## Dracula is alive and well in San Antonio

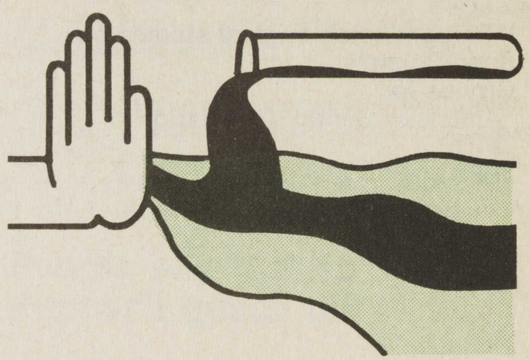
San Antonio was making news again for its resurgence in pushing fluoridation into a community much like all American communities that have wrestled with this issue for the past thirty years.

Defeating fluoridation in 1966 and 1977, the fluoridation pros rose this dead issue again in 1982, only to be turned back by Mary Hicks and others of the Safe Water Committee of San Antonio. Surfacing again in 1984, Curtis Bell, longtime anti-fluoridationist, described the issue to be that of "Dracula. He never dies. He resurfaces year after year, constantly being turned away by the people. I guess we need a silver bullet," he stated in an article appearing in **The San Diego Express News.**

Fortunately, many thinking people have come forward to defend our water supply and right to choose. Dr. Eva Lee Snead, medical director of the Restorative Medicine Research Center, has taken a written and verbal posture against compulsory fluoridation, stating that "being forced to use fluoride represents an affront to individual liberty." She also pointed out that many physical adversities of fluoride, including the medical side effects and diseases associated with it.

Who knows with people like Alex D. Broli, Theresa Doyle, Curtis Bell, Mary Hicks and Dr. Snead, this may be the year of the "silver bullet!"

## Final fluoride bell has sounded



With the most recent announcement by the CDC that they intend to fluoridate 95% of this country by 1990, the final bell has sounded in this fight to preserve our right to safe water and our right to choose. Many opponents of fluoridation throughout the country voiced their opinions that we must counterpunch this flurry of forcing unwilling communities to fluoridate. Susan Pare, CHA President, immediately sent a press release to newspapers and major wire services stating that our association will meet this new wave of aggression head-on by offering facts and documents on the other side of the fluoride controversy. She further stated that documented evidence has shown that fluoridation is both unpopular and an unreasonable risk to the populations of the United States and the world.

Supporting that point of view, the Opinion Research Corporation conducted a survey revealing that most Americans do not believe that fluoride is the most important element in reducing dental decay. Further the study revealed that researchers considered dentists as inaccurate sources of information for the public regarding dental care and regimine.

"The next few years will be the turning point," said Mrs. Pare. "We either unite and publicly and financially support our views that fluoridation is harmful to the environment and to our human liberties, or we accept for a lifetime compulsory, artificial fluoridation." This calls for a sincere effort by all in what she described as "the most difficult time in this forty-year battle over our drinking water."





# Fluoride Myth #1

"...there is evidence that in higher concentrations, fluoride is beneficial in helping to prevent osteoporosis."

Belleair, FL, 2/14/85

"Fluoridated water a boon for the elderly."

NIDR Research News, 4/80

In several communities where the question of fluoridation has been on the ballot this past year, fluoride has been touted as an "elixir" for the elderly by its purported beneficial effects on their bones. CHA has reported on this misinformation in our "Lifesavers' Guide to Fluoridation" citing studies reported in the **Journal of the American Medical Association** as well as the **Orthopedic Research Society Journal.** And more recently, researchers from the University of Kuopio in Finland found that "In neither group did the relation between F concentration and compressive strength provide any evidence that F in this range (fluoridation) would increase compressive strength." However, with current interest in osteoporosis at an all-time high due to the fact that so many women are being diagnosed with this degenerative condition, CHA feels an obligation to update you.

("In just a few years, osteoporisis, a disease unheard of by most women, has become a common concern, as it well should be, for the debilating bone disorder...has its roots in young adulthood. Prevention should start as early as the teen years.")

Jane Brody, The New York Times
January 11, 1984

While ads and articles on osteporosis invariably point to calcium intake as being important, one substance in our diet plays a destructive role in preventing our bodies from using the calcium. That substance is **sugar.** While the lover of sweets may find it difficult to believe, sugar is bad for more than teeth.

"The action of sugar on general health status is legion. But what about its effects on bone?" Refined sugar alters insulin metabolism and this in turn affects calcium metabolism. In addition, sugar requires vitamin B6 in order to be metabolized. Vitamin B6 plays a role in magnesium pathways, which in turn affects bone." Apparently, we would do well to remember not to eat excessive sugar with our calcium supplements and calcium-rich foods.

In medical journals, and science magazines alike, fluoride is mentioned as **experimental** therapy in doses far beyond what appears in fluoridated water. According to a newly published book, **Osteoporosis**, written for lay audiences, "Forty percent of people treated with necessary doses of fluoride have adverse reactions." It was further stated that "Normal fluoridation levels in water were shown to have no influence on the incidence of osteoporotic fractures." "You may, therefore, wonder why fluoride treatment is still being prescribed. We wonder, too," stated the authors.

With fluoridation referendums likely to appear on the ballot in many communities this coming November, CHA's *Update* will be keeping you informed on this politically sensitive issue of osteopororis and compulsory fluoridation. In the words of Gretchen Armacost of Amherst, MA, "We didn't hear or see anything about fluoride for the prevention or treatment of osteoporosis until the fluoridation question went on the ballot."

Any person needing therapy or treatment for osteoporosis, should consult their own doctor for individualized care. Adding more calcium to the water supply won't solve the problem either.

**Osteoporosis — What It Is, How To Prevent It, How To Stop It,**
by Dr. Betty Kamen and Si Kamen.