2022 Fluoride Action Network Update

Article by Dr. Joseph Mercola ✓ Fact Checked

June 26, 2022

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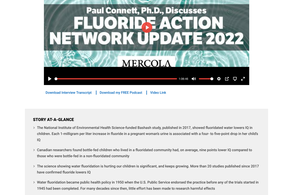

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STORY AT-A-GLANCE

- The National Institute of Environmental Health Sciences-funded Bashash study, published in 2017, showed fluoridated water lowers IQ in children. Each 1-milligram per liter increase in fluoride in a pregnant woman's urine is associated with a drop in five-point drop in her child's IQ
- Canadian researchers found bottle-fed children who lived in a fluoridated community had, on average, nine points lower IQ compared to those who were bottle-fed in a non-fluoridated community
- The science showing water fluoridation is hurting our children is significant, and keeps growing. More than 20 studies published since 2017 have confirmed fluoride lowers IQ
- Water fluoridation became public health policy in 1950 when the U.S. Public Service endorsed the practice before any of the trials started in 1945 had been completed. For many decades since then, little effort has been made to research harmful effects
- The Centers for Disease Control and Prevention (CDC) has used the Environmental Protection Agency's or an effort to end the water fluoridation policy. A win will make it easier to overturn water fluoridation policies on the state level, even if the EPA drags its feets. We're currently waiting for a final report from the National Toxicology Program. Once the report is released, FAN can go back to court and hopefully win the case

In this interview, Paul Connett, Ph.D., cofounder of and scientific advisor for the Fluoride Action Network (FAN), provides an annual status update for 2022. As long-time readers of this newsletter will know, we've supported and promoted FAN for over a decade.

Fluoride is one of the many unnecessary barriers to optimal health, and we've been fighting all this time to educate people about the risks of fluoridated water, and to end water fluoridation once and for all. During Fluoride Awareness Week, I will match your donations dollar for dollar, so please consider making a tax-deductible donation today.

DONATE TODAY

Fluoride Lowers IQ

According to Connett, the science was conclusively resolved in 2017, when the first of the National Institute of Environmental Health Sciences (NIEHS)-funded studies came out. This study, the so-called Bashash study, confirmed what many previous investigations had shown, namely that drinking fluoridated water lowers IQ in children.

"It was a very striking study" Connett says. "It was a very very good study it had to be. It got NIEHS funding. It was based on individual measurements of exposure in pregnant women, and individual measurements of outcome.

They measured the fluoride levels in their urine, three times, once in each trimester. Urine level is a very good measure because it gives you a measure of total exposure, whether it comes from toothpaste, water or food.

They found a strong association between the pregnant woman's exposure to fluoride and lowered IQ in children, and they'd taken care of dozens of confounding variables. It was four to five IQ points for a 1-milligram per liter increase of fluoride.

In fact, the range for that four to five IQ point lowering was the same range that you get for pregnant women in the United States in terms of fluoride levels. So that was the most striking thing. The average level in their urine was 0.87 parts per milligram (i.e., 0.87 milligrams per liter)."

Children's IQ Is Being Decimated

While on the topic of IQ, there's now evidence suggesting that pandemic measures such as mask wearing and isolation have caused an average 22-point drop in IQ among babies born during the pandemic.1 Normally, only 10% of children are born with an IQ lower than 85. Most are between 85 and 115. During the pandemic years, almost all the babies they tested scored below 85, scoring an average of just 70!

A four- to five-point loss for every 1-milligram per liter increase in fluoride in mothers' urine was shocking, so that really says something about the harm these countermeasures have done. Compared that with fluoridated water, and some children could be looking at a 7-7 point loss in IQ, which is simply staggering. That's basically the difference of going from the level of genius to average, or from average to imbecile.

The pandemic restrictions were clearly an alteration, although it's not impossible that they'll try to implement them again in the future. But if we discount the impact they've had, fluoride tops the list of environmental factors that risk children of intelligence, and has been doing so for the last 75 years. Connett says:

"Chris Neurath, our science director, estimates that more IQ points are being lost in America from fluoride than caused by any other factor, including premature birth and exposure to lead. Fluoride, today is causing more loss of IQ points than lead."

When the Bashash study was published, Connett thought the fight was over. But he was wrong. Water fluoridation continued unabated in many places. For instance, the Canadian study cover (TJR, 2020), showing the IQ difference between children who were bottle-fed in a fluoridated community, compared to those who were bottle-fed in a non-fluoridated community was nine points.

Bureaucratic Inertia and Profit Motives Put Children at Risk

So, the science showing water fluoridation is hurting our children is there. As noted by Connett, what we have been fighting for the last several decades is to try to push back the political forces that refuse to admit the error and stop their endorsement of water fluoridation.

