

# **WATER FLUORIDATION: an IDEA WHOSE TIME HAS PASSED**

[www.fluoridefreeaustin.com](http://www.fluoridefreeaustin.com)



Over 50 years ago, on the recommendation of scientists working for the Public Health Service, many U.S. cities began adding a chemical known as fluoride to their water supplies. The scientists promised that fluoride would give children strong, cavity-free teeth. It would particularly help economically disadvantaged children, they said, by making a nutritious diet and good oral hygiene unnecessary for sound dental health. And, they insisted, in the very small amounts administered--about one part per million--it would be perfectly safe.

Today we know better. Proper nutrition and oral hygiene are the key to healthy teeth, as they always have been. There are no short cuts. There is no overall difference in dental health between fluoridated and non-fluoridated communities. And, far from being harmless, fluoride is extremely toxic. Stored up in the body over time, it displaces necessary elements like calcium and iodine, disrupting bone, glandular, and even brain function. Low income groups suffer disproportionately from these effects.

- **IN 2001, THE FEDERAL CENTERS FOR DISEASE CONTROL (CDC) ADMITTED THAT ANY BENEFITS OF FLUORIDE COME FROM TOPICAL APPLICATION (AS IN BRUSHING WITH FLUORIDATED TOOTHPASTE), NOT FROM INGESTION.**
- **IN 2006, BOTH THE CENTERS FOR DISEASE CONTROL AND THE AMERICAN DENTAL ASSOCIATION (ADA) ADMITTED THAT FLUORIDATED WATER IS HARMFUL TO INFANTS AND WARNED AGAINST USING IT IN BABY FORMULA.**

**IT'S TIME TO PUT A STOP TO WATER FLUORIDATION IN OUR COMMUNITY.  
Let your Mayor and councilmembers know how you feel.**

Lee Leffingwell, Mayor: Tel. 974-2250

Mike Martinez: Tel. 974-2264

Chris Riley: Tel. 974-2260

Sheryl Cole: Tel. 974-2266

Laura Morrison: Tel. 974-2258

Bill Spelman: Tel. 974-2256

~~Randi Shade:~~ Tel. 974-2255

Kathie Tovo

**IF YOU HAVE EMAIL ACCESS, YOU CAN SEND THEM ALL AN EMAIL FROM THIS ADDRESS:  
<http://www.fluoridefreeaustin.com/action3.html>**

# FLUORIDACION DE AGUA: YA BASTA!

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Hace más de 50 años, de la recomendación de científicos que trabajan para el Servicio Médico Público, muchas ciudades estadounidenses comenzaron a añadir unas sustancias químicas conocidas como el fluoruro a sus abastecimientos de agua. Los científicos prometieron que el fluoruro daría a niños dientes fuertes, sin cavidad. Esto ayudaría en particular a niños económicamente perjudicados, ellos dijeron, haciendo una dieta nutritiva e higiene oral buena innecesaria para la salud dental sana. Y, ellos insistieron, en las muy pequeñas cantidades administradas - aproximadamente una parte por millón - sería absolutamente seguro.

Hoy sabemos mejor. La nutrición apropiada y la higiene oral son la llave a dientes sanos, como ellos siempre eran. No hay ningunos cortes cortos. No hay ninguna diferencia total en la salud dental entre fluoridadas y comunidades no-fluoridadas. Y, lejos de ser inocuo, el fluoruro es muy tóxico. Almacenado en el cuerpo con el tiempo, esto desplaza elementos necesarios como calcio y yodo, interrumpiendo el hueso, la función glandular, y hasta cerebral. Los grupos de ingresos bajos sufrirán sobre todo.

- EN 2001, LOS CENTROS FEDERALES PARA EL CONTROL DE ENFERMEDAD (CDC) CONFESARON QUE CUALQUIER VENTAJA DEL FLUORURO VIENE DE LA APLICACIÓN ACTUAL (COMO EN EL CEPILLADO CON LA PASTA DE DIENTES FLUORIDADA), NO DE LA INGESTIÓN.
- EN 2006, TANTO LOS CENTROS PARA EL CONTROL DE ENFERMEDAD COMO LA ASOCIACIÓN DENTAL AMERICANA (ADA) CONFESARON QUE EL AGUA FLUORIDADA ES DAÑOSA A NIÑOS Y ADVERTIDO CONTRA LA UTILIZACIÓN DE ELLO EN LA FÓRMULA.

**ESTE ES EL TIEMPO PARA PONER UNA PARADA AL FLUORIDACION DE AGUA EN NUESTRA COMUNIDAD. Avise a su alcalde y ayuntamiento como usted siente.**

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Si usted tiene su propia cuenta de correo electrónico, usted puede enviar a todos ellos un mensaje de esta dirección: <http://www.fluoridefreeaustin.com/action3.html>



- Fluoride Free Austin
- Fed Gov Says Too Much Fluoride
- Dr. Paul Connett Interviews

## Reasons the City Must **STOP** Adding Fluoride Waste to Our Water

1. Each day --- 50% of the toxic fluoride the City causes to be put in our body **accumulates there permanently.**
2. This fluoride waste has already given **41% of our teens dental fluorosis.**
3. Fluoride **reduces IQ** in children. 25 studies now confirm this.
4. Fluoride replaces iodine in the thyroid **undermining thyroid function.**
5. Fluoride bonds with calcium in the skeletal system causing **brittle bones** --- and even **crippling arthritis.**
6. The public thinks the City uses **pure pharmaceutical grade** fluoride, but --
7. The City uses hexafluorosilicic acid --- **toxic waste** from fertilizer industry.
8. Cities putting fluoride in their water have the **same tooth decay** as cities that do not.

**There are NO beneficial effects for the teeth when one drinks fluoridated water.**

To STOP putting fluoride in our water would cost Austin \$0.  
Stopping would save Austinites millions\$\$\$ per year.

[www.NoFluoride.com](http://www.NoFluoride.com)  
[www.FluorideAlert.org](http://www.FluorideAlert.org)  
[www.FluorideFreeAustin.com](http://www.FluorideFreeAustin.com)