



Quick Facts

- **Studies confirm brain damage**
- **Aluminum and fluoride**
- **Water safety**
- **Increased risk for ADD, ADHD, dyslexia**
- **Fluoride's links to Alzheimer's disease, Lou Gehrig's disease**
- **Sleep problems**
- **Fluoridated drinking water and cancer**
- **Fluoride and bone cancer in young men**
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- **Myth: Teeth and fluoride toothpaste**
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- **Magnesium malate: Prevents aluminum absorption**

Why Fluoride Is Toxic

The primary reason fluoride began being added into drinking water years ago was to reduce cavities; the general public may not know that fluoride also can injure the nervous system and even cause cancer.

Degenerative brain diseases such as Alzheimer's are possibly linked to drinking fluoridated water. Cancer, behavioral problems, thyroid suppression, male infertility and impotence are also some examples of what may happen to the body when too much fluoride is present. And the combination of fluoride and aluminum is toxic enough that scientists warn about its connection to Parkinson's and Lou Gehrig's diseases.

Fluoride will not kill you outright or cause dementia over a short period of time. But at certain levels it will accumulate in your brain and can lead to a form of degeneration.

I lectured at the Fluoride Action Network conference on the subject of the toxic effects of water fluoridation and urged everyone to stop the government from using drinking water to medicate the public.

Fluoride and the Brain

A number of fairly recent studies have shown significant damage to many parts of the brain caused by fluoride. One study showed that rats given fluoride while still in the womb became hyperactive, much like what we see in childhood ADHD. Newborn and adult rats given fluoride reacted much differently; they became "couch potatoes."

The difference lies in how the brain develops at different ages. In humans, for example, the most rapid brain growth and development occur in the last three months of pregnancy and the first two years after birth. This means the brain is especially susceptible during that time to damage by toxins such as fluoride. Of course, results are determined by when the toxin was first given and for how long, and the dose.

Even more frightening is what one world-renowned scientist discovered: Fluoride can accumulate in the brain. With every drink of water,



the fluoride levels in the brain increase — and so does the danger to you.

The Truth About Studying Fluoride

Dr. Phyllis Mullenix, a leading neurotoxicologist, developed a sophisticated method to study behavioral patterns using a computer. She would photograph interactions of test rats given fluoride and feed the results into a computer program.

Much to her surprise, she discovered that the fluoride was causing significant behavioral problems, not only when rats were exposed in the mother's womb, but also soon after birth and even as adults. Upon examining seven areas of the animals' brains she found that the longer an animal drank fluoridated water, the higher the brain level of fluoride. She also found that a high accumulation of toxins over time reaches levels that always cause brain injury.

Critics charged Dr. Mullenix with using doses of fluoride much higher than people are commonly exposed to. But researchers should know that rats have difficulty absorbing fluoride. In comparing rats to people, the only thing that should be looked at is the blood level; the amount of fluoride in the blood determines the amount of fluoride reaching the brain.

The blood levels in Dr. Mullenix's rats equaled that seen in humans exposed to fluoride levels approved by the Environmental Protection Agency (EPA) as safe. Approved levels of fluoride in drinking water are up to 4 parts per million, or 4 ppm.

After presenting her findings to the EPA and National Institute of Dental Health, Dr. Mullenix faced great opposition from colleagues. Fellow scientists who once clamored to use her computerized system now eschewed any communication with her.

Her very expensive computerized behavioral analysis equipment was destroyed by a contrived "accident". In addition, all of her lab animals were killed and their bodies incinerated.

More Studies Confirm Brain Damage

The number of studies showing significant damage to various parts of the brain continues to grow,

most of the studies coming from Mexico, China, Japan, Spain, Italy, Ireland, Sweden, Canada and England. Very few studies come from labs in the United States, but those that do find fluoride to be very toxic to the brain.

Entities such as National Institutes of Health and National Institute of Dental Health are to blame for fewer U.S. studies as they refuse to fund fluoride safety research.

