

# THE AUSTRALIAN FLUORIDATION NEWS

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## The Fluoridation Iceberg

Our immune systems' unexpected reactions to fluoridation's stress explained by the *General Adaptation Syndrome*

by Hans Moolenburgh, General Practitioner

**In the 1970s I founded a doctors' group to study the side effects of fluoridation, which had just commenced in Amsterdam and its unwilling surrounding communities, who were dependent on Amsterdam for their drinking water.**

At a certain point in our work, when we had found the many side-effects the fluoridating authorities had always vehemently denied, our biologist Grimbergen stressed that we should prove that those same side-effects were caused by fluoridation. And by side effects I mean skin troubles, dizziness, headaches, gastro-intestinal troubles, and an epidemic of violently crying babies. We designed and implemented these tests in 1973 but when the first results came in we were greatly disappointed.

The patients were reacting when there was no fluoride in their daily water bottles but showed no side-effects when their bottles contained fluoridated water.

The next results showed something peculiar. The notary was the only one who knew which bottles were fluoridated and which were not. When the patients stopped using fluoridated water (to which they showed no reactions) the very next day on clean water they indeed broke out with their complaints. We now discovered that this same phenomenon had happened in the first group but we didn't realise it at the time.

We called it the "rebound phenomenon" until one of our collaborators, who had fought the fluoridation battle in

Sweden, remarked that what we were seeing reminded her of the *General Adaptation Syndrome*. This form of reaction of the human body is fundamental in understanding how our bodies work under stress. It was discovered by the famous Hans Selye and was explained in his book *Cancer, Stress and Death* (1979).

**"This form of reaction of the human body [General Adaptation Syndrome] is fundamental in understanding how our bodies work under stress."**

### General Adaptation Syndrome Explained

When stress hits a human being, be it physical and/or psychological, the person reacts with certain symptoms. For instance when a soldier is under fire for the first time, he has heavy palpitations and sweating, trembling hands and may even soil himself. Later on when it happens again and again, these reactions vanish more or less but quite a number of soldiers, after having come back from the front may suddenly get violently ill with their first symptoms.

In World War I they called it shellshock and after World War II it was called post traumatic stress syndrome.

What happened was that when a soldier went through the **acute phase** for some time, his brain began to ignore the acute warning symptoms and a certain coolness set in. This is the second or **adaptation phase**. If this phase is suddenly broken off, for instance going on leave from the front line, the patient

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can revert to his acute symptoms once again. He has returned to the acute phase discovered by Selye.

Our patients with the side-effects "on the wrong bottle" (they were using fluoride free water) had already been fluoridated for a year, and a majority of them had reached the adaptation phase. Stopping fluoridation in this phase caused a flare-up. Later we learned how to evade this reaction and get the right results.

### Long-term effects

Now, do not think that the adaptation phase has solved the difficulties. Quite the opposite is true. The immune system remains under stress and has to devote a certain percentage, let us arbitrarily say 10% of its capacity, to fight the continuous stream of poison.

Then, after quite a long time, sometimes five years, sometimes more, for some reason or other, sometimes another stress, sometimes because enough is enough, the person reaches the **exhaustion phase, part three** of the syndrome and here is the great lesson:

*This exhaustion phase shows completely different symptoms from the acute phase. This explains the crippling fluorosis occurring so much in India. This also explains the 10% extra cancer death rate seen by Drs Dean Burk and John Yiamouyiannis in fluoridated cities in the USA (1973), which has - contrary to propaganda - never been refuted and has even been confirmed recently in a comparison between the fluoridated Republic of Ireland and the non-fluoridated Northern Ireland. Eleven different cancers were much more frequent in the Republic than in Northern Ireland. (Also see Dr John Yiamouyiannis' book, "Fluoride: The Aging Factor", 1993).*

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**"the exhaustion phase... explains the crippling fluorosis occurring so much in India... the 10% extra cancer death rate seen by Drs Dean Burk and John Yiamouyiannis in fluoridated cities in the USA (1973), which has - contrary to propaganda - never been refuted and even been confirmed recently..."**

*It also explains the findings of Isabel Jansen RN, who in her book "Fluoridation" (1990) shows that in Antigo, Wisconsin, heart deaths doubled from 86.4 per 100,000 below the national average to 176.5 per 100,000 above the national average following artificial fluoridation of the Antigo water supply.*

### Summary

So, to restrict myself to fluoridation, let us summarise what we have found.

