

# Fluoride—Safe? **NOT!**

Dental authorities believe that fluoride in toothpaste and drinking water reduces the incidence of dental caries (cavities) and in some parts of the UK, drinking water is artificially fluoridated to achieve this effect. In early 2018, a leaked document revealed that the UK government is considering mandatory water fluoridation throughout the country.

Opponents of government-mandated fluoridation point out that this is **forced medication**, which violates the fundamental health principle of **informed consent**. Moreover, fluoride is a known **cumulative toxin** with a **host of undesirable side-effects**.

## Known health risks of fluoride:

- Dental fluorosis (white/brown spots/streaks in tooth enamel)
- Skeletal fluorosis (dense, brittle bones)
- Other bone and joint problems
- Osteoarthritis
- Hypothyroidism, endocrine disruption, pineal gland calcification
- Acne and other skin problems
- Cardiovascular problems, hypertension, cardiac failure
- Arterial calcification and arteriosclerosis
- Reduced fertility, early onset puberty
- Prenatal neuro-developmental problems, lower IQ, cognitive deficits
- Neurological problems, ADHD
- Diabetes
- Immune system complications
- Gastro-intestinal disorders

## Further Information

- <https://fluoridealert.org/>
- <https://fluoride.mercola.com/>
- <https://askthedentist.com/fluoride-facts/>
- <https://www.medicalnewstoday.com/articles/154164.php>
- <https://www.ncbi.nlm.nih.gov/pubmed/21288074>
- <https://files.iaomt.org/wp-content/uploads/IAOMT-Fact-Sheet-on-Fluoride-and-Human-Health.pdf>
- <https://www.globalhealingcenter.com/natural-health/9-shocking-dangers-of-fluoride/>
- <https://www.cheeseslave.com/top-10-dangers-of-fluoride/>
- <https://foodrevolution.org/blog/fluoride-in-water-dangers/>
- More links on [campaign-resources.org](http://campaign-resources.org)

## What Can I Do?

- Filter or distil your drinking water
- Eat organic and avoid processed foods
- Use a non-fluoridated or nano-hydroxyapatite toothpaste
- Complain to [Ofwat](http://ofwat.org) and your local water supplier
- Write to / e-mail your local councillor / MP / MEPs
- Phone into local or national radio programmes
- Write to newspapers
- Post about it in your social media networks
- Tell your friends, relatives, neighbours & work colleagues
- Print more of these leaflets and distribute them locally

*qui tacet consentire videtur - "who is silent is seen to consent"*

**For further information visit [campaign-resources.org](http://campaign-resources.org)**

