

# ***FLUORIDE***

## **Our Experience**

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A SUBMISSION TO COUNCIL

## **FLUORIDE**      *Our Experience*

My partner and I moved to the Moruya area in 1991 because of severe health collapse – a disease caused by fluoride poisoning called fluorosis.

We both suffered from a multitude of health problems that developed gradually over an 8 year exposure to the emissions from a neighbouring aluminium smelter which had built across the road from our premises. All the EIS and information put out by the smelter assured that the fluoride produced and emitted into the atmosphere would not affect human health. They however did buy all the residential properties within a 2km radius. Unfortunately we had built industrial premises and were financially tied into the project we were pursuing.

The first obvious health problems included all sorts of stomach, skin and lung symptoms – nausea, stomach discomfort and distension, skin rashes, respiratory ailments, trouble breathing, flu and pneumonia. Not long after came urinary infection, which would not respond to treatment, bowel problems and dysfunction and general malaise and fatigue. Nose bleeds and headaches were frequent. All symptoms pointed to an impairment of the immune system which no longer seemed able to fight off infections and viruses.

The problems gradually increased until we were finally forced by a complete health breakdown, to pack the car, lock the door and flee our life and prospective future. I was on sickness benefits from my teaching job and we headed south to the least polluted area we could find, the Eurobodalla Shire.

We realized that we had been severely chemically compromised and began the long hard road firstly to find out what had actually poisoned us and then, what to do about it. It was finally narrowed down and diagnosed as fluorosis by an environmental medical specialist in Sydney – one of the many medical and natural practitioners we approached. The fluoride exposure was found to be the cause of our illness. We had already done the only thing that we could do to survive, as backed up by our later worldwide medical and scientific research findings. The only solution – move away from the exposure!

We moved to this area, as it was the least polluted shire we could find and to continue to survive we need it to stay that way.

Fluoride is an insidious toxic chemical, one of the five most deadly elements known to mankind. You can't taste it, smell it or see it, although a half-teaspoon taken straight will kill you almost immediately. When ingested it settles within the body finding an affinity with the bones and calcium. Any that does slowly emit from the body uses calcium as a carrier, hence affecting the teeth and bones adversely. Cows who lived near aluminium smelters lost their teeth and had to crawl to their food as their bones and muscles gave up.

Our research also indicated that fluoride is one of the most effective nerve poisons and is used as a rodenticide to kill rats.

My partner was totally bedridden for 2 years when we first arrived in this area and has been intermittently bedridden and severely affected ever since. His main

health problems are to do with nervous system damage causing a continuously high pulse rate and the inability to stand for long periods. This finally caused heart damage, culminating in a heart attack last year. He has been totally bedridden again for the past 8 months. He is thought to be suffering from a disease called Dysautonomia or Gulf War Syndrome, so named because many of the soldiers who returned from the Gulf War were coming down with the same symptoms. They were inexplicably unable to walk around.

These soldiers had been involved in chemical warfare, using Agent Orange or similar nerve poisons, which just happen to be fluoride based!

My main problems are related to the kidneys with recent chronic renal failure, resulting in two emergency trips to Canberra Hospital, the first where I became totally paralysed and was rushed to hospital with a potassium level of 9.4 (an apparent record – normal is 3.5). I was treated for a long-term urinary tract infection and chronic renal failure. Extensive testing was carried out and I became the Specialist's 'mystery woman'. The teams of specialists were unable to work out what was causing the problem. The second visit 8 months later was for a low sodium level which occurred after I passed some kidney stones. After further examination of my situation the medical staff finally conceded that the fluoride exposure had impacted on my health. Fluoride and the evidence of its dangers to human health are not a subject as yet taught to medical students, so there is no correlation between the disease and its probable cause. The research by doctors and scientists who have specialized in the subject of fluoride and its effects on human health has not been widely published and is usually suppressed.

From the smelters studies of health in their workers it has been found that two of the main instances of death are from heart problems and bladder cancer.

From our chemical exposure we have also both developed quite severe chemical sensitivity, being very sensitive to all chemicals and smells, perfumes, soap powders, commercial cleaning products, car fumes etc. After I had heavy antibiotic treatment in hospital, I had huge chemical reactions – the first after I had returned home and was continuing treatment and the second time whilst in hospital. I developed a bright red, hot, itchy rash all over my body and my feet and hands peeled in thick layers several times. The doctors couldn't believe the severe reaction to the drugs and were extremely worried to say the least. They couldn't treat me with further chemicals, so finally had to leave my body to heal itself. It may have given them some first hand knowledge of chemical sensitivity caused by fluoride. As the fluoride settles in the body the addition of any further chemicals causes drastic reactions. Even the chlorine and alum in the present town water supply also causes us headaches, general sickness and nausea.

Also anaesthetics are a real problem as many are fluoride or chlorine based. So teeth are difficult to repair and remove as injections (even those with a chlorine base) become dangerous. My health failure occurred after dental work which necessarily involved three injections.

X-rays are another medical problem as the fluoride in the system prevents the body from repairing the damage done by the X-rays. So, no tooth X-rays either. We both have developed teeth which decay rapidly, crack and chip easily and are not generally healthy.