**Phase one** of the *General Adaptation Syndrome* concerning fluoridation:

*A series of small to medium symptoms, in especially sensitive persons. The majority progress right into the adaptation phase.*

**Phase two** means an immune system that continuously has to battle with a poison and does so heroically:

*For the person who is in this phase it quite pleasant, because he feels nothing, just like someone who smokes 40 cigarettes a day or drinks a bottle of whisky a day and feels on top of*

*the world. But it is also like living on the slopes of an active volcano. Every day a catastrophe comes nearer. Now it is of course possible that some persons stay in the adaptation phase for the rest of their lives. But with the onslaught of 100,000 new chemical compounds that we have poured into our environment since WWII, many of them extremely toxic, staying in that phase forever seems less and less probable.*

*Especially in the case of children and people over 50.*

*It would be the height of folly to say: "Well, all those so called side-effects have gone away. They were just a nocebo effect (the opposite of a placebo. In a placebo you think something helps and it does help. In a nocebo you think that something might hurt and it does hurt).*

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**"the side-effects shown by about 6% in a newly fluoridated region are warning signals for the whole population."**

***No, the side-effects shown by about 6% in a newly fluoridated region are warning signals for the whole population. Just like when miners took canaries with them, the small fragile birds were quick to fall off their perches when there was mine gas - which the men could not discern yet, so these 6% human canaries warn us: "Enemy within the gates! Beware!"***

There is only one enigma I should like to solve before I die.

**We have scientifically proved that fluoridation does not prevent tooth decay. We have scientifically proved that fluoridation gives a host of untoward effects, like the mounting cancer death rate and the statistically proven lowering of the IQ in children who are born and grow up in fluoridated regions.**

How then can this nonsensical and dangerous measure still be maintained? I wish that all Australians who have kept their common sense will fight to rid their country of this folly as soon as possible.

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### Additional Notes on Hans Selye

Hans Selye (1907-1982) was a pioneering Austrian-Hungarian endocrinologist who studied stress response. In his career he wrote over 1,700 papers and seven books. From 1936 he moved to Montreal, Canada, where he began researching stress. He coined the term "stress", observed that stress is cumulative, and developed the theory of the General Adaptation Syndrome. Sources: Wikipedia, *Stress Without Distress* (1974)

### Dr Yiamouyiannis & the Fluoridation-Cancer Link

One would have thought the fluoridation phenomenon, which results in large numbers of Australian lives lost each year, to be worthy of the attention of our journalists, our "Fourth Estate", even if it's not of interest to the media's owners. The following information comes from Ireland's "Sunday News" (July 1975) and was quoted in *The Australian Fluoridation News (Aqua Pura)*, April-May 1976:

*"Dr Yiamouyiannis' study also reveals that fluoridation of water supplies has caused [an] 80% rise in deaths due to cancer of the rectum, a 72% increase in death due to cancer of the oesophagus, and [a] 44% increase in deaths due to cancer of the mouth and tongue. He claims too, a 38% increase in deaths due to cancer of the bladder and urinary organs, and a 21% [increase in deaths] due to breast cancer amongst women - all caused by water fluoridation."*