"One of the shocks I've had, over the last few years, since 2017, is to discover that there really are people out there who believe a small benefit to teeth, if it exists, actually warrants this risk to the brain," Connett says. "[They believe] that reducing tooth decay is more important than protecting children's brains.

And unfortunately, it includes the U.S. surgeon general. It includes the most powerful people in public health in England, Canada, Australia, New Zealand, the United States and Ireland.

When people ask me, 'Why do they fluoridate the water? Why do they take these risks in order to reduce tooth decay?' I've had to say, 'Well, you are asking me to come up with a rational explanation for irrational behavior.' It's just not rational ... there's no scientific explanation for this practice.

The only thing I can come up with is ... money ... All the major universities in the United States are benefiting from government money subsidizing dental research. And if you say that fluoridation is the best thing since sliced bread, this money keeps rolling in.

Obviously, there's also a lot of money going into the phosphate fertilizer industry, where the fluoridated chemicals come from. Instead of treating fluoride as a hazardous waste, it's put in our drinking water. So that's another rational explanation, if you like, as to why it's happening. It's profit and likely financial, from my point of view, is bureaucratic inertia."

The first municipality to institute water fluoridation was Grand Rapids, Michigan, in 1945; but it wasn't until 1950 that the U.S. Public Health Service and the American Dental Association endorsed it. This occurred before any of the trials — which were supposed to last for ongoing for at least 10 years — had been completed. For many decades since then little effort has been made to research Fluoride's harmful effects.

This changed in 2017 with the NIEHS National Institute of Environmental Health Sciences-funded IQ studies. However, now, the people in charge of this policy have been willing to admit they were wrong in promoting this practice for fear of losing credibility. It may be that if they were to admit that fluoridation was a mistake, the public wouldn't trust them on other public health practices.

Unfortunately, over time, it has only become more difficult to admit the mistake. Who wants to admit government has been harming children's health for more than 75 years without ever changing course? Personal comes may no longer be at stake, but the credibility of the agency is. Loss of public trust in our health agencies could also affect people's trust in other public health measures, including childhood vaccinations, which they want to avoid at all costs.

Warnings Are Not Being Put Out

Now that we know there's no protection for fetuses — that any fluoride a pregnant woman consumes goes into her developing child, including his brain — pregnant women need to be told to stop drinking fluoridated water and using fluoridated toothpaste, at least while they're pregnant and possibly for some time before. But those warnings are not going out. Connett says:

"We bagged the Centers for Disease Control and Prevention, saying, 'We know it's going to take you time to step your support of this policy, but at least warn pregnant women to avoid fluoridated water and tell parents who bottle feed their infants not to use fluoridated water.'

But they won't do it. We wrote several letters to the head of the CDC, and then we asked them to listen to experts. We got experts of some kind of repute in the US.

Philippe Grandjean, Bruce Lanphear and Christine Till gave a 20-minute presentation to Dr. Karen Hacker at the CDC. This was at private, no one was watching except us, and they had no questions whatsoever ... but they continue to promote fluoridation as the best thing since sliced bread.

In fact, they're planning right now to increase the number of people potentially getting fluoridated water by 17 million, because they're promoting a ladder system, like the ladders you put into annuals, big tablets of sodium fluoride, and these are injected into the water supply through a plastic tube. It's a very cheap delivery system, which is suitable for small communities.

So, 19 million people who have been living in rural areas, who've been protected because it was too expensive to put all the usual equipment, now have the remarkable benefits of these fluoride tablets. And the promotion of this new delivery system is going on at the same time that the science is coming out [showing IQ lowering the IQ of children and increasing symptoms of ADHD]."

EPA Has a Duty to End Water Fluoridation

In 2016, FAN filed a petition under the Toxic Substances and Control Act (TSCA) with the Environmental Protection Agency (EPA), primarily based on Chinese studies showing fluoride harms the brain, urging them to end water fluoridation. Under the TSCA, the EPA is required to ban uses of chemicals shown to pose an unreasonable risk to the health of the American people, including vulnerable subsets.

"Dr. Philippe Grandjean did a risk assessment using the Canadian study and the Mexico City study — the Bashash and Green' studies — and estimates the level of fluoride in mothers' urine associated with a one-point IQ loss in offspring is 0.3 ppm. The average in the United States is about 0.8 to 0.9 parts per million in a fluoridated community.

0.7 ppm is the recommended level to put in the water. Im talking about the level in a mother's urine, which is approximately the same level. In Canada, they measured it at 0.91 ppm. So, 0.7 ppm lowers IQ by one point, 0.8 ppm will lower the IQ by four IQ points, 0.9 ppm would lower it by 4.5 IQ points. The relationship is linear."

