can readily determine if the symptoms may be related to fluoride. As an aid, Dr Spittle lists many possible sources of the chemical that should be considered and avoided during such tests.

Considerable space is devoted in the full version of the book to addressing the contention of health professionals that the concept of a chronic fluoride toxicity syndrome has no sound basis, but that the illness reported is altogether of a psychosomatic origin. As Dr Spittle notes, one of the reasons why this discussion will be with us for many years to come is that “public health advocates of fluoridation tend to consider of little or no scientific value evidence contradicting their views” and thus are able “to maintain and safeguard their self-interests.” It seems, therefore, that the saying “science progresses funeral by funeral” is especially true in the case of the fluoride/fluoridation issue.

In the “closing comments,” claims of “beneficial” systemic or topical effects of fluoride on the teeth are reviewed, along with a brief look at the impetus for water fluoridation, for which measure the green light was given after only five years of trial experimentation, i.e., long before any permanent teeth of the exposed children had erupted.

Increasingly, former advocates of water fluoridation are thinking for themselves rather than blindly accepting the views of so-called “prestigious” authorities and organizations. This reviewer, along with Dr Spittle, sees a new light slowly dawning—a process that might be speeded up by feedback from readers, thereby enabling this important little book to be updated from time to time. Although short and concise, it is a book that deserves widespread international readership. May it help end needless suffering of fluoride-exposed individuals who are not aware of the possible cause of their troubles but are now encouraged to try a very simple and often highly effective remedy.

REFERENCES

- 1 McDonagh M, Whiting P, Bradley M, Cooper J, Sutton A, Chestnutt I, Misso K, Wilson P, Treasure E, Kleijen J. A systematic review of public water fluoridation. Report 18. York: NHS Centre for Reviews and Dissemination, University of York; 2000.
- 2 Patkar SA, Kazimierzczak W, Diamant B. Histamine release by calcium from sodium fluoride-activated rat mast cells: further evidence for a secretory process. *Int Arch Allergy Appl Immunol* 1978;57:146-54.
- 3 Kuza M, Kazimierzczak W. On the mechanism of histamine release from sodium fluoride-activated mouse mast cells. *Agents Actions* 1982;12:289-94.
- 4 Strnad CF, Wong K. Calcium mobilization in fluoride activated human neutrophils. *Biochem Biophys Res Commun* 1985;133(1):161-7.
- 5 Strunecká A, Patocka B. Pharmacological and toxicological effects of aluminofluoride complexes. *Fluoride* 1999;32(4):230-42.
- 6 Hunter T. Protein kinases and phosphatases: the yin and yang of protein phosphorylation and signaling [review]. *Cell* 1995;80:225-36.
- 7 Birnbaumer L. Expansion of signal transduction by G proteins The second 15 years or so: from 3 to 16 alpha subunits plus betagamma dimers. *Biochim Biophys Acta* 2007;1768(4):772-93.