

DR. DAVID RELUBEN TELLS

excerpts from his book:

EVERYTHING YOU ALWAYS
WANTED TO KNOW ABOUT
NUTRITION, published
by Simon & Schuster
(1978) pages 80--82

EVERYTHING YOU ALWAYS WANTED TO KNOW

(about
fluoride)

"WHAT'S THE PROBLEM WITH FLUORIDE?"

The fluoride that is added to drinking water and toothpaste in the U.S. these days is probably one of the best examples of ignorance triumphing over science. Or maybe it's greed triumphing over ignorance. Whatever you want to call it, it's pretty scary.

BUT THERE'S AN EASY WAY TO DECIDE WHETHER THAT CHEMICAL, SODIUM FLUORIDE, BELONGS IN THE DRINKING WATER YOU GIVE YOUR KIDS:

Just take a cool analytical look at what fluoride is and the effect it has on human beings. The reasoning behind adding fluoride to your drinking water is based on the discovery that areas of the world that have relatively high level of naturally occurring fluoride in the water have a relatively low level of tooth decay. Therefore, according to the public health "experts" the best way to decrease tooth decay is to artificially add fluorides to the water. That's actually about the worst way to cut down on tooth decay. First of all, it follows the current pattern of "modern medicine" in that it ignores the cause of a disease.

Tooth decay is NOT produced by a deficiency of fluorides. It IS produced by eating refined carbohydrates like white flour, white sugar, refined cereals, and all the other refined junk that make up the most profitable food products sold to unsuspecting consumers, many of them kids. It's BIG BUSINESS to sell yet another grossly overpriced product--a fluoridating plant plus chemicals--to every big city and small town in the nation. Tooth decay produced by the products sold also opens up a new and sensationally profitable market for toothpaste doped up with fluoride.

FLUORIDATION SETS THE PRECEDENT OF ADDING A CONTROVERSIAL CHEMICAL TO THE WATER. If the "experts" decide today that we should have fluorides in our tea, coffee, frozen orange juice, lemonade, and every cell of our bodies, what's in store for us tomorrow? What about tranquilizers to avoid civil disorders? What about birth control chemicals to be routed to the water in certain ethnic neighborhoods? When the time comes, of course, you can be sure it will be done for "your comfort and safety."

SODIUM FLUORIDE, THE CHEMICAL ADDED TO DRINKING WATER, IS A DEADLY POISON. Just a little too much sodium fluoride causes convulsions, coma, and death. The average person gets about 0.45 mg of fluoride from his diet, about 1 mg from his fluoridated toothpaste, and up to 1.6 mg a day from fluoridated water, a total of 3.05 mg a day. It has been conclusively proven that women who take in more than 2 mg of fluorine per day have a much greater chance of giving birth to mentally defective children.* Instead of exposing your entire body--and that includes your genes and chromosomes--to a powerful and TOXIC CHEMICAL, just stop eating junk food that rots your teeth. Too simple?"

*Studies by Dr. Ionel Rapaport, U. of Wisc., indicate number of mongoloid births are more than triple in communities with 1.0 to 2.6 ppm fluoride concentration in the drinking water.