

THE AUSTRALIAN FLUORIDATION NEWS

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(Murray River area)

ARTIFICIAL FLUORIDATION
IS WATER POLLUTION



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A man willing to protect his family

Geelong's water has been poisoned with fluoride for 18 months. Geelong resident Richard Michalik has not been paying for this poisoned water. His water retailer, Barwon Water divulged his details to debt collectors and lawyers, and so Richard sent the following letter:

"To Roger Lowrey, John McDonald, Michael Malouf ¹

RE: Harassment from Probe² and Geoffrey Mendelson Lawyers

Please find attached correspondence and I ask that you inform Probe and Geoffrey Mendelson Lawyers to stop sending threatening letters to my private address. A person's home is his castle and I did NOT give Barwon Water Corp permission to disclose my personal details to a second or third party.

I have had a quick look at your profiles which are available on Barwon Water website and I have noticed that all three of you have had quite good white collar jobs in the past. You will all be aware of the Commonwealth Privacy Act and the Trade Practices Act.

I learned very quickly what FLUORIDE is and it has nothing to do with the health of your teeth. Every year I still receive a letter from ALCOA for a free health check because I worked in the Pot rooms...

Let me tell you about my work history. I have spent most of my life working hard in the Electrical trades. I worked at ALCOA in the POT ROOMS for quite a while, where I learned very quickly what FLUORIDE is and it has nothing to do with the health of your teeth. Every year I still receive a letter from ALCOA for a free health check because I worked in the Pot rooms and other areas. Thankfully my Doctor had the good sense to advise me to leave this toxic job, for the good of my health. My mates that worked with me and stayed on are mostly dead or have cancer. You cannot convince me that fluoride is safe at any dose and I have taken the steps to protect myself and my family from ingesting this toxic waste by purchasing a whole house water filter.

I have attached an invoice for the cost incurred by me and I give you an opportunity to pay it or deduct it from my water bill. I have signed Non-Consent letters, voted against fluoride and I have notified Barwon Water on numerous occasions, that I do not want this toxic waste piped into my house. I am the consumer and unlike you I do not serve another master DHS [Department of Human Services] and I do NOT give my consent to be forced into a medical experiment. If you do not wish to pay for my filter, then please go ahead with your threat to take me to court because I will not start paying my water rates until the full amount is reimbursed to me.

Finally, I invite you to go on a tour of ALCOA pot rooms (if ALCOA will allow you), then ask Pivot Incitec to have a look how the fluoride is being produced and see it for yourself. I think that all of you will reconsider this disastrous decision you have made to continue to serve your master and put fluoride into our water.

Kindest regards
Richard Michalik
Geelong, Vic"

Published with the permission of Richard Michalik.

References:

1. Barwon Water Chairman, Deputy Chairman & Managing Director.
2. Probe is a private debt recovery and collection company.

Geelong's Drinking Water - A Nasty Brew

Geelong residents may now be drinking water containing very high levels of both lead and copper, according to Geelong scientist Frank Parsons. Filters recently installed to take out the government's lethal fluoride cocktail have been clogging up in record time with these metals. Whilst artificially added fluorides have a long history of destroying water supply infrastructure, there may be other factors at play here due to Geelong's varying water sources. Nevertheless, according to Parsons, who continues

to monitor Geelong's water, "anyone failing to properly filter their drinking water is putting their health at risk". He recommends installing a reverse osmosis system (three stages as a minimum) for the best results. After the Victorian polls closed on the 27th of November, the former member for South Barwon was credited with having

"**delivered a lot** for the community" (according to political colleague Lisa Neville in the ABC tally room broadcast). We can see from the above that this is exactly what he has done. Unfortunately, **delivering a lot of deadly toxins via the water supply** is hardly conducive to being re-elected.

Banning Bottled Water and the Freedom to Choose

Why is the healthiest drink in the shop fridge - bottled water - the *only* drink that the government wants to see "banned"? And who gains from banning bottled water?

Why is bottled water so popular? Safety, taste, health benefits and convenience are key reasons why many consumers pay more for bottled water. If you can taste the difference between bottled water and tap water this can be enough to justify the purchase, as would knowing the realities of fluoride.

COMPARE BOTTLED WATER WITH TAP WATER

Over 85% of taps in Australia dispense fluoride along with a cocktail of other chemicals (including lime, aluminium and the other additives) to stop the fluoride corroding the water pipes.

Most bottled water does NOT taste like the local chlorinated swimming pool or worse. Bottled water doesn't usually contain fluoride or chlorine. "Spring water" bottles MUST contain spring water as it's illegal to sell bottled tap water (or filtered water) as "spring water".

WHY BE CONCERNED WITH FLUORIDE?