Update on FAN's Lawsuit Against the EPA

When the EPA rejected FAN's petition, FAN filed a lawsuit against them. The trial began in June 2020. Leading experts and scientists testified on FAN's behalf. The EPA, meanwhile, used experts from Exponent, a consulting company that does the dirty work for Dow, Monsanto and other chemical companies. They've defended dioxins, PCBs and fluoridation, just to name a few.

"They tried to discount, in court, that none of those things are harmful. It's all in the imagination. And they tried to do the same with fluoride, but the judge at the end was clearly impressed with the evidence ... The other shifting thing was the trial is that these industry-friendly consultants, Exponent, are admitted that the studies we were citing ... were the best studies conducted to date.

And so, he said, 'I want to see three things. I want to see this BMD analysis published" — that was by Philippe Grandjean, and it's since been published: 0.2 ppm in mothers' urine [results in that loss of one point] — "I want to see the National Toxicology Program's (NTP) final report, and I want to see if there are any other studies which have taken place, which contradict what we've heard.

From Grandjean's and the NTP's analysis from Grandjean, but we are still waiting for the National Toxicology Program's finalize [its report]. And this is the final act of judicial science in the whole fluoridation fiasco. For 70 years, they really haven't had decent science demonstrating benefits and certainly not decent science showing it was safe.

They've avoided the studies showing harm. Finally, we've got those studies. This is the final act, but clearly something is delaying that NTP report, and we think it's the dark forces behind fluoridation, the dental lobby and the other people with perhaps economic interest who cannot bear to see this practice go.

For them, protecting this policy is more important than protecting the health of our people, and that's a scary thing. When policy is king, science is a slave, and that's what we're seeing."

Are We Witnessing the Battle of Two Agencies?

The sad fact is, many if not most of our public health agencies and regulatory bodies are completely captured by the industry, which is why public health now comes last.

Connett's wife is currently researching the role of the National Institute of Dental and Cranial Facial Research (NIDCR) in the fluoridation program. This agency came into existence in 1948, on the back of the water fluoridation program. As such, it became the conduit for dental research on the taxpayer's dime, and a lot of that money was siphoned into fluoridation.

"Fluoridation was the justification for the gravy train," Connett explains. "My wife has been going into that gravy train and I have a hunch that what we are looking at right now is the battle between two agencies: the NIEHS, which is concerned about fluoride's neurotoxicity, and the NIDCR, which does not want to see fluoridation go down the tubes."

The good news is that, since we started over two decades ago, highly respected top experts in neurotoxicity are now involved in the research on fluoride, and more are joining in to look at the toxicity of fluoride on various tissues. New studies are coming out all the time. More than 20 have been published on fluoride and IQ since 2017.

And, even if the EPA ends up dragging its heels for years when it comes to implementation at the federal level, a positive ruling would make it far easier to end water fluoridation at the state level.

How to Avoid Fluoride Exposure

In the meantime, how can you avoid fluoride exposure? Connett responds:

"Ill tell you what we do. We get our water from a local spring. And you do have companies that deliver spring water to your household. If you can afford it, that is the best way. If you have it done by a company that does that, they will tell you how it's tested and you will be secure knowing that you're not drinking fluoride.

I think that's the single best investment. Get non-fluoridated spring water, and use that for cooking, tea, coffee, et cetera, and drinking. The other thing you can do is, obviously, avoid fluoridated toothpaste.

Avoid mechanically debonded meat — patties, where they mince up the meat using a machine — because fluoride accumulates in animal bone, so that's where you're going to get fluoride from. If you're going to eat meat, eat whole steaks, whole chickens or whatever, not minced up. Avoid ground meat.

The other thing is fish. Tinned fish, pilchards, sardines, salmon, the bones in those tinned fish tend to be very soft [and contain loads of fluoride]. In the sea, [natural fluoride] is 1.4 ppm, parts per million, so the fish [bones contain it].

For 20-odd years I've been trying to tell people the fluoride ion is the toxic thing ... There's nothing safe about natural fluoride. The only thing about natural fluoride is when you get it, you usually get a lot of other minerals as well, including magnesium and calcium, and they in turn can be protective against fluoride.

So, if you get 1 ppm fluoride you get 100 ppm of calcium or magnesium, that will help protect you against that fluoride ion being taken up."

If you want to get your fluoride level tested, just look up labs that measure fluoride in water. They will be able to provide you with that test, and it's typically quite inexpensive. If you have fluoridated water, be aware that it's very difficult to filter out. Cheap carbon filters won't do it. You need either reverse osmosis or distillation equipment to get it out, which is why NOT adding fluoride in the first place really is the best solution.

What's Next With the EPA Lawsuit?

For now, we're waiting for the NTP report to come out. Once published, FAN will go back to the court. At that point, the judge will want to hear expert analyses of the report from both sides.