What we do know is that in China, children who drink fluoridated water have lower IQs than those who don't. Many villages and cities in China have natural fluoride levels that are high, and Chinese scientists have found a drop of 10 points in IQ in fluoridated cities.

But some challengers say these scientists didn't account for possible lead exposure, so tests were redone. The Chinese scientists made careful measurements of all factors including lead and fluoride. The end result? They found the same lowering of IQ caused by fluoride in the drinking water.

Mexican studies fared no better. An article in the journal *Epidemiology* showed that children drinking water with EPA-approved fluoride levels had problems with reading and writing.

Again, care was taken to control for factors that might adversely affect the results. In fact, urine fluoride levels were measured to prove that the greater the fluoride exposure the worse the tests results. Note that most cities set fluoride levels in drinking water well below EPA-approved levels.

The Alzheimer's Connection

What is the connection between Alzheimer's disease and fluoride? Studies show plenty. While drinking fluoridated water is not the cause of Alzheimer's, there is a link.

One study found that fluoride in the drinking water of rats caused significant reduction of a brain receptor critical for learning and memory, which are the same receptors reduced very early in Alzheimer's disease.

Scientists including Dr. Phyllis Mullenix and Dr. Albert Burgstahler, an organic chemist and editor of *Fluoride*, indicated to me yet another study showing

that fluoride added to water in the presence of even small amounts of aluminum caused severe destruction of brain cells in the part of the brain controlling learning and memory, the hippocampus.

Clearly, these studies demonstrate that fluoride could cause an early onset of the disease and make it progress more rapidly. In fact, when combined with other toxins we all are exposed to, it can make matters worse.

Alzheimer's patients also have dramatic increases in gut absorption of aluminum, as do children with Down syndrome. In one study, fluoride increased by seven times absorption of aluminum from the gut and significantly increased the entry of aluminum into the brain.

The Toxic Effect of Fluoride and Aluminum

All of us are exposed to numerous sources of aluminum — in foods, canned drinks, aluminum cans and cookware, deodorants, vaccinations, medications and pesticides. And, as we all may know, there is further compelling evidence that aluminum plays a major role in Alzheimer's disease and possibly Parkinson's and Lou Gehrig's diseases.

The combination of fluoride and aluminum is so toxic that even in concentrations half those added to drinking water will cause severe destruction of critical brain cells. You will have a hard time thinking, remembering and performing normal brain functions with this toxic duo.

The same can be true for your children. Combining aluminum and fluoride may very well increase the risk of ADD, ADHD, dyslexia and other developmental brain disorders of children, especially when combined with other toxins from the environment. These studies are compelling and frightening.

The Pineal Gland: Another Area of Concern

A recent study by Dr. Jennifer Luke at the School of Biological Sciences at the University of Surry in England found that fluoride accumulates in the pineal gland in the brain. Of the pineal

glands she obtained from six elderly people dying of unrelated causes, she found fluoride levels 2,500% higher than other areas of the brain. The fluoride was accumulating in enormous amounts in the calcium deposits normally found in the pineal of older people.

So, why is this important? The pineal gland is the source of the very important hormone melatonin, the same hormone sold in health food stores to aid in sleep. Melatonin regulates the onset of puberty in boys and girls, it regulates the onset of sleep and it protects the brain against damage by free radicals and what is known as lipid peroxidation, the main destructive reactions seen in all degenerative brain diseases.

In fact, individuals with Alzheimer's disease commonly have lower melatonin levels than do individuals of similar age.

But it is the latest findings that are so startling:

- Young girls who live in cities with fluoride in the water have been known to begin menstruating five months sooner than their counterparts in non-fluoridated towns.

- Newborns with the lowest melatonin levels had the most problems with behavioral development.

- Brain protection in adults is being altered.

Fluoride and Baby's Brain Development

Since baby animals exposed to fluoride develop high levels of free radicals in their brains, it makes one wonder what happens to human babies. Unfortunately, it is the same damage.

Researchers examined the brains of aborted babies five to eight months into a pregnancy who were from areas having naturally high fluoride levels in the drinking water.