Warning: When we first realise what fluorides are, it can come as a shock to the system. Yet awareness is the first step to freedom. Looking at the POSITIVE side, once you DO know you'll be able to take measures to protect yourself and your family from its harmful effects.

Taps across Australia dispense the fluoride drug as mass-medication, prescribed by politicians pretending to be qualified doctors prescribing drugs for their patients/subjects. No regulatory authority in Australia (e.g. TGA, Therapeutic Goods Administration) or elsewhere (e.g. the US FDA, Food and Drug Authority) have ever approved or licenced fluorides as medications. After all these years, there is still no proof that fluorides are safe or effective. All we have is persistent propaganda. This is one of the most important reasons why fluoridation has been rejected and (largely) removed from Continental Europe.

Another reason is that the chemicals used for fluoridation are sourced from phosphate fertiliser factory pollution scrubbers. That is, toxic industrial wastes (either sodium fluoride or sodium silicofluoride with hexafluorosilicic acid) are added to our drinking water supplies. These fluorides are classified as S6 or S7 poisons and they come labelled with the word "POISON" and a skull and cross bones picture! The World Health Organization's International Agency for Research on Cancer (IARC) states that: "**The major uses of sodium silicofluoride [are] as an insecticide, fungicide, bactericide and rodenticide [and a] fluoridating agent for municipal drinking-water...** The Commission of the EU

Communities requires... **sodium silicofluoride** be labelled as **toxic by inhalation, in contact with the skin**"*[p.250, IARC, 'Evaluation of the carcinogenic risks of chemicals to humans'].

Rodenticide is rat poison - not what anyone would want in their drinking water, once they know. And "contact with the skin" - that's your entire gastro-intestinal tract, and more. It appears the fluoride waste promoters have no scruples "pushing" their drugs (fluoride compounds) into Australia's drinking water.

Fluorides have been used for decades as a rat poison, insecticide, and as "1080" (fox/animal) poison. The long list of proven deleterious health effects from consuming fluorides includes many types of cancers, bone and joint problems (arthritis, osteoporosis, brittle bones and hip fractures), brain problems (Alzheimer's disease and all manner of violence), heart disease, kidney disease, ageing and reduced life-spans.

We reiterate: It can be quite shocking when we first discover the sordid realities behind fluoridation. We may despair or try to ignore it for a while, but it's much better to take action, talk it through with others and work to minimise your own (and your family's) fluoride exposure.

Many people are aware of the toxicity of fluorides (even at low levels) and its cumulative nature (building up over a shortened lifetime) and so they do their best to reduce their fluoride intake. There may be no safe level, but eliminating all fluorides from your diet is impractical and near impossible.

Typically we excrete about half the fluoride we consume, assuming our kidneys in particular are functioning well. The remaining fluoride builds up in our teeth, bones and soft tissues (our organs, such as the heart and kidneys) - creating a "growing and ticking fluoride time bomb".

Examine the background or credentials of anyone disputing or disregarding the toxicity or cumulative nature of all fluoride compounds, or water fluoridation in particular. They often don't want to challenge the "sacred cow" or they have a strong self-interest in continuing to peddle toxins. Remember that fluoridation is first and foremost a commercial arrangement worth billions of dollars each year.

By the way, fluoridation doesn't benefit teeth. The original trials were a set-up as "Trials" to "prove it works". Detrimental evidence was altered or removed. [See Dr Phillip Sutton's "THE GREATEST FRAUD: Fluoridation" (1996)] Independent research for decades has shown fluoride damages teeth, the best known damage being dental fluorosis (mottling). These are just some of the reasons why fluoride in drinking water is a concern, and why people who are aware of fluoride's dangers prefer bottled water.

COMPARE BOTTLED WATER WITH OTHER DRINKS

Soft drinks (eg cola) are usually transported as acidic soft drink concentrate and are reconstituted by adding fluoridated tap water at the local factory or distribution centre. It's similar with fruit juices. Most beers in Australia are made using fluoridated tap water. Some cheap wines have fluoride added to stop (or "kill") the fermentation process.

Soft drinks are typically acidic and damage teeth as well as having other negative systemic effects on people's health. Despite this, it's incredible that bottled water gets singled out for banning!

The Australasian Bottled Water Institute (ABWI), an industry association for water bottlers, states "There is no correlation between the increased consumption of bottled water and an increase in cavities. In fact, bottled water does not contain ingredients that cause cavities and is often a replacement for beverages and foods that may contribute to poor dental health."

The ABWI continues: "Dental decay is multi-factorial and primarily caused by the lack of proper dental hygiene and by the consumption of fermentable carbohydrates that may stick to the teeth."

We would also add both poor- and mal-nutrition to the list.

