For over seventy years the people of the United States have been adding fluoride to their drinking water in the name of good dental health. It has been so successfully implemented that it is touted as one of the top ten health achievements of the twentieth century. Over the years, thousands of communities in every state added fluoride to their drinking water: a real success story, until recently. Now it seems the story is changing. Success is rapidly turning into failure.

There is still the same old chorus of people preaching about the dental benefits of fluoride: mostly dentists, insisting that it makes for fewer dental cavities. But now there are numerous other claims questioning the validity of this seventy year-old practice.

Research over the past several years indicates some very serious side effects to water fluoridation, which have taken time to manifest. Scientific studies now show that the effects of consuming fluoride are cumulative and build up over one’s lifetime.

In 2010, the Environmental Protection Agency classified fluoride, which we had assumed was a nutrient, as a developmental neurotoxin. Scientists at Harvard found that children in communities with fluoridated water have significantly lower IQ scores and are much slower at retaining information than in communities without it.

In the past 10 years, Attention Deficit Hyperactivity Disorder has increased 50%. These same Harvard studies demonstrate that communities with high levels of fluoride also have high levels of ADHD. Results indicate that fluoride adversely affects children’s developing brains. Harvard scientists place fluoride in the same category as mercury, lead, arsenic, flame-retardants and six other chemicals known to be toxic to developing brains.

In tests by the Center for Disease Control, forty one percent of children in the U.S. now show significant signs of dental fluorosis, which is a mottling of the teeth due to consuming too much fluoride. Unfortunately, dental fluorosis is not only cosmetic. It indicates a much bigger problem: spinal fluorosis. This is a serious form of arthritis now affecting our young people at high rates. In essence, we are overdosing ourselves and our children with a toxic poison.

Overdosing is a big problem with fluoride. It is classified as an unapproved drug by the Food and Drug Administration but there is no way to monitor the dosage of that drug because children and adults are getting fluoride in every beverage and food made with fluoridated water. Many brush it on their teeth, and we drink it in our water every day. We even bathe and play in it. This year, the EPA reduced the suggested dose of fluoride by 40%. The last time a government agency reduced a substance this much was with the neurotoxins lead, arsenic and mercury. There is now a zero tolerance for these substances, even though we used to think that a low dose of these toxins was fine. There is already a zero tolerance for fluoride for newborns and pregnant mothers because fluoride crosses the placental barrier. Fluoride goes to everyone regardless of age, health or vulnerability. It took decades to get lead out of our gasoline. How long will it be before we get the fluoride out of our water?
We are also being given this toxic unapproved drug without our consent. This is an unethical medical practice and violates the law of informed consent. Mass medicating the population with an unapproved drug can lead to legal problems for municipalities. There is no way to monitor fluoride, no way to regulate it, no way to investigate illness related to ingesting fluoride, and no way to know how fluoride will affect certain compromised individuals. Mass fluoridation is not only unsafe, it is unethical.

There is a host of research that is equally disturbing about fluoride. A 2015 study from the British Medical Journal shows that communities with fluoridation have double the amount of hypothyroidism as unfluoridated communities. The Taylor study from the University of Austin showed a 25% increase in human tumor growth in fluoridated communities. Dr. Burk, chief chemist at the National Cancer Institute, states that fluoride increases cancer rates faster than any other chemical. Other issues associated with fluoride include: osteoporosis, increased bone fractures, stomach and digestive problems, reproductive problems, seizures, kidney problems, heart disease, fibromyalgia, gum recession, early onset puberty and calcification of the pineal gland. An increase in fluoride also causes an increased uptake of aluminum, a major cause of Alzheimer’s disease.

The CDC asserts that the benefits of fluoride are topical only, not systemic. This means that fluoride only has an effect on treating tooth decay when applied directly to the teeth. Studies funded by the National Institute of Health found no significant correlation between tooth decay and drinking fluoridated water among children. Conclusion: there is no reason to drink fluoridated water, as it is not an effective way of delivering fluoride. How can we continue to ignore these mounting facts?

The initial research on fluoride seems sketchy at best. Researchers ignored major protests from the scientific community at the time. In 1931, the Secretary Treasurer of the U.S. and head of the Public Health Service was Andrew Melon, the founder of Alcoa Aluminum. The Melon Institute conducted “tests” on fluoride, and then suggested a dose of 1 ppm be added to our water supply in the name of decreasing tooth decay. We have been following that same advice ever since. Studies in 1945 and 1955 supporting the benefits of fluoride were later found to be flawed. There have been no new pro-fluoride studies for 23 years.

Today, we no longer get our fluoride from the aluminum industry. We get it from the smokestack scrubbers of the fertilizer industry. The fluoride we use today has traces of mercury, arsenic and lead. It is estimated that it would cost the industry $70,000 per truckload to dispose of their fluoride waste. Instead, they sell it to communities like ours to put in our water.

The FDA and the American Dental Association estimate that the benefits of topically using fluoride in toothpaste or fluoride treatments can be as high as 25%, which equates to one-half to one cavity per person: a small benefit for such a big risk.

I feel that our community should be given a choice as to whether or not we dose ourselves and our families with a toxic, unprescribed drug. Instead, it is being administered to us, unmonitored and without our consent. I appeal to the citizens of Durango and the members of the City Council to give us that choice and not to make it for us. If individuals decide to take fluoride topically, fine. They can even take fluoride supplements, but please do not make us all drink it and take it in our food and beverages anymore. Save our children’s brains, our bones and thyroid glands by not adding fluoride to our water.

As new research comes to the fore demonstrating the flaws of fluoridation, many Colorado communities such as Pagosa Springs, Colorado Springs and Telluride are opting out. Use the precautionary principle and take fluoride out of our water. The City of Durango is responsible for providing drinking water that is safe for its citizens. Please contact the members of our Durango City Council and tell them to make good on this obligation and to rethink the outdated practice of water fluoridation. 😊

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