

Dear Fluoride Commission,

Three letters are attached (two below, one as a separate pdf) in response to Mark Thiros Question #6.

If you do not believe these people, contact them and ask them more questions. They are examples of wonderful people who have struggled with the problems of fluoride affecting their health and the health of their loved ones. Contact them and ask them the tough questions. They are not isolated cases. They just happened to spend the time and money to figure out what was causing some of their problems.

Putting numbers to suffering can remove us from the individual person's pain. Dental fluorosis is an undisputed biomarker of a chronic toxic overdose of fluoride. But there are many other problems for high risk individuals.

And fluoridation appears to affect our pets adversely as well as our children.

Sincerely,

Bill Osmunson DDS, MPH

Letter 1:

Dear Dr. Osmunson,

I read an excerpt of your post to the ADA discussion group regarding the ADA's position on water fluoridation and wanted to thank you for your courage and willingness to put science and reason ahead of dogma. I sincerely hope your colleagues display integrity and maturity in their responses, but experience tells me you will get flamed and marginalized.

The most devastating action of the ADA is that victims of fluoridation are denigrated, ignored and denied. My family is one of the many examples that supposedly don't exist. And the final insult is that we have bad teeth full of fillings!

I was fluoridated from conception in Grand Rapids, 1952. I suffered the irreversible effects of early fluoride hyper accumulation as I was both premature and formula fed. According to my medical history of intestinal malabsorption and chronic diarrhea, I am, like 1% of the total population, allergic to fluoride. As a result of this early damage, my digestive system is permanently scarred and I cannot absorb nutrients and minerals well.

My grandmother developed goiter three years after fluoridation began and died of breast cancer in 1953 at age 49. There was no history of breast cancer or thyroid disease in our extensive family outside of Grand Rapids or in Holland. It is established that low thyroid is a risk factor for breast cancer.

My mother could not carry pregnancies to term until we moved out of Grand Rapids in 1955. My sister was born 10 weeks early and I was six weeks early. She lost three out of seven pregnancies. It is established that low thyroid is a risk factor for premature birth and miscarriage.

My sister and I have suffered low thyroid symptoms most of our lives. All 4 of us had late tooth eruption (a result of thyroid suppression) and as a result, severe malocclusion requiring extractions and orthodontic braces at adolescence. Our facial structure was changed as a result. None of our unfluoridated Dutch cousins have this formation. My sister and I reached puberty earlier than our nonfluoridated female relatives. Earlier puberty is an established risk factor for breast cancer.

I have osteopenia despite a lifetime of exercise, sports and good nutrition. My sister and I have MRI and x-ray evidence of early stage ossification of ligaments and tendons, and narrowing of the spinal canal from fluoride hyper accumulation. We both have kidney damage - she worse than me, due to smoking. She has a goiter and is on high dose of thyroid medication. I am on thyroid medication too. I had breast cancer in 2000.

Apparently, in the US and Canada fluoridation joint damage is called "normal aging" - but mine was first evident in my teen years! In India or China, doctors are free to diagnose these conditions for what they are - fluoride poisoning. Here, we are diagnosed with communist-plot-theory wacko syndrome if we link fluoride to health damage.

So: I am a shining example of fluoridation failure: bad teeth, bad bones, bad thyroid, bad kidneys and breast cancer. My children, although breastfed for the first years of their lives, had late eruption, persistent deciduous teeth, dental fluorosis and malocclusion requiring expensive orthodontic work. The youngest girl is the most severely affected and also has malformed growth plates at ankles and knees. All three have suffered frequent joint stress injuries from normal school phys-ed activities. Two have had fractures and chronic connective tissue problems. I simply do not understand how the ADA can deny the research that fluoridated children suffer more joint and bone injuries.

But according to the ADA, we do not exist or else we are evidence that there is no significant harm from fluoridation.

I just don't understand how the ADA can continue to get away scott free with promoting a policy that destroys lives like this. Once again, I am very grateful to you for attempting to expose the propaganda for what it is.

Sincerely,

Aliss N. Terpstra, RNCP

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Letter 2:

June 14, 2009

To the Supreme Court of Washington State

Dear Sirs:

My son, Kyle, suffers chronically from pain, severe headaches and other symptoms when exposed to chemicals in his food, in the air or in his water. Kyle is 24 and has autism. He is employed as an office assistant at Highline Community College, but cannot function in his job after chemical exposures. It is my full time job as his mother to protect him from such exposures, but water is the hardest to avoid.

His sensitivity to chemicals is so great that he cannot drink fluoridated water and cannot take a 3-minute shower in fluoridated water without suffering a severe headache that lasts for hours. Someone wearing perfume will cause his heart rate to skyrocket (demonstrated by accident in the doctor's office). A tiny bit of yellow dye #5 in white cake will cause him to scream and run as if pursued by killer bees. Chemical food preservatives will cause him to break out in a red sweat and will guarantee a wild ride for all those around him. After exposure to chemicals, the intensity of his pain makes him appear 10 times more autistic—because he cannot talk, cannot listen, and cannot cope— until the pain subsides.

My son has a developmental disability, but his greatest impediment to a livable life is pain. Similar reactions to chemicals are very common in the autistic population and, unfortunately, those that are the most out of control have parents who do not yet know that the water could be causing their child's wild behavior. It took me 14 years to discover

this and, since his sensitivities have worsened with age, another 10 to learn that even a shower in fluoridated water causes him excruciating pain.

A decent life would be impossible if he were to drink fluoridated water, eat foods prepared with fluoridated water or bathe in fluoridated water. When I die, who will protect him from the chemically-treated water? Removing fluoride, especially, from the water is very expensive and labor-intensive.

Fluoride doesn't cause autism—but it can intensify pain and increase autistic symptoms due to their inefficient detoxification. Most now agree that *genetic vulnerability + environmental exposures* = the behavioral symptoms we label "autism". In the 1980's autism affected 1 in 2,000—now it's 1 in 150. Countless parents have reported the improvement of their child's behavior and school success by reducing their child's toxic load and changing to chemical-free food and fluoride-free water.

Every medication has a risk, including fluoride, but only one medication is delivered to everyone regardless of health status, regardless of vulnerability, regardless of consent, regardless of dose and regardless of individual tolerance. Our babies, children and vulnerable populations need our utmost protection and conservatism from all chemicals—no chemical or drug is benign, not even fluoride.

The cause of autism is unknown, but the tragedy is not. It is unconscionable to add a toxic drug to something so basic to survival as water when there is any chance whatsoever that doing so might harm even a single child and make that water undrinkable and unusable to those with chemical intolerances. There is simply no drug that is safe for everyone. Drugs don't belong in water.

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PS: I also have reactions to the fluoride in showers, but mine is a red itchy rash.

[Letter 3](#): Separate PDF