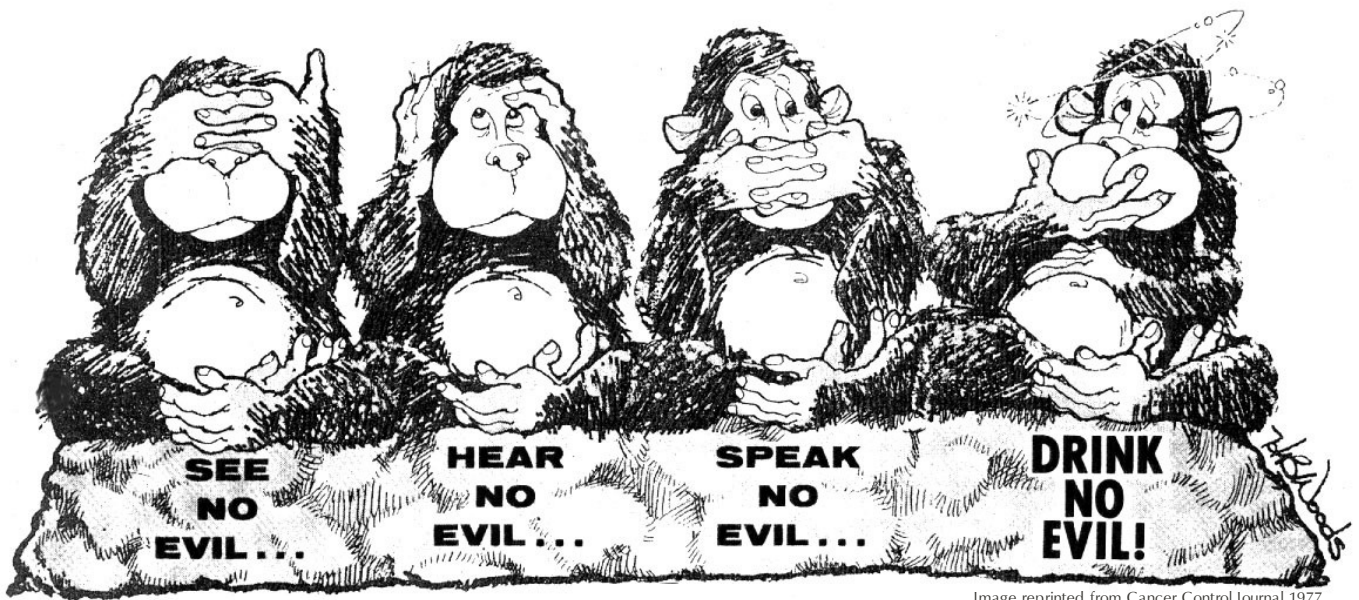


Image reprinted from Cancer Control Journal 1977

## Learning from these 'Conforming Apes' to "Question Everything!"

How often have you had a response from someone – "That's the way we do things and you can't change it". The following parable of a behavioural experiment explores how we behave in society and organisations, and also what is possible when we are conscious: asking questions, knowing the "why" and then choosing freely.

Start with a cage containing five apes. In the cage, hangs a banana on a string with stairs under it.

Before long an ape will go up the stairs and start to climb towards the banana. As soon as the ape touches the banana, spray all the apes with cold water.

After a while, another ape makes an attempt with the same result – all the apes are sprayed with cold water. Turn off the cold water. Now if another ape tries to climb the stairs for the banana the other apes will try to prevent it even though no water sprays them.

Now remove one of the five apes from the cage and replace with a new one. The new ape sees the banana and tries to climb the stairs. To his horror, all of the apes attack him. After another attempt he is again attacked. He knows now that if he attempts to climb the stairs he will be assaulted.

Next, remove another of the original five apes and replace with a new one. The newcomer goes to the stairs and is attacked. The previous newcomer takes part in the punishment with enthusiasm.

Again, replace a third of the original five apes with a new one. The new one makes it to the stairs and is attacked as well. Two of the four apes that beat him up have no idea why they were not permitted to climb the stairs, or why they are participating in the beating of the newest ape.

After replacing the fourth and fifth of the original apes there are no longer any apes that have been sprayed with cold water. Nevertheless, no ape ever again approaches the banana.

**Sooner or later we need to step back and take a look at the wider implications of what we do, to consider whether we are currently being sprayed with propaganda-laden water ourselves. We could be conforming unwittingly to an old "banana policy".**

## The Need to Reconsider & Ask 'Why?'

One "banana policy" that many Australian politicians (spurred on by vested-interest lobbyists) have embraced since the 1950s is artificial water fluoridation.

But few other countries either commenced or continue the practice; only about eight countries fluoridate more than 50% of their people, with Australia being over 90% fluoridated. Most of continental Europe no longer fluoridates and as scientific studies have shown, fluoride doesn't benefit teeth. For example, Switzerland stopped fluoridating test city Baselstadt after 40 years of results showed no benefit, but raised various health concerns as well as the right to choose what drugs we take (i.e. 'no' to mass medication).

**Questioning the "Fluoridation Myth" reveals it to be a dangerous scam affecting our sovereign rights and health.**

From the 1950s, the US Public Health Service was 'spraying' doctors, dentists and civilians who questioned fluoridation. For a variety of reasons, the "powers that be" really want us to drink fluoride, even though it actually comes from factory emissions!

Once we discover how toxic and cumulative these industrial fluorides are, we boggle at our supposed leaders continuing to promote the discredited practice. Many Australians have been born into a fluoridated city or town, and so even questioning the "status quo" doesn't occur to them. But later, the effects start appearing, including a myriad of chronic health problems.

**Conforming unconsciously by trusting the authority of an Australian Health Department may have serious health consequences for you, as well as the unprecedented infringement of your right to choose what you drink. Health Departments in most other countries don't recommend compulsory dosing with industrial fluoride wastes.**

Without awareness first, there is no choice, it's just habit and conditioning, "what we've always done". We all have the ability to leave "ape-like" conformity behind. Let's ask questions and become more aware of ourselves and what we're actually doing.

If you're discovering information on fluoridation for the first time, now may be your time to choose to become more aware of the fluoridation scheme. The more the scheme is studied, the more most people become strongly opposed to the scam.

**Don't just follow the crowd. Think for yourself, get informed, question everything, raise consciousness and choose freely! Okay, given all that, who'd like a banana?**



## Updates:

### Harvard Study: Fluoride Lowers Children's IQ

Fluoride damages brain development and leads to significantly lower IQ levels in humans, according to researchers at the Harvard School of Public Health.