"He will want it, but he will want experts from both sides to convince him that the NTP is saying what it says that it says — that the best studies show that fluoride lowers IQ ...

The NTP has had two draft reviews, and in those draft reviews, they found — according to Chris Neurath who analyzed them — 27 studies which they classified as high quality, meaning low risk of bias ... and of those 27 high quality studies, 25 found lowering of IQ and two did not. So, 25 out of 27.

Of those 25, 11 were done at less than 0.7 ppm or equal to 0.7 ppm. That's the level at which we fluoridate ... and the majority of the high quality studies ... found a lowering of IQ at less than 0.7 ppm and 1.5 ppm is what the EPA considers to be relevant, so far as any study pertaining to water fluoridation.

Remember, you've got to deal with things like margin of safety, and if IQ is lowered at 1.5 ppm, there is no margin of safety to protect children drinking 0.7 ppm, because some could drink twice as much water as other children. They would be getting the equivalent of 1.5 ppm in terms of dose. Then, you've got the range of sensitivity of those children.

So, less than 1.5 ppm fluoridation would have to end if it lowered IQ. That's if you lived in a world where the science and in which science had a chance of actually functioning in the regulatory bodies. But most of them are captured by industry. The CDC is captured by the drug industry, the EPA is captured by the chemical industry, the FDA, until recently [by the mercury people [and the drug industry]]."

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cabbie87
Joined On 11/9/2017 3:28:11 AM
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This dentring down of America has really helped things get to the current state.

Reply · Mark as Spam · Posted On 6/26/2022 9:08:04 AM
0 Like · 0 Dislike

ryscuf
Joined On 12/4/2006 12:03:29 PM
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Fluoride was never added into international conglomerates, which benefit from cheap and flourish sales, your money into organized decline, which is behind virtually every Republican institution. Money makes politically powerful and enables them to get laws passed to benefit dentist bottom line. The American Dental Association (ADA) accounts all dental schools which Republicans have defunded, ADA controls dentist licensing, ADA controls all dentist jobs, ADA controls dentist salaries, and nearly 80% of dentists are Republicans. Fluoride is a Republican and Corporate substance, not exactly a friend to the people.

Fluoridation promoting dental groups, schools and organizations

Dentists, the medical societies of government and industry seem to have vast amounts of money and influence to promote fluoridation. Where does it come from? The ADA and the AGA Foundation received over $20 million from pharmaceutical companies, dental equipment manufacturers and insurance companies, from 2006-2009, according to a January 25, 2010, letter from the ADA's Chief Financial Officer to U.S. Senator Charles Grassley (fluoridecampaign.blogspot.com/2014/01/fluoridation-follow-money-by-cane... People need to contact their local and state representatives.

Educate them about fluoride's adverse side effects. Tell them to stop fluoridation or stop funding it. Fill free one page bulleted information sheets that you can use. Legislators can't reject fluoridation if they aren't educated, especially if their constituents aren't supporting them. This is what the Fluoridations are doing right now. Recently, communities that want to reject fluoridation are inundated with fluoridationists talking points and are begging locals to contact them. Support the city councils and water companies that want to stop fluoridation. Call your local water supplier, ask questions.

Reply · Mark as Spam · Posted On : 6/26/2022 9:02:27 AM

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juststore
Joined On 1/5/2012 11:13:34 AM
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Healthy cute male healthy foods make healthy teeth make healthy people make healthy societies. If our culture, society actually cared about its children/children health, good dental health is foundational. All the foundational pillars of Life, Soil, Water, Air, Fellow Dwellers are constantly attacked with toxic products and toxic products affecting us, our health, our lives, even our IQs from the womb to the tomb.

Reply · Mark as Spam · Posted On : 6/26/2022 4:27:29 AM

Like | Dislike

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woolson
Joined On 8/11/2009 2:09:20 AM
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I hope the FAN lawsuit can finally put a stop to this . Fluoride not only dumbs-us down, it makes us compliant, malleable, behaving, unquestioning.

Reply · Mark as Spam · Posted On : 6/26/2022 8:48:46 AM

Like | Dislike

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rwolcoe
Joined On 10/11/2011 8:50:01 AM
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So after 60 years of fluoridated water, we see the results in representations that are compliant, malleable, into behaving, and unquestioning. Some in congress can barely think.

Mark as Spam · Posted On : 6/26/2022 10:16:51 AM

DustyBoyk2
Joined On 6/4/2016 9:12:08 AM
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The majority of Fluoride in tap water is from Alcoa Aluminum! They're paying the EPA for protection and giving this waste byproduct from aluminum processing to the government to poison our water with this toxic substance!