What researchers found was alarming: The brain cells of the babies were grossly abnormal and nerve fibers were not even compatible with typical human nerve fibers. The brain cells in the babies were grossly abnormal and the nerve fibers were misplaced and swollen. These brains were miswired. Keep in mind the fluoride levels in the drinking

water were within the “safety guidelines” established by the EPA. No other causes for this damage were found.

Individuals who counter these results say there was up to 4.5 ppm of fluoride in the water, and guidelines call for only 1 ppm. I object to their finger-pointing and say it doesn't take a brain surgeon to see that this does not leave much of a margin of safety, especially when the EPA usually uses a 100-times margin of safety for such toxins.

And we have seen that fluoride accumulates in the brain, reaching levels equal to these studies. Yet most important is the fact that even their estimates found that the average person is taking in 3 ppm per day through foods, drinks and pesticide exposure. More accurate estimates found an average daily consumption of fluoride of 4 to 8 ppm.

Here's a great example of how fluoride can sneak up on you. In the South, most people drink iced tea with their meals. All teas contain very high levels of fluoride as well as aluminum. Because the summers are so hot, a large number of people are drinking large volumes of this fluoride-laden tea.

Many foods and drinks also are high in fluoride, such as de-boned meats, gelatin and American wines, especially California wines.

Pesticides, too, are a problem, because they contain cryolite, a compound containing aluminum and fluoride in high concentrations. Interestingly, workers in cryolite industrial plants have been found to have a high incidence of thinking disorders as well as genetic damage.

Fluoride and Cancer

In 1975, Dr. Dean Burk, the former chief chemist of the National Cancer Institute, and Dr. John Yiamouyiannis conducted a study comparing cancer death rates in the 10 largest fluoridated cities matched with the 10 largest non-fluoridated cities. These cities were matched for equal cancer death rates before the fluoridation experiment was begun.

They found that once cities began including fluoride in their drinking water, cancer death rates began to climb. After 13 to 17 years of fluoridation of their drinking water, these cities experienced a 10

percent increase in cancer death rates compared with the non-fluoridated cities.

The incidence of cancer would be even higher than the cancer death rates, since many people with cancer will not die of the disease during the years studied.

The Centers for Disease Control and Prevention (CDC) repeated the study using a larger number of cities and found similar results. Interestingly, both scientists proved their case in court against representatives from the National Cancer Institute.

Several other doctors found even more frightening associations between fluoridation of drinking water and cancer incidences. Dr. Donald Austin of the California Tumor Registry discovered the cancer death rates in California were 40 percent higher in fluoridated communities and Dr. Victor Ceilioni showed the cancer death rates in Canadian cities were 15 percent to 25 percent higher in fluoridated Canadian cities compared with non-fluoridated cities.

Although a heavy proponent of fluoridation, the U.S. Public Health Service discovered similar results as Drs. Austin and Ceilioni after following up its initial fluoridation program.

In the first of the fluoridated cities in the U.S. — Grand Rapids, Michigan -- the Public Health Service found a 22 percent increase in cancer death rates compared with the non-fluoridated control city of Muskegon, Michigan.

We can now show a strong connection between fluoridated drinking water and cancer death rates. And the evidence gets even stronger. As a result of these studies and the fact that the U.S. Public Health Service could not defend fluoride safety, Congress ordered a study of the problem to be conducted by the Battelle Memorial Institute in Columbus, Ohio.

The Battelle Institute announced its findings and released proof of the connection between fluoride and cancer of the mouth in February of 1989.

The study showed:

➔ At 45 ppm, there was a 12 percent increased incidence of oral cancers, such as cancers of the tongue and gums. Subsequent studies did indeed

show that the incidence of oral cancers in fluoridated vs non-fluoridated cities was 33 percent to 50 percent greater.

- Toothpaste can contain between 1,000 and 1,500 ppm fluoride.
- Fluoride gels used in dental offices contain up to 15,000 ppm.
- New fluoride varnishes release a high concentration of fluoride continuously in the mouth.

