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English

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Period 1A

Fluoride; the toxin that is destroying America

Have you ever taken the time and thought about all the things we take for granted? From microscopic organisms that eat the dead skin that we shed about one and a half pounds of each year or the theory that if the earth’s orbit of the sun slowed just by a week or so per year, adding one hundred and sixty eight hours to the year, that the earth would slowly creep toward the earth and eventually be swallowed by the sun.  Also if the same time was removed from the earth’s year, the earth would slowly creep away from the sun and eventually freeze. Or what exactly is the expiration date on a Twinkie?

But what about the most fundamental part of human life, the substance that makes up sixty percent of our body (No, not ego). The most used form of transportation during the 1700’s involved this substance. It can flow easily, but at the same time it can be harder than concrete. This substance is water. But while water is the most important resource to the human race, it can contain some of the weirdest, scariest, and outright deadly things. The one that I would consider the most dangerous and most advocated for chemical in and poured into our water is none other than sodium fluoride.

You may ask, what exactly is sodium fluoride? Well, we should take a broader look at fluoride in general first to get some perspective.

There are two types of fluoride. Calcium Fluoride, which appears naturally in

underground water supplies, is relatively benign…on the other hand, the type of fluorides

added to water supplies and other beverages and foods are waste products of the nuclear,

aluminum, and now mostly the phosphate (fertilizer) industries…hexafluorosilicate acid,

sodium silicofluoride, and sodium fluoride (Fassa).

We’ll look at calcium fluoride later; I just wanted to bring it up so you are familiar with the name. Most of what we call sodium fluoride is really a combination of hexafluorosilicic acid and sodium silicofluoride. Let’s start at the very beginning of the story for these two chemicals.

The phosphate refining process is where most of the sodium fluoride is created, so let’s start there. When the phosphate is mined, the phosphate is contaminated with fluoride, which needs to be removed. Sulfuric acid is added to the phosphate ore and water, which causes the fluoride to evaporate in chemical compounds such as hydrogen fluoride and silicon tetrafluoride. These gasses used to be released from the refineries straight in to the atmosphere but then people started noticing that animals and crops died, why? Well, from fluoride poisoning. After this was found out, chemical wet scrubbers were installed to capture these gasses, and that’s how hexafluorosilicic acid and sodium silicofluoride are produced.

Now, the refineries are stuck with these two highly toxic chemical waste products with nothing to do with them. Now, here comes the American Dental Association, dentists and doctors all saying that water fluoridation is good. The refineries realized that they could turn a profit but selling the toxic chemicals to the municipal water companies of cities and towns alike. And what do you know, liquid forms of hexafluorosilicic acid and sodium silicofluoride are dumped in to the water supply of thousands of towns and cities all over the USA under the illusion that sodium fluoride is good for you. But these same chemicals that were killing plants and animals close to the refineries are now dumped into the water of our towns. So how can it be good for us?

The answer is no, sodium fluoride is not good for us at all. Here’s why. Sodium fluoride has been directly linked to causing cancer, genetic DNA damage, thyroid disruption, diminished IQ’s and inability to focus, lethargy and weariness, Alzheimer’s disease, melatonin disruption, pineal gland calcification, and the very opposite of what that fluoride is intended to do, tooth decay and heavy ugly staining. How do I know? First, research. Also, I have had heavy exposure to sodium fluoride from both drinking fluoridated water and eating toothpaste with fluoride in it. The toothpaste tube itself had warnings about not allowing children under two years of age to come into contact with it and to NOT swallow it. I was under two and was eating it like candy, and so far I have had worse tooth decay than anyone else in our family. I have had, and still slightly have, ugly stains on my teeth giving them the appearance of not being clean. I have had the symptoms of thyroid disruption in peaking too early. I have a hard time with staying focused, fatigue, apathy, and constantly being tired. The things I worry about are the other things that it causes that you don’t know about for a long time and are more lethal, like cancer.

And I’m not the only one that has hard evidence of the problems caused by hexafluorosilicic acid and sodium silicofluoride. A Systematic Review and Meta-Analysis done by the Department of Environmental Health, Harvard School of Public Health, Boston, Massachusetts, USA; School of Public Health, China Medical University, Shenyang, China; School of Stomatology, China Medical University, Shenyang, China; Institute of Public Health, University of Southern Denmark, Odense, Denmark searched for and found 27 studies that were eligible for a review. The results were as follows, “Thus, children in high-fluoride areas had significantly lower IQ scores than those who lived in low-fluoride areas…The results support the possibility of an adverse effect of high fluoride exposure on children’s neurodevelopment (Anna , Guifan and Ying).” So, obviously health nuts aren’t the only ones that have come to these conclusions.

Now, while sodium fluoride is linked to harm in humans, what else is it used for? Well, according to ads for sodium fluoride on alibaba.com, which is a website for commerce for small businesses, it can and is used in the manufacture of effervescing steel, and the smelting and refining of light metals. It is also used in fluoridation of drinking water, as a wood preservative, an adhesive preservative. An insecticide, a protective coating for metals, a pickle for steels and other metals, a flux for soldering and welding, flux and pacifier for ceramic, glass and porcelain enamel, toothpaste additive, bactericide, papermaking, and to top it off, UF2 adsorbent in the nuclear industry. That’s a really impressive list. The problem is it kills bugs, absorbs UF2, which is extremely dangerous, and we put sodium fluoride in our mouths. Now you might have heard that it is used in rat poison, this is inaccurate. The substance used is sodium fluoroacetate which looks totally different on an atomic level.

I brought calcium fluoride up earlier. I want to cover that now. As I said it is “relatively benign” and it is in all water and in extremely small amounts. This form of fluoride is actually good for you for two reasons. One, the calcium counteracts any negative action that the fluoride does and helps the teeth, and two, its presence in water is fairly small. So, don’t get the idea that all fluoride is bad for you. And when doctors and dentists say they support the fluoridation, of water they most likely refer to calcium fluoride, but what they don’t know is that their support is actually putting a deadly toxin, sodium fluoride, in the water.

As you have read this essay, I hope it has provoked thought, stimulated your thinking, and, above all else, encouraged you to research and look up more information on the topic of fluoride, so you can develop your own opinion. I hope you continue to think about the origin of the “sodium fluoride” that is poured into our water, and what it will do to you if consumed without moderation. And, finally, that it is not a chemical designed to be consumed by people, but is better suited in other arenas. So, the next time you stop by the drinking fountain at school or head to the kitchen for a glass of water, remember what you are putting into your body.

# Bibliography

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