

Angela McDermott

WATER FLUORIDATION POLICY

Dear Ms Forrest and Members

I was so pleased to read of the rebooting of the Preventative Health Care Committee as it is the perfect vehicle for a reassessment of the Water Fluoridation Policy.

I have been writing letters to the paper and some politicians about my concerns over the past couple of years, as it has been revealed by much scientific investigation over many years that fluoride is not quite the wonder mineral it is made out to be.

As a concerned mother who hopes soon to be a grandmother, I want to do what I can to clear this issue once and for all, for our children and theirs.

Tasmania is supposed to have a 'clean, green' image and yet there is so much chronic illness in this State. I know there are many and varied causes for poor health, but when you start with what will end up being a life-long dosage of a medication/poison that is proven to be accumulative and detrimental to health of vital organs including the brain, and bones, it's certainly not a healthy beginning.

Fluoride consumption/dosage cannot be controlled once it is put in the water so there is no margin of safety for several health effects. A margin of safety must take into account a wide range of individual sensitivities in a large population and *all sources* of fluoride, as fluoride is not limited to the water supply. Babies fed formula mixed with fluoridated water are receiving many times more than the recommended daily dose, a fact of which many new mothers are unaware.

Please take a look at the lists of chronic disease in Tasmania. Other factors such as diet, lifestyle and genetics play a major part in health outcomes, however it is my belief that how our bodies deal with these factors is heavily influenced by the presence of accumulated fluoride and how it affects function. For instance, fluoride can accumulate in the pineal gland in the brain, a gland which controls, among other things, sleep patterns and the onset of puberty. The presence of fluoride can alter these functions. Fluoride can also interfere with iodine uptake in the thyroid gland and create problems with energy levels, weight gain and lethargy. Fluoride can also interfere with insulin uptake and how our bodies deal with sugars, which would contribute to diabetes being an almost accepted condition of old age. Fluoride is also detrimental to mitochondrial function, the very basis of cellular energy.

Comparisons of health statistics between the Republic of Ireland (fluoridated) and Northern Ireland (non-fluoridated) reveal a much greater prevalence of chronic disease, including asthma, arthritis, thyroid disease, diabetes and heart disease in fluoridated R of I.

At present there are no tests available, as far as I am aware, to the Tasmanian public to measure fluoride levels in plasma and urine, let alone that stored in bones. Should that not be a part of monitoring consumers in the Fluoride Policy? From the multitude of hip and knee operations, surely there is opportunity, with patients' permission, for surgeons to sample removed bone sections and have them examined for fluoride content and damage? How much arthritis, osteoporosis and bone fracture actually has an undiagnosed fluoride component?

My children are second generation raised on fluoridated water, but only first generation from a mother who'd had fluoride. Two of my three children have dental fluorosis, a detrimental condition created entirely by too much fluoride. They were breast fed. If fluoride ingestion has messed with their teeth, what other harm has it done to their bodies? What will their children's teeth be like and what about their general health? What effect will fluoride have on future generations – our workforce and athletes? These questions need to be answered.

In fluoridated countries such as New Zealand, America, Ireland, England and Canada there is concerted effort by scientists, health professionals and concerned citizens to stop fluoridation. Israel has ceased water fluoridation. Municipalities in aforementioned countries have convinced councils to stop fluoridation. In our own States of Queensland and Western Australia councils are listening to the people and ceasing this folly.

Many of us are taking responsibility for and addressing our own health issues without relying wholly on the government health system. It is my belief that it would be of great help if our health was not compromised by the presence of fluoride in the public water supply.

Can the PHC look into water fluoridation with open minds and see the damage it causes far and beyond the prevention of dental decay for which it was originally intended? I would not expect the whole population to take medication prescribed just for me, just as I would prefer not to have the fluoride I and my children do not require.

Cancelling fluoridation of the water supply would be an excellent start to Preventative Health Care in Tasmania.

Yours sincerely

Angela McDermott