

# THE AUSTRALIAN FLUORIDATION NEWS

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## Fluoridation Causes Cancer So does the Fluoride content of Tea

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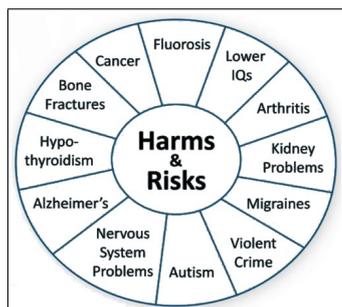
In the 1970s epidemiological studies proved fluoridation causes cancer and these studies have never been scientifically refuted, despite attempts by the propaganda machine. Since then, further studies continue to accumulate that prove fluoride's cancer-causing abilities for many types of cancer, including that of the breast, uterus and thyroid. And it's not only from the fluoride dosed through artificial water fluoridation, but from other fluoride sources including tea.

Cancer death rates were compared in non-fluoridated versus fluoridated US cities [Yiamouyiannis 1975]. The fluoridated cities showed huge increases in death rate per 100,000 residents compared with non-fluoridated cities: Tongue and mouth (44%), Oesophagus (72%), Stomach (45%), Large Intestine (40%), Rectum (80%).

A major study published in 2001 on an enormous US sample of over 21 million people confirmed the increased risk of cancers due to water fluoridation [Takahashi 2001]. The Australian National Health and Medical Research Council (NHMRC) is known to have been worried about the Takahashi study as recorded in their 2007 sham report on fluoridation [Coleman 2007].

### Fluoridation Causes Uterine Cancer in Okinawa

The American military caused hundreds of deaths in Japanese women after they captured and occupied Okinawa in World War II and fluoridated numerous prefectures [Tohyama 1996]. The Japanese demanded that the Americans cease poisoning the community water in the early 1970s and the death rate from Uterine Cancer continued to be higher in fluoridated areas for



Fluoride promotion: details – p 4

Fluoridation has been associated with increased cancer risk for all of the following body sites:

Bladder	Kidney	Oral cavity
Bone	Leukaemia	Ovary
Brain	Liver	Pancreas
Breast	Lung	Pharynx
Cervix	Lymphoma	Prostate
Colon	Myeloma	Rectum
Gallbladder	Nasal and Sinus	Uterus
Hodgkin's Disease	Oesophagus	

For a brief review of the studies, see References: Pain 2015.

decades afterwards. This is expected because most cancers have an unknown induction time following toxic exposures.

The Tohyama 1996 Uterine Cancer study was presented to the Western Australian Government Fluoridation Committee of six individuals to read the facts [Western Australia 2014]. Sadly the study was simply "noted" with no action taken.

### Fluoride in Tea Causes Cancer

In studying the epidemiology of fluoride toxicity due to fluoridation a major confounder is the consumption of tea.

Continued →

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Both black and green teas have been recognised as major health hazards for over 60 years.

In Australia, tea was known to be a major public health concern as early as 1954 when the National Health and Medical Research Council (NHMRC) discussed and rejected the possibility of nationwide fluoridation of public drinking water. [This policy appeared to indicate that the NHMRC was worried about high fluoride consumption in some areas, such as areas of high natural fluoride and warmer climates where people drink more water.]

Minutes of the 1954 NHMRC record discussion of Fluoride Storage Toxicity Risk (their term for Fluorosis and other disease) [NHMRC 1954]. Under the heading "Tea as a Dietary Source of Fluorine" we find: "Fluorine in teas from India and Ceylon available in Queensland 2.5 mg/litre. China teas 4.0 mg/litre."

The minutes also included the following statements:

- "cane-cutters in Bundaberg consume as much as 10 litres per day of which 4 litres is tea".
- "Assuming 0.5 ppm in the water and 2.5 ppm in the tea, the maximum fluorine intake could be 16.5 mg/day" [My note: About 1/20th Lethal dose].
- "...may be significant from the point of view of production of fluorosis".
- "Therefore the Committee recommends that further research be undertaken to collect information under conditions of high fluid turnover."

Green tea has been found to contain nearly 7 mg/L when made with deionized water [Chan 2010].

The impact of fluoride in tea can be measured by studying the beverages consumed by the population under study.

**Table 1: Mostafaei (2015)**

Beverage	Rate of increase of Fluorine Content (mg/yr)
Non-tea drinkers	0.050 (± 0.009) [from fluoridated water & food content]
Tea drinkers	0.127 (± 0.029), [additional 0.077 from tea]

In Canada, the rates of increase in fluorine content of bone in tea drinkers and the non-tea drinkers were found to be 0.127 (± 0.029) and 0.050 (± 0.009) mg fluoride per gram of Calcium per year respectively [Mostafaei 2015]. Thus tea adds, on average, about 1.5 times the fluoride body storage caused by water fluoridation and food fluoride content.