Reply · Mark as Spam · Posted On : 6/26/2022 7:48:23 AM

Like | Dislike

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billybob3
Joined On 4/21/2021 9:26:59 AM
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I think it's lowering adults IQ too

Reply · Mark as Spam · Posted On : 6/26/2022 8:13:04 AM

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pacanoid
Joined On 12/20/2008 10:12:50 PM
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The best way to get rid of my inflammation in the gum tissue was to stop using fluoride tooth paste and use a combo of baking soda, clove, cinnamon and nutmeg (it plus tumeric, coconut oil, vitamin c, and enzymes. Wow, now, now. I purchased it from a gal who sells this and other herbs. It is called Cami Cave

Reply · Mark as Spam · Posted On : 6/26/2022 9:00:55 AM

Like | Dislike

Susanne_1
Joined On 7/25/2020 10:19:29 AM
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Thank you for sharing something positive we can do for our teeth, as opposed to things we need to do to stop the use of Fluoride in our water systems. I know Fluoride is bad but wasn't sure what to do in it's place!

Mark as Spam · Posted On : 6/26/2022 11:36:36 AM

Like | Dislike

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mpk2149
Joined On 6/16/2014 2:48:43 AM
Add as Friend · Send Message

Myth works well also. Most commercial toothpaste is irritating to the mouth. It's not just the fluoride.

Mark as Spam · Posted On : 6/26/2022 8:44:10 PM

Like | Dislike

Thorat1
Joined On 2/15/2021 12:41:24 PM
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Has anybody wondered about the effects from fluoride on lead and galvanized pipes that are currently in older homes and in the municipal lines connected to our homes? I have read various articles about how fluoride is corrosive and leaches lead. It turns the water acidic so the manufacturers have to add other chemicals to neutralize it. One product which is brought to by the truck load is calcium carbonate which is the water alkaline. The chemical is corrosive to hot water heaters, copper pipes, and water connections with certain metals in them. We put up with poisoning of the baby boomer generation up to the present and you wonder why we are getting dumber? The health effects of fluoride is a no-brainer.

We are drinking a chemical called Fluoride that competes with and lowers magnesium which in turn raises calcium which in turn causes the hardening of our arteries and our blood pressure to rise. Magnesium is the most important mineral in our bodies and the cooking our Lowes aqua and the tap water just doesn't provide it. I hear the English realize they are being poisoned just drinking some tea brands without fluoridated water. Who knows how much damage has been done to our kids brains over the years, fluoride is in just about everything we eat and drink. It accumulates, so knows that by every generation since the 1950's!

Reply · Mark as Spam · Posted On : 6/27/2022 11:13:08 AM

Like | Dislike

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rosiko13
Joined On 1/8/2010 1:30:22 PM
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I'd wager it's difficult to test baby IQ & results are open to subjective evaluation.

Reply · Mark as Spam · Posted On : 6/26/2022 9:09:28 PM

Like | Dislike

RigTim
Joined On 2/14/2021 12:11:42 AM
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Of course fluoride can be found, sometimes in large amounts, in well water. I had our well water tested some years ago but it is time for another.

Reply · Mark as Spam · Posted On : 6/26/2022 2:14:11 PM

Like | Dislike

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mimisi
Joined On 8/23/2017 6:45:28 AM
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I've been trying to tell my kids the truth and they apparently listen to more stuoen everything on think I'm nuts. My daughter has brainwashed her kids to use the toothpaste she got for them that is loaded with fluoride. Her kids started off being very bright. They are wild and undisciplined. I can't wait to see what I know now. I could have taught them the truth if I had known it at the time. They have a creepy relationship with their high school coach. My kids are around 40 now and they still adore that woman who had modified me. She wanted my kids and she got them. Heartbreaking.

Reply · Mark as Spam · Posted On : 6/26/2022 12:21:21 PM

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brianallen1
Joined On 6/7/2022 10:12:38 AM
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Fluoride is a weapon. The 'vaccines' are a weapon. Abortion is a weapon. And mass starvation is a weapon. And likewise, events like Uvalde are weapons — to erode public support for 2nd Amendment and disarm the population, and take away their inalienable rights to defend themselves. They want total monopoly over the use of force. Which never ends well. Uvalde was a False Flag Operation. rumble.com/vaxxer-substack.com/p/dear-e-e-editor-to-my-we-pub-today?r=11...

Reply · Mark as Spam · Posted On : 6/26/2022 6:05:33 AM

Like | Dislike

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kerb110
Joined On 11/11/2021 4:17:00 AM
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The brainwashed Brit thinks guns are the problem. He probably has no idea how the Nrrics are always involved in these false flag mass shootings.

Reply · Mark as Spam · Posted On : 6/26/2022 3:36:30 AM

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MMaster
Joined On 8/14/2021 1:37:23 AM
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It wouldn't let me donate. Don't know why. I gave them correct information.

