

**Review: Dr John Yiamouyiannis, *Fluoride the Aging Factor: How to Recognize and Avoid the Devastating Effects of Fluoride*, Health Action Press, Delaware, OH, 1983 (1986 edn.)**

Pages: 204

**Shocking Fluoride Revelations**

From the initial survey of areas with high fluoride (F) water content and severe disease correlations, sound warning bells should sound about this highly toxic element.

How something which causes brittle bones, aging, premature births, impotence in man and animals at levels 5X the 'safe' level, yet be perfectly harmless at said level is a mystery. Even at 1pp the urine shows dangerous markers of collagen breakdown.

Dr Yiamouyiannis explores the mechanisms such as cytochrome c disruption in protein breakdown and autoimmune disease, carcinogenicity from broken DNA enzyme repair, and immune system damage by F-disabling white blood cells.

The fact is disease and toxicity occurs at extremely low levels (0.2ppm), especially under synergistic effects with aluminum. This means the 'safe' EPA levels are anything but; physical signs of F-damage such as dental fluorosis, dermatitis, or bone aches and pains occur much *later* than invisible internal damage.

Exposure routes may not only be via drinking water; awareness of living or working distance to fertiliser plants and smelters is important for deadly airborne F.

Sound advice of avoidance is given, possible by using a simple distiller at home for drinking water.

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**I) Speeding Up the Aging Process (pp. 1-5)**

In Kizilcaoren, Turkey, the water has a natural level of 5.4ppm F; people suffer impotence and depression, premature births, premature aging, weak muscle tone and brittle, deformed bones.

In Acquaviva Platani village, Sicily, people drink 5ppm F and have hardened arteries and premature senility.

In Dharwar district, Karnataka, high F causes teeth to fall out, joint and hip pain, loss of flexibility, and premature aging.

1ppm F increase chemical urine signatures of collagen breakdown (which makes up 30% of the body's protein).

## **II) Symptoms of Fluoride Poisoning in the Western World (pp. 6-20)**

Trifluoperazine is a F-containing tranquilliser.

Dutch doctors studied 60 patients drinking F-water: 50% (GI disorders); 25% (mouth inflammation); 8% (excessive thirst); 5% migraine); 3% tinnitus and depression.

1-5ppm F causes kidney enzyme interference and damage in lab animals.

One woman on F-water: experience hand and arm weakness, incoherence, drowsiness, and forgetfulness.

Between 1/1/1978 and 5/31/1978, Spencer County, Indiana, 79 living around a F-emitting plant died suddenly.

On 11/11/1978, 50ppm F was dumped into Maryland public water, poisoning 50K: 62% had musculoskeletal symptoms; 65% neurological; 81% GI; 59% urological; and 13% skin.

A typical dental F treatment has 10K ppm on the teeth for five minutes; some of which the patient inevitably swallows causing nausea.

F-toothpaste which has 1K ppm can cause acne eruptions in teenagers. The F is enough to kill a 20lb child.

4-6 year olds eat 25-33% of their toothpaste.

### **III) Disarming the Immune System (pp. 21-27)**

F decreases the migration rate of WBCs in the blood at levels just 0.1ppm. Across a 6 hour exposure this equates to a 21% WBC inhibition.

Animals fed 1ppm F excrete AMP (adenosine monophosphate) at over 100% growth. When combined with Al, the F can be reduced to 20ppb for the same effect (50X).

WBCs produce superoxide ( $O_2^-$ ) to destroy foreign agents. F inhibits this.

Drs Alfred Taylor and Nell Taylor of Texas University found 0.5-1ppm F increased tumour growth rates in cancer-prone mice by 15-25%.

### **IV) Breaking Down the Body's Glue (pp. 28-33)**

The five cell types which manufacture collagen are: fibroblasts (skin, tendons, ligaments and muscles); osteoblasts (bone); ameloblasts (tooth and enamel); odontoblasts (dentin).

Collagen also contains hydroxyproline and hydroxylysine, which increase in the urine at 1ppm F.

### **V) The First Visible Sign of Fluoride Poisoning: Dental Fluorosis (pp. 34-39)**

F-induced tooth abnormalities cause yellow, brown, and black staining, crevices and pits, and broken tips.

Dental fluorosis is a permanent record showing fluoride has interfered with the basic life functions of the ameloblasts ... causing them to produce damaged collagen. [p37]

As nutrition falls, ameloblasts are more susceptible to F (tooth-forming cells are being poisoned).

