

## Testimony for HB 5350

An Act Concerning the Department of Public Health's Recommendations on Fluoridation of the Public Water Supply

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Members of the Public Health Committee,

Water fluoridation is inherently unethical. Fluoride is a drug that is added to water for medical purposes (to prevent cavities), but you cannot control the dose people are getting when administering it this way. Fluoride in dental practices has always been a topical treatment. It should never be swallowed. Even in minute dosages. Moreover, fluoride isn't even approved by the FDA for the prevention of cavities!

In April 2015 the US Department of Health and Human Services (HHS) announced that this "optimal" level of fluoride, recommended since 1962, had in fact been set too high, resulting in 40 percent of American teens showing signs of overexposure, a condition known as dental fluorosis.

So for the first time in nearly 55 years, the US government lowered its recommended level of fluoride in drinking water to a maximum of 0.7 mg/L. The question is, will this new level protect everyone from overexposure?

Considering the fact that virtually all Americans get fluoride from other sources such as toothpaste, dental rinses, processed foods, and beverages, and the fact that fluoride accumulates in your body over time, chances are this lower level will still pose a health risk for many.

The severity of those side effects depends on your age, size/weight, health status, and of course the amount of water you consume.

Fluoride is an endocrine disruptor—a finding reported for the first time in the NRC's 2006 report. Endocrine disruptors have the potential to disrupt the biology of both humans and animals, and this is certainly far more significant than severe dental fluorosis!

A recently published Harvard University meta-analysis funded by the National Institutes of Health (NIH) has concluded that children who live in areas with highly fluoridated water have "significantly lower" IQ scores than those who live in low fluoride areas. The

research links fluoridated water consumption to thyroid dysfunction, ADHD, reduced IQ, bone fluorosis, increased bone fracture rates, and endocrine disruption.

There is a 32-page report that can be downloaded free of charge from Environmental Health Perspectives

Furthermore, according to the Centers for Disease Control and Prevention (CDC), 41 percent of American adolescents now have dental fluorosis — unattractive discoloration and mottling of the teeth that indicate overexposure to fluoride. Clearly, children are being overexposed, and their health and development put in jeopardy. *Why?*

The only real solution is to stop the archaic practice of water fluoridation in the first place. Clean pure water is a prerequisite to optimal health. Industrial chemicals, drugs, and other toxic additives really have no place in our water supplies. So please, protect our drinking water and support the fluoride-free movement by making fluoridation a thing of the past in Connecticut.

- Environmental Health Perspectives July 20, 2012
  - 1 Choi AL, Sun G, Zhang Y, Grandjean P, 2012 Developmental Fluoride Neurotoxicity: A Systematic Review and Meta-Analysis. Environ Health Perspect doi:10.1289/ehp.11452
  - 2 National Research Council (NRC) 2006, Fluoride in Drinking Water: A Scientific Review of EPA's Standards
  - 3 [Fluoride Action Network, Fluoride & the Brain](#)
  - 4 Lita Lee, Ph.D. Fluoride—A Modern Toxic Waste (PDF) March 7, 2005
  - 5 The Fluoride Action Network
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- [FluorideAlert.org](#)
  - Willamette Week April 17, 2013
  - 1 [FluorideAlert.org](#)
  - 2 Fluoride Action Network, National Research Council Findings 2006
  - 3 [Fluoride Action Network, Fluoride & the Brain](#)
  - 4 NCHS Data Brief, Number 53, November 2010
  - 5 Environ Health Perspect. 2012 October; 120(10): 1362–1368.
  - 6 Willamette Week April 17, 2013

The Fluoride Debate: A response to the American Dental Association's booklet, "Fluoridation Facts"

Fluoride Action Network (Excellent Resource, Very Up-to-Date)

Scientific Literature on Fluoride

Fluoride: Protected Pollutant or Panacea? (Elkie Babiuk's site)

New York State Coalition Opposed to Fluoridation

Fluoride Controversy, the Townsend Letter for Doctors and Patients

More Scientific Facts on Fluoride

Fluoride Research Journal

America Overdosed on Fluoride - Lynn Landes (Includes e-mail correspondence in which an ADA spokesperson refutes news reports that non-fluoridated bottled water causes cavities, and what you can do to ban fluoride and educate others.)

The Toxic Effects of Fluoride (Be aware that they are selling a fluoride removal system.)

Fluoridation Debate (Environmental Health Perspectives, Volume 105, Number 11, November 1997)

Fluoridation: The Overdosing of America - Fact or Fiction? (Slides by Gerald H. Smith, D.D.S.)

Darryl W. Roundy, D.C. - Fluoride Research

Fluoridation Fluoride Toxic Chemicals In Your Water

Does water fluoridation have negative side effects?