Often bottled spring water and mineral water are the only fluoride-free choices in the drinks fridge. This makes for an easy choice for those "in the know"!

The implication of a recent European Court of Justice Ruling is that Europe won't import our food or drinks (e.g. beers, wines) produced with fluoride, without a "medicinal licence." Fluoridated water is regarded as medication as it has pharmacological effects on the body. i.e. Fluoride is a drug and is classed as such by the FDA.

No properly conducted scientific study has EVER proven that fluoride reduces decay, so there's no advantage to it being added to bottled water.

FLUORIDE IN BOTTLED WATER

Since July 2009, bottled water manufacturers are allowed to add fluoride. It must be labelled clearly that it "contains added fluoride". A more accurate label might read: "According to the World Health Organisation (WHO) this drink contains Rat and Cockroach Poison."

The bottles are unlikely to detail where the fluoride actually comes from. It is unlikely to be the more "natural" (and less damaging) calcium fluoride as it has low solubility. It is more likely to be the more soluble and dangerous types from factory smokestacks: sodium fluoride or the silicofluorides.

FORMER PRIME MINISTER KEVIN RUDD LEADS THE WAY

According to the Herald Sun, previous Prime Minister Kevin Rudd claimed bottled water in his expense account totalling \$6000. If fluoridated tap water is so safe why does he need to spend an average of \$16.43 every day on bottled water?

Mr Rudd appears to choose the pure spring water option over the low-dose cumulative silicofluoride rat poison option. We trust his advisors would recommend "rat-poison-free" water. But what about providing the same advice to ordinary Australians? The time has come!

The option of fluoridated bottled water has nothing to do with choice. It's about continuing to sell the smokescreen of

the "benign, beneficial chemical" - a myth invented in the 1930s for commercial gain to avoid massive lawsuits and was followed up with dodgy pseudo-science 'trials' from 1945-55.

Who will be the brave Australian Prime Minister to end fluoridation? Perhaps more importantly, how many Australians will 'back the move'? We just can't wait for politicians to save us from either the toxic fluoride waste or the corrupted commercial/political powers that put it in our drinking water. It's up to each of us – as individuals and as communities.

Parts of Australia have been fluoridated for almost 60 years. We hear the chronic, fatal disease statistics and rising numbers of people affected by debilitating health conditions including cancer and arthritis, many of these conditions caused or made worse by fluoride. It's time to de-fluoridate and detoxify.

Everyone, especially drinkers of fluoridated bottled or tap water, are advised to research the chronic, persistent symptoms of fluoride poisoning. Check out the Drs Waldbott and Yiamouyiannis downloads on www.fluoridationnews.com.

FREEDOM OF CHOICE - AT A COST

Bottled water isn't cheap - it's a not-so-hidden cost of mandatory fluoridation. People choosing bottled water pay a premium for water without cumulative rat poison.

While they're away from home for any period of time, people sensitive to fluoride have little option but to buy bottled water without the fluoride, or much more cheaply to bring filtered water from home in a bottle, but that is not always possible. Most filters do NOT remove fluoride, so be sure your filter supplier guarantees it to remove close to 100% of the fluoride. See our "Water Filters Buyers' Guide" online.

TRANSPORTATION ENERGY COSTS and PLASTIC WASTE - OR BASIC HUMAN RIGHTS?

It's not just bottled water, there's a lot of plastic and glass filled with liquids being trucked all over the country. Many litres of fuel are expended transporting these drinks, and a proportion of the PET plastic bottles will likely end up littering our beautiful country or going to landfill rather than recycling.

Saving these energy/transportation costs and the impacts on the environment are important, yet only part of the whole picture. In the long term, when fluoridation has stopped, a sustainable world is unlikely to include trucking bottled water or soft drinks around the country. In the short to medium term, by banning bottled water (or only stocking fluoridated drinks), people lose their "clean water" choice, whether they realise it or not, and are burdened with all the adverse flow-on health effects related to accumulating fluoride.

Denying people access to fluoride-free water in fluoridated regions restricts the rights of people to choose fresh, clean water without drugs – one of our most basic and vital needs next to oxygen and food.

SOME PLASTICS LEACH CHEMICALS

For many reasons, plastic bottles are not great drink containers for water. They can leach dangerous chemicals (such xeno-estrogens and BPA, Bisphenol A) into the water. The environmental impacts will likely impact the long-term future of plastic bottles. Our society needs replacements for disposable drink containers. In the foreseeable future, personal responsibility (such as a 'BYO' flask or cup) will likely play a part in replacing pre-packaged 'disposable' plastics.

WHY SINGLE OUT BOTTLED WATER as the ONLY DRINK to be BANNED?

The key assumption is that bottled water is the same as tap water. Bottled water is generally of very high quality and free from toxic pollutants, which can't be said of tap water in any fluoridated city.