Fluoride, Bone Cancer and Young Men

The bones accumulate more fluoride than any other tissue with the exception of the pineal gland. The Battelle study found that the longer one lives in a fluoridated community, the higher one's bone fluoride levels are.

In fact, animals exposed to 45 ppm of fluoridated drinking water showed an increase in a rare form of bone cancer called osteosarcoma -- in human studies the fluoride concentrations in bones found levels greater than 2,000 ppm.

Osteosarcoma is a tumor most commonly seen in young men in their late teens and twenties. If the Battelle study was accurate, one would expect to see a rise in osteosarcoma in young men in fluoridated communities.

All one has to do is look to the reports by the National Cancer Institute and a 1992 study by the New Jersey Department of Health that show heavy increases, some as high as 50 percent, of the occurrence in osteosarcoma in young men. A New Jersey study found a 3 to 7X higher incidence of this cancer in young men in fluoridated communities vs. non-fluoridated.

Even more shocking is the fact that the Proctor & Gamble Company's own scientists found a link between fluoride ingestion and bone cancer risk before they began adding fluoride to Crest toothpaste. This information was not released voluntarily but required a Freedom of Information lawsuit to pry it loose.

Another P&G study shows that scientists also found genetic damage to cells exposed to just 1 ppm of fluoride, the same dose added to drinking water. This relation to genetic damage has been confirmed

by several independent researchers.

Other types of cancers associated with fluoride exposure include:

- Industrial exposure to airborne fluoride shows a 35 percent increase in lung cancer.
- There is also a 129 percent higher incidence in laryngeal cancer.
- Significant data show an 84 percent increase in bladder cancer.

In fact, in the Battelle study fluoride caused a rare liver tumor that can be produced in experimental animals by only one other toxin -- uranium.

Does Fluoride Cause Crippling?

Skeletal fluorosis is a rarely used term in the United States but often discussed in medical journals overseas. Not that it doesn't occur in the U.S., it's just shrouded in secrecy. Few American doctors have even the slightest understanding of the condition.

As you have learned, the bones accumulate fluoride in very high concentrations and continue to do so the longer you drink fluoridated water. Dr. Hardy Limeback, a professor of dentistry at the University of Toronto who also conducted studies on fluoride levels in the bones of people living in fluoridated communities versus non-fluoridated communities, found that the former had fluoride bone levels two times higher than the latter.

In 1993 the National Academy of Sciences admitted that when bone fluoride levels reached 7,500 to 8,000 ppm, stage 2 and 3 skeletal fluorosis was likely to occur.

So, what is skeletal fluorosis? When fluoride accumulates in bones it stimulates the bone-generating cells, known as osteoblasts, to over-produce bone calcium in what are commonly known as bony overgrowths or bone spurs. These can appear over the joints, within ligaments and especially within the spinal bones. With extensive overgrowth (stage 2 and 3) a person becomes crippled.

Of particular concern is the bone overgrowth on the spinal bones, because they can compress spinal nerves and even the spinal cord. We call this condition spinal stenosis.

Spinal stenosis is a very common disease that can affect the young as well as the elderly. It is much more common after age 50. I have operated on hundreds of people with this condition. Compression of the spinal cord in the neck can result in quadriplegia -- permanent paralysis from the neck down.

I have examined the spines of people from India with this condition proven to be caused by fluoride excess in the drinking water, and it is exactly the same as we are seeing in this country. Incredibly, no one has conducted studies in this country measuring fluoride bone levels in this crippling condition. It is not even mentioned in our medical textbooks.

Bone Fractures and Fluoride

One of the worst things that can happen to an elderly person is to fracture a hip. With mortality rates of up to 50 percent of those who do fracture their hips, many who survive never walk again. Any type of bone fracture is very painful and unfortunately quite common among the elderly.

When fluoride is present in the bones it is shown to weaken the cortical bone, that part that gives the bone strength -- bad news for fracture sufferers. One study among Utah's Mormon community found that fluoridation of the drinking water increased the incidence of hip fractures by 27 percent in women and 41 percent in men.