Reply · Mark as Spam · Posted On : 6/26/2022 11:29:30 PM

Like | Dislike

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gkfox
Joined On 2/9/2016 7:51:02 AM
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@brianallen1 Where I did that drive, gas was under $1/gal, but even at $1/ gru cannot cheap when it comes to health. I also like our water, it comes from 300' down and no chemicals anywhere near us.

Mark as Spam · Posted On : 6/26/2022 5:37:52 PM

Like | Dislike

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brianallen1
Joined On 6/7/2022 10:12:38 AM
Add as Friend · Send Message

That's why I said it was well worth it even at $1 per gallon.

Mark as Spam · Posted On : 6/26/2022 10:42:09 PM

Like | Dislike

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pacanoid
Joined On 12/20/2008 10:12:50 PM
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Well let us not forget how convenient it is to further our toxic load, dumb down and disable our children with fluoride increasing aphabet of lead. Oh sure, it's the toxins fault. She possess a third of her brain matrix during development. But does she drink fluoride and use fluoride toothpaste? Well, I'm sure she does. Fluoride is in the air and dust we're kind of talking about teeth. Thought you might enjoy this. Fluoridation and health: the dead cushions constitute after filtering this.

Reply · Mark as Spam · Posted On : 6/26/2022 7:49:22 AM

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mrsish
Joined On 6/15/2011 2:44:19 PM
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Fluoride was added to our water because we have been poisoned for thousands of years... You continues Fluoride about a one-on-one cup of Tea ...

Reply · Mark as Spam · Posted On : 6/26/2022 8:12:12 AM

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Ivybanana
Joined On 2/4/2017 8:19:02 AM
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Another example of how gov choosses corporations' interests over people's. If pesticide and nuclear industry had to properly dispose of this waste by product, they would be out of business.

Reply · Mark as Spam · Posted On : 6/26/2022 7:27:26 AM

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dirdbat1
Joined On 2/26/2012 11:40:01 AM
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I suspect that the power elites who support the Great Reset want to see the diminution of IQ continue wherever they can, most especially in the U.S., to make them takeover easier. You can that they are not drinking fluoridated water.

Reply · Mark as Spam · Posted On : 6/26/2022 2:50:11 AM

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Tindd
Joined On 12/12/2007 4:09:06 PM
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So, ground beef and canned fish contain fluoride? Those are staples of my diet because they're affordable. I also drink tap water that I filter through my Berkey. The nonsense goes on about how great is fluoridated and the black Berkey filter elements don't remove fluoride. There are Berkey filters that remove fluoride, but they're expensive and a pain to deal with. I used to have them. It's just too expensive to stay healthy in this poisoned world.

Reply · Mark as Spam · Posted On : 6/26/2022 7:20:29 AM

Like | Dislike

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gkfox
Joined On 2/9/2016 7:51:02 AM
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Tip distillation. Fluoride will have lamp where it boils off. After that is gone, drink the water unless you want to see what else boils off.

Mark as Spam · Posted On : 6/26/2022 5:44:13 PM

Like | Dislike

Bullsh3T
Joined On 12/14/2021 12:48:20 PM
Add as Friend · Send Message

Hi, drinking distilled water is really dangerous, because it will pull electrolytes out of your body. I'm sorry I can't offer an alternative, but all the same, it needs to be said.

Mark as Spam · Posted On : 6/26/2022 7:37:25 PM

Like | Dislike

S1ck177
Joined On 8/20/2021 1:51:41 PM
Add as Friend · Send Message

I have been donating $25 per month for at least 3 years now. Can you match that?

Reply · Mark as Spam · Posted On : 6/26/2022 7:31:08 PM

Like | Dislike

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jotnik
Joined On 6/23/2009 6:22:04 PM
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So avoid ground beef in its various forms, raw ungrinned and whole beef, whole chickens. Avoid sardines and tuna?

Reply · Mark as Spam · Posted On : 6/26/2022 3:24:23 AM

Like | Dislike

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skopa09
Joined On 5/23/2009 7:28:21 AM
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Dr grass fed/organic ground beef on its pretty only. Most chickens and pork are filled with livolec acid, a not great fat or nutrient. Avoid sardines. If you buy tuna, make sure it's from a good source.

Mark as Spam · Posted On : 6/26/2022 5:07:49 AM

Like | Dislike

Katzenjammer3
Joined On 3/11/2017 2:45:13 PM
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Fluoride is a weapon. The 'vaccines' are a weapon. Abortion is a weapon. And mass starvation is a weapon. And likewise, events like Uvalde are weapons — to erode public support for 2nd Amendment and disarm the population, and take away their inalienable rights to defend themselves. They want total monopoly over the use of force. Which never ends well. Uvalde was a False Flag Operation. rumble.com/vaxxer-substack.com/p/dear-e-e-editor-to-my-we-pub-today?r=11...

