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October 9, 2020

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OFFICE OF THE REGIONAL CLERK

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Sent: October 9, 2020 2:12 PM

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Subject: BREAKING: Former NTP and NIH Director Raises Alarm About Fluoridation

CAUTION: EXTERNAL MAIL. DO NOT CLICK ON LINKS OR OPEN ATTACHMENTS YOU DO NOT TRUST.

Dear Peel, Toronto, Calgary, Brampton and Mississauga Clerks,

I request that the email below be added to the next meeting agenda for the Council in your municipality.

Thank you,
Christine

The former Director of the National Institute of Environmental Health Science (NIEHS) and the National Toxicology Program co-authored an OpEd raising the alarm about fluoridation's impact on the developing brain.



Dear Supporter:

The former director of both the National Institute of Environmental Health Sciences and the National Toxicology Program of the National Institutes of Health has joined in the growing chorus of objective experts publicly raising the alarm about fluoridation's impact on the developing brain.

Toxicologist and microbiologist, Linda Birnbaum, PhD, co-authored an op-ed appearing in the *Environmental Health News* this morning with Christine Till, PhD, an associate professor of Psychology at York University in Toronto, Canada, and Bruce Lanphear, MD, MPH, a physician, clinical scientist, and professor at Simon Fraser University in Vancouver, Canada. Till is a co-author of several significant fluoride studies including the *JAMA Pediatrics* fluoride neurotoxicity study ([Green 2019](#)) and others finding lowered IQ, increased diagnosis of ADHD, and thyroid impairment. She received a leadership award from York University, in part, for this groundbreaking research. Lanphear is also an award winning researcher who has been a member of two National Academies of Science Committees, is a member of the Environmental Protection Agency's Lead Review Panel, and is renowned for his research on low-level lead exposure and many other environmental neurotoxins.

The op-ed entitled, *It is time to protect kids' developing brains from fluoride* highlights the mounting evidence that fluoride is impairing brain development, and compares the response from the public health community to its delayed response to the obvious harm caused by lead. The authors call for the US "to rethink this exposure for pregnant women and children," and state that "Given the weight of evidence that fluoride is toxic to the developing brain, it is time for health organizations and regulatory bodies to review their recommendations and regulations to ensure they protect pregnant women and their children..."

...We can act now by recommending that pregnant women and infants reduce their fluoride intake."



Oct. 07, 2020 11:24AM EST



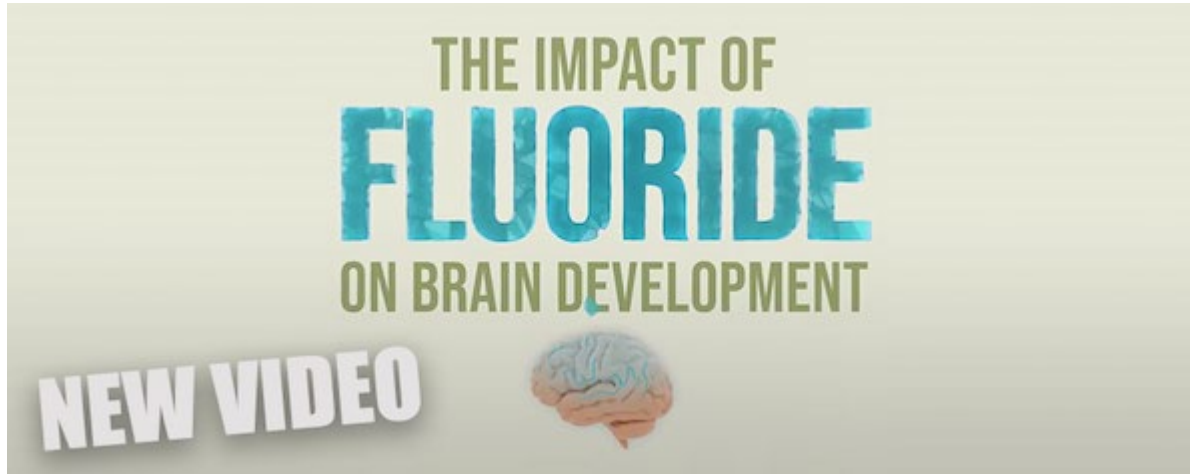
Op-ed: It is time to protect kids' developing brains from fluoride

The Op-ed is accompanied by a powerful animated short video on the impact of fluoride on brain development. It was produced by [Little Things Matter](#), a non-profit scientific organization composed of children's environmental health professionals. Here is their description of the video:


“Over the past 75 years, health authorities have promoted community water fluoridation to reduce dental caries. Until recently, however, no studies had examined the safety of fluoride in vulnerable populations, like pregnant women and infants. This video describes the history of water fluoridation and new research that found fluoride is toxic to the

developing brain.”

Click on the banner below to watch the video and access a transcript with links to all of the studies referenced in it.