Fluoride and the Thyroid

In the past, medical doctors used fluoride tablets to reduce the activity of overactive thyroid glands (hyperthyroidism). Subsequent studies have found that fluoride also suppresses the activity of the normal thyroid as well, inducing a condition called hypothyroidism or goiter.

A study done in China found that thyroid enlargement was almost 10 times greater in areas with high fluoride levels in the drinking water. Since the thyroid accumulates more fluoride than any other gland, studies were done and confirmed on animals that fluoride in drinking water inhibits the thyroid gland. It gets worse when iodine levels are very low or very high.

Pregnant women with low thyroid function are at

a greater risk for their babies having severe mental retardation, thereby impacting the fetuses' brain development, according to an article published last year in *The Journal of Clinical Investigation*.

The article indicates that a child's mental development was directly related to the mother's thyroid function during the 12th week of pregnancy. With fluoride's ability to suppress thyroid function, even mild depression of the thyroid can cause a significant increase in the incidence of mental retardation in children in fluoridated communities. This may explain the finding of significant increases in Down syndrome in fluoridated communities.

Fluoride, Male Infertility and Impotence

Reduced sperm counts and infertility in men who work in cryolite (50% fluoride) and aluminum factories have been reported. Supporting evidence shows that fluoride added to the drinking water of experimental animals causes significant reductions in sperm counts, lower testosterone levels and a dramatic increase in abnormal, mutated sperm. This has been shown in many animal species as well as in humans.

Male fertility has been hampered by free-radical generation in the areas of the testes that produces sperm. This could explain not only infertility in many men living in fluoridated areas but also genetic defects in their offspring should they be able to conceive, especially those with higher intakes of fluoride.

What About the Teeth?

Let us not lose sight of the reason for fluoridating drinking water in the first place: preventing cavities. After all, didn't the American Dental Association promote the idea that fluoridating drinking water could reduce cavities by as much as 50 percent? In fact, subsequent examination of these studies found no reduction in cavities.

One dentist commissioned by the U.S. Public Health Service found that people in high-fluoride areas had fewer cavities but they also suffered from a condition called dental fluorosis, which leaves the teeth brown and mottled.

Recent studies have shown an incidence of dental fluorosis from 30 percent to 60 percent in fluoridated communities. With so many generations having been exposed to high fluoride levels over a lifetime, the problem can only get worse.

In essence, does fluoridation of drinking water prevent cavities? The largest study ever done in this country, involving 39,000 schoolchildren, found no overall reduction in cavities in communities with fluoride in their water.

Additionally, the largest worldwide study shows that children who live in areas with no fluoride in the water had lower cavity rates.

In fact, cavity rates dramatically fell even before fluoride was added to toothpaste. It is also important to note that virtually all European countries have banned water fluoridation. The most heavily fluoridated country by government policy in the world is the United States.

Another study, by Dartmouth University, shows that children living in fluoridated communities

have blood lead levels twice that of non-fluoridated communities. That could mean more incidences of poor learning ability, increased violence, higher suicide rates and greater drug use among children.

What Products Should You Avoid?

Simply put, stop using fluoride in its many forms. This includes avoiding:

- Teas high in fluoride
- Fluoridated water
- Toothpaste with fluoride
- Vaccinations, since they contain fluoride and aluminum
- Pesticides or herbicides near or in your home
- Medications containing fluoride

Also, do not use lemon in your tea, since it will increase aluminum absorption enormously.

Do not cook in aluminum or Teflon-coated cookware, and avoid using Teflon products. →



Dr. Russell Blaylock

About Dr. Blaylock

Dr. Russell Blaylock edits NewsMax.com's The Blaylock Wellness Report. He is a nationally recognized board certified neurosurgeon, health practitioner, author and lecturer.

He attended the Louisiana State University School of Medicine in New Orleans and completed his internship and neurosurgical residency at the Medical University of South Carolina in Charleston, South Carolina.