Reply · Mark as Spam · Posted On : 6/26/2022 6:05:33 AM

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kerb110
Joined On 11/11/2021 4:17:00 AM
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The brainwashed Brit thinks guns are the problem. He probably has no idea how the Nrrics are always involved in these false flag mass shootings.

Reply · Mark as Spam · Posted On : 6/26/2022 3:36:30 AM

Like | Dislike

MMaster
Joined On 8/14/2021 1:37:23 AM
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It wouldn't let me donate. Don't know why. I gave them correct information.

Reply · Mark as Spam · Posted On : 6/26/2022 11:29:30 PM

Like | Dislike

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gkfox
Joined On 2/9/2016 7:51:02 AM
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@brianallen1 Where I did that drive, gas was under $1/gal, but even at $1/ gru cannot cheap when it comes to health. I also like our water, it comes from 300' down and no chemicals anywhere near us.

Mark as Spam · Posted On : 6/26/2022 5:37:52 PM

Like | Dislike

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brianallen1
Joined On 6/7/2022 10:12:38 AM
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That's why I said it was well worth it even at $1 per gallon.

Mark as Spam · Posted On : 6/26/2022 10:42:09 PM

Like | Dislike

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pacanoid
Joined On 12/20/2008 10:12:50 PM
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Well let us not forget how convenient it is to further our toxic load, dumb down and disable our children with fluoride increasing aphabet of lead. Oh sure, it's the toxins fault. She possess a third of her brain matrix during development. But does she drink fluoride and use fluoride toothpaste? Well, I'm sure she does. Fluoride is in the air and dust we're kind of talking about teeth. Thought you might enjoy this. Fluoridation and health: the dead cushions constitute after filtering this.

Reply · Mark as Spam · Posted On : 6/26/2022 7:49:22 AM

Like | Dislike

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mrsish
Joined On 6/15/2011 2:44:19 PM
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Fluoride was added to our water because we have been poisoned for thousands of years... You continues Fluoride about a one-on-one cup of Tea ...

Reply · Mark as Spam · Posted On : 6/26/2022 8:12:12 AM

Like | Dislike

www.ncbi.nlm.nih.gov/.../PMC4808922 Tea is a hyperaccumulator of fluoride and chronic fluoride this is why china and UK and US Push Tea as a calming GOOD drink.....another 'Spider to the Fly' gottcha line ..it also trashes the thyroid gland and the Pineal Grands.....helps ta "Keep ya DUMBER"...China has used it for thousand of years to keep its billion under control Ahhhhh.....sitting here on MyMountain....sipping some home made rootbeer..from the Old Original Fermented Formula ....man this stuff is EXCELLENT!!!!!!! I wonder when its 'TeaTime'?? LOL.....>>>> fluoridealert.org/.../tea Pip Pip Cheriooooo

Reply | Mark as Spam | Posted On 6/27/2022 12:00:14 AM

Like | Dislike

mrrobb
Joined On 6/15/2011 2:41:18 PM
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Damn.My Lipton stock just dropped .....LOLOLOL

Mark as Spam | Posted On 6/27/2022 12:06:47 AM

Like | Dislike

RuthSF
Joined On 12/14/2021 10:48:33 PM
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I heard that the fluoride in tap water is a different compound from that used in dental products such as toothpaste, and that the tap water fluoride is (more) harmful. Is that true? And if so, is the stuff in toothpaste still harmful to adults? If we don't use fluoridated products, what's the best treatment for sensitivity and decay prevention? Thanks.

Reply | Mark as Spam | Posted On 6/26/2022 7:33:51 PM

Like | Dislike

Hotsocks
Joined On 7/9/2021 11:48:48 AM
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I remember in the 60s the Dentist recommended a Floride treatment. Doesn't the FDA approve this for use? If so, they know the harm it causes based on scientific study. Therefore II beleive the FDA is knowingly putting us at risk. The CDC is equally dangerous by saying "You don't need to aspirate the needle before injecting the Vaccine". I recall a Dr. say this can cause inflammation to the heart. I think this can also contribute to death. Recently, Biden said, "get the shot. Its safe and effective". This is Misinformation that has been proven to cause side effects and death and a outright lie. What do you think?

Reply | Mark as Spam | Posted On 6/26/2022 11:02:06 AM

Like | Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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I think you are absolutely right and none of them will suffer any consequences.

Mark as Spam | Posted On 6/26/2022 1:27:49 PM

Like | Dislike

ghfinn
Joined On 2/9/2016 7:51:02 AM
Add as Friend | Send Message

I have a shot daily, not clot, tequila.