## Fluoride-doped Hydroxyapatite: the culprit in Breast Cancer

Breast cancer is the second leading cause of cancer death among women, causing almost 40,000 deaths in USA in 2011 alone.

A large epidemiological study of female Breast Cancer in Sweden [Larsson 2009] followed up 61,433 women who were cancer free at baseline in 1987-1990. Over a mean follow-up of 17.4 years, to the end of 2007, there were 2,952 incident cases of invasive breast cancer identified. Coffee consumption was not associated with risk of overall breast cancer (multivariate relative risk (RR) for ≥ 4 cups/day versus <1 cup/day = 1.02; 95% CI, 0.87-1.20) or with any subtype defined by Estrogen Receptor (ER) and Progesterone Receptor (PR) status. Black tea consumption was significantly positively

associated with risk of overall breast cancer (RR 1.22 95% CI 1.05-1.40) and ER+/PR+ tumours (RR 1.36 95% CI 1.09-1.69).

**Table 2: Larsson (2009)**

Beverage & Quantity	Rel. Risk	CI	Range {?}
Coffee <1 cup/day c.f. Coffee ≥ 4 cups/day	1.02	95%	0.87-1.20
Tea drinkers' Overall Breast Cancer Risk (incl. ER+/PR+)	1.22	95%	1.05-1.40
Tea drinkers' Breast Cancer Risk (ER+/PR+)	1.36	95%	1.09-1.69

**Understanding of the mechanisms by which fluoride causes breast cancer has advanced in recent years [Pathi 2011, Wilson 2014]. Put simply, the doping of hydroxyapatite (normally found only as the mineral constituent of teeth and bone) with fluoride makes its surface less soluble and therefore prone to enhanced crystal growth in soft tissues.** The surface area of bone in a human body has been estimated to be 3 square kilometres [Newman 1958 cited in Czernin 2010] so fluoride has plenty of opportunity to substitute for hydroxyl groups on the surface of the mineral.

## "Black tea consumption was significantly positively associated with risk of overall breast cancer"

Crystals of hydroxyapatite (averaging 0.3 mm<sup>3</sup> in size) are often detected via mammograms and have been shown to produce a high risk of **malignant** breast cancer.

Hydroxyapatite enhances the mitogenesis [creation] of mammary cells, amplifying the malignant process and resulting in accelerated tumour growth [Morgan 2001].

Pathi *et al.* found that small, poorly crystalline hydroxyapatite nanoparticles promote greater adsorption of adhesive serum proteins and enhance breast tumour cell adhesion and growth.

Larger, more crystalline hydroxyapatite nanoparticles stimulate enhanced expression of the osteolytic factor interleukin-8 (IL-8).

Interleukin-8 (IL-8) is a known promoter of Breast Cancer metastasis, especially to bone [Pathi 2010, Waugh 2008].

Fluoride is known to increase Interleukin in numerous locations including the lung [Refsnes 1999, 2001]. The Refsnes 1999 and 2001 studies were specifically excluded from the NHMRC 2007 Review of Water Fluoridation [Coleman 2007, NHMRC 2007].

## Fluoride-doped Hydroxyapatite & Thyroid Cancer

If fluoride doped hydroxyapatite is detected in the Thyroid gland, a cancer surgeon will order immediate surgery to remove the Thyroid, hoping to prevent the 18% chance of getting malignant Thyroid Cancer [Yoon 2007].

## Reduce your Tea Intake now

It is apparent that fluoride doped hydroxyapatite is present in numerous body sites and will increase the risk of cancer wherever it is found. For example, fluoride doped

hydroxyapatite is present in Corpora Arenacea or "Brain Sand" [Wilson 2014], Pineal Gland [Schmid 1994], Choroid Plexus and Meningiomas [Alcolado 1986].

**Reducing your tea intake is something under your own control that will improve your health and reduce your risk of cancer.**

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Reprinted from "Fluoridation and Truth Decay"

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# Drinking Tea Causes Skeletal Fluorosis

**Fluoride accumulates in the body, especially in the skeleton, causing skeletal fluorosis. Symptoms include stiff joints, arthritis, brittle bones and fused spinal disks.**

**Long-time tea drinkers, especially in their later years, can have the very visible symptom of an arching, "poker-back", a tell-tale sign of skeletal fluorosis.**

Australian medical professionals are largely unaware of this condition, having never been trained in diagnosing it. But in countries like India, naturally occurring fluoride is much more well known as the cause of this debilitating condition.

