

## **Testimony for HB 5350**

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

March 2, 2016

Members of the Public Health Committee,

As a Certified Health Coach with the focus on prenatal, birth, postpartum and early childhood care, I ask you to support HB 5350. More importantly, I am asking you to please take a closer look at the safety & effectiveness of water fluoridation and consider banning this practice completely in CT.

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.

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. Proper hygiene instruction and a balanced diet is the logical answer to improving prevention practices. 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.

Thank you for your consideration on this matter.

Carol Peringer

Certified Health Coach, Dona Certified Birth Doula

[cperinger@gmail.com](mailto:cperinger@gmail.com)

- 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
- 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
  
- 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?