The fluoride destroys the body's immunity so that infections and viruses are numerous and difficult to treat.

With an overload of toxins in the system, further chemicals are not an option. We have found that it is virtually impossible to detoxify the system as any attempt causes severe reactions.

The fluoride remains in the system and has been found to block its own pathways of elimination. As the new cell forms, the fluoride attaches to the new cell and so remains in the body. The small amount that the body doesn't store but manages to eliminate uses calcium as a carrier, thus robbing the bones and teeth of calcium.

From our test results which were taken to a world medical conference, the doctors who studied these compared the damage to halogen damage which occurs after radioactive exposure. It had also affected the DNA.

Other research indicated that fluoride converts the hydrochloric acid in the stomach to fluorosilic acid, a substance so corrosive that when scientists first discovered it they could not find a container to store it in. They finally used platinum. With this substance in the stomach, no wonder there are a few gut, digestive and bladder problems.

We have also suffered from blurred vision, ear, nose and throat congestion, lung congestion, pneumonia, heart soreness, muscle, joint and bone pain, long term anemia, blood haemorrhaging under the skin, easy bruising, nose bleeds, headaches, frequent nausea, night sweats, nervous tension, general stress, chronic fatigue, lack of energy, tiredness, general weakness, constipation, diarrhoea, spastic bowel operation, bladder trouble (frequency, pain incontinence) dry and peeling lips, painful cracking at the corner of the mouth, pain in the heart, lungs, spleen, kidneys, liver, gall bladder, stomach and glands. We have both had gallstones, kidney stones, thyroid dysfunction and chronic back troubles.

Fluoride is an elusive poison and can only be tested by biopsy of every organ and tissue in the body. It is classified as a 'welfare' pollutant. My question is, whose welfare? It is certainly not for the welfare of the public health. The welfare is for the big multi-nationals, the aluminium smelters, the fertilizer factories (super-phosphate has a high amount of fluoride), steel mills, brick works.

It is a very difficult side product for industry to get rid of.

Burial in the ground, which is a disposal method used by the smelters, is very risky because of the threat of leakage from such a long-lasting product (it has a similar half-life to uranium). This creates a huge problem for industry and governments which need the industries to produce the goods for the function of society. To effectively filter, scrub and clean the polluted emissions from the industrial sources is a very expensive process.

For our own survival on a daily basis, we have to pursue a chemical-free existence. We drink pure water, we eat organic food, we live in a chemical free household and environment. We live away from the pollution of traffic and avoid pollution and polluted areas as much as possible. We don't only do this through choice, but through necessity. Our bodies are still struggling but it is a daily bonus just to be alive. We are grateful, but also must be constantly vigilant and careful.

Human bodies absorb and accumulate every intake of fluoride on a daily basis. Research has indicated that fluoride inhibits the body's ability to eliminate it from the system and hence fluoride accumulates in tissue, organs etc. to a point where it will definitely cause health problems.

Research also indicates that a continual exposure to dosage levels that would be acquired from one part per million, as proposed for the water supply, would cause severe health problems over a period of time and that a continual low dose is far more injurious than less frequent higher doses.

The main sources of every day contact are: through water supplies – occurring in some streams, or introduced by water authorities; food sources - through super phosphated crops and food processed using fluoridated water; drinks made using fluoridated water; fluoridated tooth paste; many medical drugs; handling rat poison and many other pesticides and chemicals which kill through the nervous system; cosmetics; prepared dried animal foods etc. etc. It is a commonly used chemical in daily life and we would all be subjected to an unspecified amount of fluoride already through our daily intake. This amount would vary according to our habits and choices.

As some people are far more sensitive to any toxic substances than others it is very difficult to determine a level that is safe for everyone. Research has indicated that there is NO safe level of fluoride intake.

Having personally experienced fluoride's permanent destructive capacity as far as health and wellbeing are concerned, we would hope that no one would seriously consider adding fluoride, rated as one of the worlds top five most toxic substances, to their drinking water supply.

If this area does succumb and includes such a deadly daily dose of poison in the water supply – we strongly recommend

## **DON'T DRINK IT !!!**

Don't even shower in it – remember that your skin absorbs chemicals too.

Install household tanks and plumb the filtered water into the kitchen (for cooking and drinking) and into the shower.

Be aware of the dangers and beware.

Don't destroy the health of the whole society for the dubious and disputed benefit to children's teeth in the first few years of life. If any mothers wish to take the chance on fluoride then administer fluoride tablets as desired.

Don't destroy your children's long-term health for short-term gains.

Be thoughtful, be careful and put your own and your family's long term well-being, through good health, first.

Make it a personal goal to avoid the further accumulation of chemicals in your body.

As we appreciated the low chemical pollution of this south coast area, so others like us will need and value such areas in the future. Make this a Health Haven!

Let's be a Nuclear Free and Fluoride Free Zone !

Be proud of the unique status of this area as a minimally polluted Shire – there aren't many left. Use it as a draw card to attract a healthy population.

Promote and protect your own health, the health of our local society, our local area, and our own very special part of the planet.

Pam Frost & Darryl Mattox