

Fifty reasons to oppose fluoridation

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Abstract

Water fluoridation is the practice of adding compounds containing fluoride to the water supply to produce a final concentration of fluoride of 1 part per million in an effort to prevent tooth decay. Trials first began in the US in 1945, but before any of these trials were complete, the practice was endorsed by the US Public Health Service in 1950. Since then fluoridation has been enthusiastically and universally promoted by US health officials as being a “safe and effective” for fighting tooth decay. However, even though most countries worldwide have not succumbed to America's enthusiasm for this practice, their teeth are just as good, if not better, than those countries that have. The “50 Reasons” offered in this article for opposing fluoridation are based on a thorough review of the scientific literature as regards both the risks and benefits of being exposed to the fluoride ion. Documentation is offered which indicates that the benefits of ingested fluoride have been exaggerated, while the numerous risks have been downplayed or ignored.

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Keywords: water fluoridation, toxicity, criminal behavior