Lanphear's organization also created a printable flyer to educate the general public on "Ways for pregnant women to reduce fluoride exposure," as well as prevent dental decay.



WAYS FOR PREGNANT WOMEN TO REDUCE FLUORIDE EXPOSURE

WAYS TO PREVENT TOOTH DECAY:

1. Brush teeth with fluoridated toothpaste after meals.
2. Reduce sugary and processed foods.
3. Visit the dentist regularly for check-ups.
4. Floss teeth twice daily.

SOURCES USED:

1. National Research Council (NRC). Fluoride in Drinking Water: A Scientific Review of EPA's Standards (2006).
2. Birkbeck J, Kirk G, Lindgren L, B. & Peterson L. G. Pharmacokinetics of Fluoride in Children and Adults. *Caries Res.* 15, 213-220(1981).
3. Birkbeck J & Elmehrik M. Absorption of Fluoride from Fluoride Dentifrices. *Caries Res.* 14, 94-102(1980).
4. Waight D.T., Peltier W., Lindbeck, N. & Guthrie M. Risk Assessment of Fluoride Intake from Tea in the Republic of Ireland and its Implications for Public Health and Water Fluoridation. *Int. J. Environ. Res. Public Health.* 13, 239(2016).
5. USDA Nutrient Data Laboratory, Behavior Nutrition Research Center, Agricultural Research Service. USDA National Fluoride Database of Selected Beverages and Foods. USDA-NR. Fluoride Database for Beverages Foods (9-2006).
6. Rodriguez I, Burgos A, Rubin C, Gutierrez AJ, Paz S, de Oñate Jorner PME, et al. Human exposure to fluoride from tea (Camellia sinensis) in a natural region: Canary Islands, Spain. *Environ Sci Pollut Res Int.* 20(2):2203.
7. Chen L, Moha A, Sakar S, Lynch P. Human exposure assessment of fluoride from tea (Camellia sinensis L.) A UK based survey. *Food Res Int.* (Internet). 2015;52(1):564-570.
8. Campbell A, et al. Fluoride Content in Foods and Beverages From Major City Markets and Supermarkets. *Food Addit. Bull.* 32(7):1211-18(2004)(2015).

DRINK NON-FLUORIDATED WATER:
About 75% of dietary fluoride comes from water and water-based beverages. Water can be fluoridated naturally or it may have fluoride added to it (community water fluoridation). A pregnant woman may reduce her consumption of fluoridated water and beverages made with fluoridated water by:

1. Installing a specialized water filter that removes fluoride, including those that use reverse osmosis or distillation. Carbon-based filters such as Brita may not be as effective at removing fluoride as these other types of filters.
2. Drinking bottled water low in fluoride. Most bottled water contains lower amounts of fluoride. You can make sure by reading labels on bottled water or choosing deionized water or spring water.

AVOID GRAPES JUICE, GRAPES, RAISINS AND WINE:
These have high levels of fluoride from a pesticide called cryolite¹. To reduce exposure, you can:

1. Buy organic grape juice and organic grapes.
2. Reduce consumption of grape juice and, of course, wine.
3. Choose red grape juice instead of white grape juice.
4. Choose organic fruits and vegetables to avoid fluoridated pesticides.

AVOID MECHANICALLY DEBONED CHICKEN:
(i.e., chicken nuggets, canned chicken) because fluoride may remain from the deboning process². Instead:

1. Purchase whole chickens.
2. Choose fresh meat products as opposed to processed meats or fast food.

AVOID SWALLOWING FLUORIDATED DENTAL PRODUCTS:
Fluoride rinses and gels contain high levels of fluoride and can be avoided in pregnancy^{3,4}. You can continue to use fluoridated toothpaste, but avoid swallowing the toothpaste, and rinse your mouth thoroughly after brushing.

AVOID BLACK AND GREEN TEAS:
Tea leaves accumulate high levels of fluoride from the soil^{5,6}. To reduce fluoride exposure from tea, you can:

1. Reduce tea consumption.
2. Drink tea made with younger leaves (white) or herbal.
3. Brew tea made with non-fluoridated water.

AVOID PROCESSED FOODS:
which may contain more fluoride^{7,8}.

Disclaimer: The above content is neither intended to nor does it establish a standard of care. This information is not a substitute for professional judgment.

Find out if your water has fluoride added to it: <https://www.epa.gov/ECH/MRF/Effects/Effects.aspx?USA>
For more information about water fluoridation: <https://www.cdc.gov/fluoridation/faq/index.htm>, <https://www.canada.ca/en/services/health/publications/healthy-living/fluoride-factsheet.html>

This deserves to go viral. Please repeatedly share all of these materials far on wide with friends, family, co-workers, fellow campaigners, local officials, and the media. Also consider emailing it to scientists at your local colleges and universities, along with pediatricians and midwives in your community.

Sincerely,

Stuart Cooper

Campaign Director

Fluoride Action Network

[See all FAN bulletins online](#)

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Fluoride Action Network

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