For the past 26 years he has practiced neurosurgery in addition to having a nutritional practice.

He recently retired from his neurosurgical practice to devote full time to nutritional studies and research. Dr. Blaylock has authored three books on nutrition and wellness, including *Excitotoxins: The Taste That Kills*, *Health and Nutrition Secrets That Can Save Your Life*, and his most recent work, *Natural Strategies for The Cancer Patient*. An in-demand guest for radio and television programs, he lectures widely to both lay and professional medical audiences on a variety of nutritional subjects.

Dr. Blaylock serves on the editorial staff of the *Journal of the American Nutraceutical Association* and is the associate editor of the

Journal of American Physicians and Surgeons, official journal of the Association of American Physicians and Surgeons.

He previously served as Clinical Assistant Professor of Neurosurgery at the University of Mississippi Medical Center in Jackson, Miss., and is currently a visiting professor of Biology at the Belhaven College in Jackson, Miss.

I would recommend avoiding the use of spray cans, such as hair spray, and getting rid of aluminum cans, such as those containing diet colas.

Health food stores offer toothpaste without fluoride. One type is Tom's of Maine Natural Fluoride-Free Toothpaste.

The best way to remove pesticide and herbicide residues from vegetables is simply to wash them. California wines also should be passed up, since they contain high amounts of fluoride.

Soy products, which are high in fluoride, aluminum, glutamate and manganese, are all known neurotoxins and should be avoided.

It is critical that mothers avoid all soy-based infant formulas, especially if they are reconstituted by water in a fluoridated water system. Soy-based formula has very high levels of these brain toxins, and a baby's brain is the most vulnerable until the age of two years.

What You Can Do to Protect Yourself

Certain supplements protect against the harmful effects of fluoride and aluminum. These include (adult levels):

- Magnesium malate. Take 1,000 mg. with each meal to prevent aluminum absorption.
- Calcium citrate. Take only between meals to prevent increasing aluminum absorption. Calcium citrate protects against aluminum toxicity and helps remove aluminum from body tissues. Calcium also protects against fluoride toxicity by binding to the

fluoride. Another form of calcium you can use is calcium pyruvate. The calcium neutralizes the fluoride and the pyruvate binds the aluminum, preventing absorption.

- Vitamin E succinate or natural from vitamin E (mixed tocopherols), 400 IU. Take one or two a day. Discard the gelatin capsules as they contain fluoride and glutamate as well as cow protein.

- Vitamin C as magnesium or calcium ascorbate. Take 1,000 mg twice a day. Reduces fluoride toxicity.

- Vitamin D. Take 2,000 IU a day. Protects against fluoride toxicity, especially in pregnant women. To be safe, if pregnant take 1,000 IU a day.

- Selenium. Take 200 ug a day. Selenium has been shown to protect against fluoride toxicity. Higher doses add to fluoride toxicity.

- Multivitamin/mineral. This should be as a powder in a capsule. It should not contain iron.

- Curcumin. 500mg dissolved in 2 tablespoons of extra virgin olive oil. Take twice a day with meals. It is a powerful antioxidant and shown to protect the brain against many neurotoxins.

Additionally, to get the most protection against free radicals you should eat at least three to five servings of fruits and vegetables a day. They should be fresh and eaten mostly raw.

It is also wise take 200 mg of DHA twice a day. Simply remove the gelatin capsule as you do with vitamin E. You also can get high levels of Omega-3 fatty acids by eating Christopher eggs daily and

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avoid corn, safflower, sunflower, soybean and canola oils, all of which are Omega-6 fats.

And, finally, I highly recommend taking 2 to 3 mg. of melatonin at bedtime to help regulate your sleep.

Pearl of the Month: Caution is advised, as a recent study implies a connection between women getting the flu during pregnancy and their children becoming schizophrenic later in life. No long-term studies have been done on pregnant women who do get the flu vaccine, but there is abundant evidence that overstimulation of the immune system can damage the brain, especially during the highly sensitive period of rapid brain development seen in babies.

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