Researchers combined 27 epidemiological studies and found "strong indications" that fluoride exposure among children causes problems with cognitive development and brain formation.

They continue that "*fluoride readily crosses the placenta. Fluoride exposure to the developing brain, which is much more susceptible to injury caused by toxicants than is the mature brain, may possibly lead to damage of a permanent nature.*"

According to the report, "*[t]he children in high fluoride areas has significantly lower IQ scores than those who lived in low fluoride areas.*" The authors also point out that research by Ding (2011) suggested low water fluoride levels cause significant negative associations with children's intelligence.

See NaturalNews.com (20 Aug 2012) and the Harvard School of Public Health (hsph.harvard.edu, 25 July 2012) for more info.

### Is Education Reform much use while IQs drop?

The Prime Minister's "Asian century" white paper states that we aim to make our education system one of the best in the world. This won't be easy to do whilst Australian governments are actively and knowingly damaging the IQ of our children by turning close to 90% of our public water supplies into toxic waste dumps for fertiliser factories and aluminium smelters.

### The Fluoridation Iceberg - A Question of Bodies

The critical question sometimes arises: "*after 30 or 40 years of toxic fluoridation, where are all the bodies?*"

After a varying number of years, consumers of fluoride move from the "adaptation phase" to the final "exhaustion phase". (See page one article.) Their bodies can no longer cope with toxicity, and "suddenly" they are diagnosed with a chronic degenerative illness or a life threatening disease such as cancer. The incidence of these diseases has been increasing since fluoridation began. Is it just a coincidence? Not according to independent research.

We can now glimpse the massive submerged part of the "fluoridation iceberg" and why the criminal, anti-human practice of fluoridation must stop as soon as humanly possible. Despite how it may seem, fluoridation won't continue forever but will be seen as an aberration of 20<sup>th</sup> century commerce and politics.

Review previous editions of *The Australian Fluoridation News* in print and online for positive things we can all do to minimise our fluoride exposure, and alert others so they can investigate for themselves. They may also choose to limit their fluoride intake and spread the word, which helps bring fluoridation to an end sooner. For life itself, this is something worth contributing to.

### Magnesium: The Miracle Mineral

*The Australian Fluoridation News'* previous edition's magnesium story referred to the book "*Magnesium the Miracle Mineral*". Searching for this title reveals it was most recently published in 2007 and the author to be Sandra Cabot.

On the subject of magnesium, NaturalNews.com (21 Nov 2012) reports that "*the role of magnesium in cancer is quickly gaining interest among researchers because of recent studies showing protective effects against multiple cancers. The most recent studies have shown that every additional 100 mg of magnesium daily may reduce the risk of colorectal cancer by 12 percent, and of pancreatic cancer by 21 percent.*"

### An Amazing Excuse for Dental Fluorosis: "Genetic"

A dentist in Melbourne's eastern suburbs told a client in 2011 that her dental fluorosis was due to a faulty gene in her family! Genetics has nothing to do with fluoride accumulating during the crucial early years of tooth formation, but everything to do with trying to steer the blame away from the dental authority's damage-causing "wonder chemical". In fact, fluoride affects genetics as well: fluoride damages DNA and is a known carcinogen. Fluoride is also a teratogen and one cause of conditions such as Downs Syndrome.

### Prison for Dentist

The Sydney Morning Herald (Feb 1, 2012) reports that a former dentist in the US has been sent to jail for a year for using paper clips instead of stainless steel posts in root canals. Michael Clair was sentenced on Monday after pleading guilty to defrauding a government health program of \$US130,000 (\$122,500). He was also charged with assault and battery, illegally prescribing medications and witness intimidation. Some of 53-year-old Clair's patients in Massachusetts reported infections after he performed root canal work on them. AP

### Question:

What's the difference between a bureaucrat defending fluoridation and a shopping trolley? The shopping trolley has a mind of its own.

### Quotes:

*"No physician in his right senses would prescribe for someone he has never met, whose medical history he does not know, a substance which is intended to create bodily change, with the advice: 'Take as much as you like, but you will take it for the rest of your life because some people say that it can reduce tooth decay in children.'" - Dr Peter Mansfield, Director Templegarth Trust, Birmingham, UK*

*"The hope of a secure and liveable world lies with disciplined non-conformists who are dedicated to justice, peace and brotherhood." - Martin Luther King Jnr*

### Seasons Greetings and Happy New Year

**Best wishes to all, take the time to rest and recuperate for the new year. Thank you for supporting us in this humanitarian human rights endeavour.**

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