So again, it's best to minimise tea (black, white, green or even "Iced tea") and find something less problematic. But for some with the tea habit, this recommendation may be far from easy.

Skeletal images (shown at right) were taken using Positron Emission Tomography (PET) of healthy volunteers injected with radioactive fluorine. Darkened areas indicate fluoride attached to

bone, joints, organs and arteries (e.g. legs) shortly after injection. Observe the kidneys and bladder as the body works hard to eliminate the fluorides. Hip replacements are common these days. When will doctors realise fluoride accumulation is a contributing factor and run tests on fluoride levels in humans?

**Reference: Association of vascular fluoride uptake with vascular calcification and coronary artery disease Li et al 2012 Nuclear Medicine Communications 2012, 33:14-20.**



# Pew Trust's Fluoridation Promotion Tactics Exposed

Pew Charitable Trusts is an American organisation founded to “solve today’s most challenging problems”.

But their fluoridation promotion including the throwing of money into deceptive PR campaigns and into minority groups that support fluoridation also throws into question who actually controls PEW.

Pew Trust has created a training manual for fluoride promotion that advises not to discuss or debate a list of health concerns and effects. It's a clear case of suppression of discussion that has PEW lose all credibility and is yet another nail in fluoridation's coffin.

All the items in the message wheel have been shown to be related to fluoride ingestion. No wonder that PEW Trust does not want these harmful effects discussed!

**Takeaway: Frame the issue correctly**

Opponents are likely to win if the dialogue is trapped inside this message wheel

**Harms & Risks**

- Fluorosis
- Lower IQs
- Arthritis
- Kidney Problems
- Migraines
- Violent Crime
- Autism
- Nervous System Problems
- Alzheimer's
- Hypo-thyroidism
- Bone Fractures
- Cancer

**Above: A slide from PEW Trust's instructive training manual on topics to avoid when promoting fluoridation.** All these areas generate questions that fluoridationists prefer to dodge, as well as the matter of personal choice. Fluoride in water has pharmacological effects (supposedly to prevent decay) but has never been approved as a drug by the US Food and Drug Administration (FDA) or Therapeutic Goods Administration (TGA). Why?

## Brief News and Reviews

### Victorian Statistics Decayed: F- Promotion 102

*The Border Mail* (4 June 2016), “Hygiene Standard Decayed”, swallows hook, line and sinker the claims of a local Wodonga dentist spruiking fluoride as the solution to rotten teeth in an apparent push to dispose more fluoride to outlying North East towns.

Statistics from Dental Health Victoria supposedly show Murray district teeth are worse than the state average and by implication, worse than their fluoridated neighbours.

**This is fluoridation promotion 102: tell a targeted local community that their kids' teeth are worse than those in other local fluoridated areas. We're supposed to feel ashamed, believe the “experts” and give away our power to them to do whatever they like.**

Are the statistics for these studies readily available? If not, it may be because the “official” statistics have more holes in them than any teeth in the district.

The dentist herself has also swallowed her university training, hook line and sinker, that “there's a huge amount of studies that have been done in Australia” apparently proving that fluoridation works.

When we know that the fluoride used to fluoridate people is unrefined toxic fluoride wastes from industrial fertiliser factories, we question the motivations of these zealous promoters.

**If any dentist or “expert” can select their ONE favourite peer-reviewed Australian study, that is not based on dodgy methodology, fake statistics or undue corporate influences, we'd be happy to review it.**

**Fluoride promotion 101 is, of course, to claim that fluoridation is “safe and effective” without credible scientific evidence that stands up to scrutiny.**

Meanwhile, please get informed, be active and alert others to the nature of the fluoride waste promotion brigade and the questions they have never answered.

It's also important to become clear on how best to prevent tooth decay without using toxic fluoride chemicals (toothpaste, mouthwash or floss). This includes a good nutritious diet (minimising sugars and refined carbohydrates), and regularly practising good dental hygiene (brushing and flossing). Look for products without fluoride and other harmful chemicals.

### Quotes:

**“Someecards” online parody of pharmaceutical industry:**  
“If people stop getting cancer, we stop making profits. So we need to make sure everyone focuses on 'the cure', not the cause.”

**William Casey, former CIA Director:**  
“We'll know our disinformation program is complete when everything the American public believes is false.”

**Albert Einstein:**  
“Unthinking respect for authority is the greatest enemy of truth.”

**Winona Laduke:**  
“Someone needs to explain to me why wanting clean drinking water makes you an activist, and why proposing to destroy water with chemical warfare doesn't make a corporation a terrorist.”

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