Mark as Spam | Posted On 6/26/2022 5:46:36 PM

Like | Dislike

fundamentalassumptions
Joined On 4/1/2009 12:17:58 PM
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Why? How about because MYSTERY craft technocracy, euthanasia, & pagan evolutionary philosophy are neither new, nor true....and men keep falling for the same old seductive lies of 'yea hath God said', 'ye shall not surely die' and 'ye shall be as gods', trying to climb up some other Babylonian way? It's the work of the seducing spirits & sin of men, those builders who've rejected the chief cornerstone, evil men & seducers waxing worse & worse, the deceiving & being deceived whom ultimately the Lord gives over to their desires & delusions, speeding up the process so that it doesn't drag out & destroy even more:

Sending trials & judgments in the attempt to wake men up to the hopelessness of their condition before God, so that they might receive the only salvation & solution: legitimately mortifying the flesh & not as the vain idolatrous ascetics & craft sorcerers/witches/manipulators do, to the new birth salvation of God's power.....and the only thing that allows men to fight without fear of death, having exchanged citizenship & allegiance to the far & better King...who will be returning to destroy the vain, bloody & deceitful idolatrous phony that men build & receive in his & the kingdom of his establishment's place.

There is depersonalization, bestialization.....& a coming visible lying familiar spirit & devilish angelic component to this which will yet break open into the visible, & deceive many. As in the days of Noe and Lot....and the Baals of Peor. Defined plainly KJB/AV, blurred in the corrupted nicolaitan & sorcerer-manipulated per-verSionS, by those who hold the truth in unrighteousness yet willingly turn from it to willful insanity so that professing wisdom, gnosis, knowledge, 2 Peter 2 fake licentious survivor-of-the-fittest 'freedom'....they become fools loving their idol &bondage. Chemical lobotomy is just another brick in their road to outright entrancing transformation. Daniel 2 and Deuteronomy 32 KJB/AV, and many, many other passages could be cited.

Reply | Mark as Spam | Posted On 6/26/2022 9:06:35 AM

Like | Dislike

BrianDossDMD
Joined On 4/18/2022 7:24:22 AM
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First are you saying that non fluoridated community's children have higher IQ's? Second to act like this is some kind of conspiracy by dentist is just crazy, dentist would have the most to gain if there was more disease to repair!!! Third these kids need to eat more meat, the nutrition programs in our schools is borderline abuse, in our elementary schools our kids get one serving of meat for breakfast a week!!! The rest of time it's pop tarts and grapes smh if you really want to reduce dental disease let's focus on getting essential amino and fatty acids in a natural form which means basically getting rid of man made or processed foods which 80% of the food in the USA has added sugar too!

My profile picture shows you the damage that processed fruit sugar can cause in as little of a year versus 30 years of tobacco dip. When 99.9% of the disease is caused by too many carbs and not enough essential nutrients do you really think dentist don't care? Why don't you add these other elements to your cause and I'll respect what your doing otherwise all this does is disparage my profession and distract from what causes the most damage I see, You can go back 4000 years and study Native Americans and the meat eaters had less than one cavity and the plant based eaters had 7 on average and this was way before fluoride and plastics and 5 g and what ever else we want to blame our problems on.

lastly just look at the top picture, this child has the same mother and father and these teeth developed at the same time but the top teeth are decayed and the bottom teeth aren't, the answer is simple. exposure to a food source that the bad bacteria can take advantage of will cause disease so I'm back to my main point eat essential fats and proteins and get plenty of fresh air and sunshine and brush and floss and water pic, too much of most anything can be bad, even brushing your teeth too much can kill them, which by the way I've seen way more of than the damage too much fluoride causes!

Reply | Mark as Spam | Posted On 6/26/2022 5:29:32 AM

Like | Dislike

brianallen1
Joined On 8/7/2021 10:12:38 AM
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It is not a conspiracy by dentists. However, they are responsible and guilty for recommending this poison when the facts, evidence, danger and harm have been known for decades. Similar to MDs and their pharmaceuticals. Can't go against the narrative, though. Guess what? You can. Everyone can.

Mark as Spam | Posted On 6/26/2022 8:07:46 AM

Like | Dislike

geraldsteel
Joined On 2/24/2021 11:38:49 AM
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I appreciate the things that dentists can do to help us have more functional teeth. However, very few dentists are aware of the damage to the brains of unborn children that is caused by pregnant women drinking fluoridated water. I am not aware of a single dental school that provides this information to its students so that their future dentists can inform their future patients. The majority of children in the U.S. have brains that have been adversely impacted by their mother ingesting fluoride during pregnancy. I believe this is a significant factor in the dumbing-down of the U.S. society today and the resulting societal increase in irrational behavior.

Mark as Spam | Posted On 6/26/2022 1:33:49 PM

Like | Dislike

peastalker
Joined On 6/22/2008 9:01:03 PM
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Looks like dental fluorosis to me

Mark as Spam | Posted On 6/27/2022 12:14:56 PM

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