### **VI) Aging the Bone: The Degenerative Effects of Skeletal Fluorosis (pp. 40-48)**

A broken or fractured tooth can't repair itself.

F causes vertebrae to fuse resulting in "hunch back" syndrome.

50m outside London near a brickworks, 90% of people were suffering arthritis for airborne F.

F actually causes decalcification.

Osteitis fibrosa among artificial kidney patients increased 50-100% when the machines used F-water.

### **VII) Premature Aging: Skin, Arteries, Other Tissues (pp. 49-52)**

Muscle cells dwindle towards the end of tissue, terminating in tendons.

3ppm F calcifies arteries with malformed fibroblasts.

F also causes scleroderma of the skin.

### **VIII) Genetic Damage and Cancer (pp. 53-62)**

Deficient DNA enzyme repair causes cancers; 1ppm F inhibits this by 50%.

### **IX) The Human Sacrifice (pp. 63-72)**

Cancer death rates in F-cities increases primarily in 45+ age groups. This is likely due to a reduction in the bodies repair capacity, combined with a weaker IS.

### **X) The Prime Target (pp. 73-75)**

### **XI) How Fluoride Works (pp. 76-81)**

F inhibits enzymes by binding to Mg and phosphate.

In 1981, Dr John Emsley found F forms strong H bonds with amides, which interferes with protein amide groups.

It inhibits acetylcholinesterase, distorting its shape and turning it into a target for the IS to destroy (causes autoimmune disease).

## **XII) How to Avoid Fluoride (pp. 82-86)**

Some spring waters are very high in F.

Beers and wines are manufactured with F water.

Mother's milk only contains 0.01-0.05ppm F.

Tea leaves have high F.

## **XIII) The First Fable: Fluoride Is Essential (pp. 87-94)**

All studies to determine essentiality confine themselves to weight gain and reproductive function.

Study mice on 100-200ppm became sick or died. On 50ppm they produced pups sooner.

Infertility effects show up long before visible dental fluorosis or skin conditions.

1ppm F depresses testosterone.

F inhibits O<sub>2</sub> utilisation and ATP synthesis, via interference with an Fe-containing enzyme cytochrome c peroxidase. At 0.2ppm F-bonding to this enzyme increases 50%!

Cytochromes catalyse H<sub>2</sub>O production from O<sub>2</sub> and e<sup>-</sup> from food.

## **XIV) The Second Fable: Fluoride Reduces Tooth Decay (pp. 95-110)**

On January 25, 1945, Grand Rapids, MI was the first city to be fluoridated. There was no difference in Decayed, Missing, and Filled Permanent Teeth (DMFT) between Grand Rapids and unfluoridated Newburgh in 1955, nor the US average in 1965.

As perhaps the most F country, the U.S. paradoxically has the most tooth decay.

### **XV) See How They Pollute (pp. 111-116)**

One profitable means of F disposal was selling it as rat poison and insecticide; problematic since it isn't biodegradable.

In August, 1997, Maryland cattle exposed to Eastalco aluminum plant became severely ill, and some died. People complained of nausea, burning eyes, sore throat, and small brown spots on their limbs.

F-contaminated phosphate is used as fertiliser and added to animal feed as a 'supplement'!

UF<sub>6</sub> reacts with air moisture to produce F.

### **XVI) The Bureaucrats: See How They Operate (pp. 117-136)**

In the 1976 swine flu fiasco, the Government had 40M vaccinated against a non-existent disease, killing an estimated 10K, and causing 1K cases of Guillan-Barre syndrome.

Benzene exposure causes leukemia.

While F is carcinogenic, there is a point at which it will actually kill cancer cells; creating a positive contraindication.

An estimate 10K cancer deaths p.a. in the U.S. are attributable to F.

The 1974 Safe Drinking Water Act contains Maximum Contaminant Levels for pollutants including F (1.4ppm for warm climates and 2.4 for cooler) [?].

4ppm causes severe dental fluorosis. As little as 0.7ppm can cause skeletal fluorosis.

### **XVII) Jumping the Gun: The Beginning of a Cruel Hoax (pp. 137-141)**

F content of phosphate rock is ~4%, and during conversion to superphosphate about 25% of it is volatilised into the atmosphere.

**XVIII) See How They Lie (pp. 142-160)**

**XIX) The Solution (pp. 161-163)**

Buying distilled water is a good option.

F should be  $\leq 0.2$ ppm.