Soft drinks and fruit juices in Australia are reconstituted with fluoridated tap water. If we had safe tap water, these drinks would be much safer and there'd be less demand for bottled water, as people could bring tap water from home.

We suggest that any town or city banning bottled water ought to provide a non-fluoridated water option for residents and visitors, like the unfluoridated water fountain provided in Haarlem in The Netherlands in the 1970s. Later in 1976 when The Netherlands banned fluoridation for being totalitarian mass-medication, the fountain was also removed.

Despite the added financial costs, people drinking bottled pure water are clearly taking positive steps for their health. This can't be said of most other beverages on supermarket shelves or served in cafes.

BANNING SAFE UNFLUORIDATED BOTTLED WATER: WHO GAINS?

- Fluoride drug pushers. They maintain the illusionary fluoride propaganda that it is "safe and effective" (that somehow, unproven fluoride is beneficial) and also attempts to bolster the myth that bottled water is essentially the same as tap water. Many people deliberately choose bottled water because it is free of fluoride and chemicals.
- Marginal benefit in less energy expended on producing and distributing plastic bottles and so reducing the number of them littered or going to landfill. This of course ONLY applies to bottled water, all the other PET bottles from soft drinks, fruit juices, etc continue to be trucked nationwide.

WHO LOSES?

- Citizens - have reduced free choice. It will be harder to find safe drinks (that are fluoride and chemical-free). Polarised "bottled water bans" remove individual choice and cut a slice from democracy, which our community pays for with less freedom.
- Banning or limiting an important source of pure (unfluoridated) water in fluoridated areas has consequences for people's health. People sensitive to fluoride will notice the effects, but only some will be aware of the cause. Everyone will be the victim of accumulating fluorides. At least half the daily fluoride intake will amass in their teeth, skeleton and soft tissues (organs) where it slowly begins to wreak havoc, ageing the body prematurely. Search for fluoride's health effects online, e.g. fluoride cancer, fluoride death, fluoride arthritis.

RECOMMENDATIONS UNTIL FLUORIDATION ENDS:

- Buy a good quality water filter (be sure the filter removes fluoride, many don't). See our website for more info.
- Take filtered water from home in good quality bottles (stainless steel or high quality plastic, preferably BPA free). Glass jars make great containers at home.
- If/when you are away from home and run out of filtered water, buy one of the better quality bottled water without fluoride (e.g. Nobles Pureau*). Always read the fine print.

- Some bottled water contains a small amount of so-called "natural" fluoride, which is not usually labelled on bottles. It's preferable not to buy these either, as fluoride isn't beneficial. As fluoride researcher Dr John Yiamouyiannis said, "there may be no safe level of fluoride."
- Don't make baby's formula with tap water. Mothers' milk contains virtually no fluoride. Babies and children don't need fluoride, no one does. Commercial formula itself can contain very high levels of fluorides. The American Dental Association in 2006 finally recommended that infant formula should NOT be made from fluoridated tap water, but the Australian Dental Association is yet to concede this.
- Of all the drinks (fruit juices, soft drinks, milk, beer, wines) the best one in the drinks fridge for the teeth is water. After a while, the body's desire for sugar and flavour dissipate and the water actually tastes delicious! This could be hard for kids and teenagers to believe. Just think: "Rat Poison".
- People need bottled water to be tested properly and labelled clearly, detailing mineral content, including the fluoride level. Natural fluoride may be only 0.1 to 0.3ppm but is still important to know. In addition to Nobles', Pellegrino, St Vittoria and Benedetto are all labelled well. Few Australian manufacturers label very well at all. You might consider asking them to provide this information.
- Get further informed on fluoridation: research the facts so you know enough and also what else you can do about it. We all have a part to play.
- Minimise your total fluoride exposure: It's not just in water, but in food derived from fluoridated tap water, toothpaste, pharmaceutical medicines, clothes and non-stick fluoropolymer cookware (including pans and utensils). See the "Action" Flier on our website.
- Spread the word of fluoride awareness to those you care about: friends, family, neighbours, colleagues and even perfect strangers! Especially at election time, let all your politicians and candidates know that you vote fluoridationists (those favouring mass-medication) out of office and instead vote for candidates who support freedom of choice, i.e. the only candidates who have any respect for you and your family!

Note:** *The Australian Fluoridation News does NOT receive any advertising revenue or funds from any bottled water company or industry. We operate from subscriptions and donations from citizens aware of what is being done to them via their water supplies, and are committed to do something about it. If ALL relevant government departments, agencies and organisations disclosed where their funding comes from - **it would be a different world!

References: ABWI, Australasian Bottled Water Institute, www.bottledwater.org.au

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