



# **Fluoride's Effect on Human Intelligence**

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The People's Common Wealth Spring Exchange  
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**Suppressed Government Report since May 2022**

**Made Public Under a Lawsuit Against the US  
Environmental Protection Agency  
on 15<sup>th</sup> March 2023**

**Conclusion: Fluoride Can Reduce  
Children's Intelligence**

- The report was issued in two parts, a monograph and a meta-analysis. The meta-analysis found that **52 of 55 studies found lower IQ** with higher fluoride exposures, demonstrating remarkable consistency. **Of the 19 studies rated higher quality, 18 found lowering of IQ.**
- **The meta-analysis could not detect any safe exposure, including at levels common from drinking artificially fluoridated water.**

# The totality of research

- **There have been a total of 85 human studies since 1995.**
- **85 studies in Categories A-D. 76 studies found harm**
- **55 studies in Categories A-B. 52 studies found harm**
- **19 studies in Category A. 18 studies found harm**

Research conclusions

**“FLUORIDE CAN REDUCE HUMAN INTELLIGENCE”**

**THE REDUCTION HAPPENS IN THE WOMB AND WHEN  
THE INFANT IS GIVEN FLUORIDATED FORMULA**

**AVERAGE REDUCTION IS 5-7 IQ POINTS**

# What does this mean for Society?

- Less geniuses, and
- More special needs children and those who not educatable.

# So, what is fluoride?

- Fluoride is:
- A negatively-charged (an) ion of fluorine
- An atom which has one extra electron which gives it its negative charge
- A very tiny atom
- An atom which readily bonds with metals and hydrogen which are positively charged. Opposites attract.
- It exists in nature as, for example, hydrogen fluoride, calcium fluoride and magnesium fluoride
- It erupts from volcanoes as hydrogen fluoride and is eroded very gradually out of rocks. It shouldn't cause too much harm BUT

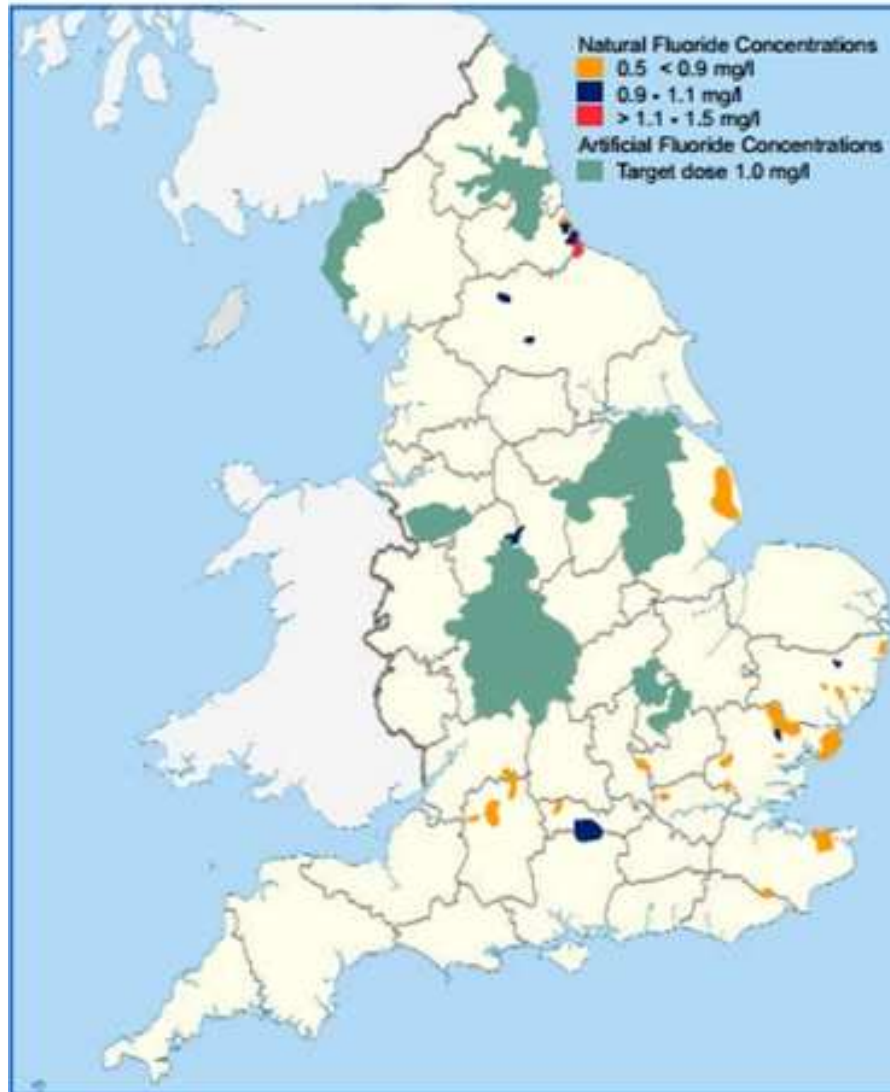


... but ...

... there are regions where levels are high enough to cause harm.



## Fluoride concentrations in water supplies



To add fluoride to drinking water a hazardous industrial waste acid is used.

Hexafluorosilicic acid (HFSA) contains

- 1.5% hydrofluoric acid – a reportable poison
- Antimony, arsenic, cadmium, chromium, lead, mercury and nickel.
- Waste water used for scrubbing the factory chimneys. This contains radioactive materials and heavy metals.
- Some beneficial substances are also added but .....
- HFSA is the cheapest way of fluoridating drinking water.

# Fluoridated Water is Compulsory Medicine

- “Hexafluorosilicic acid is used in the fluoridation of drinking water to increase consumers’ resistance to dental decay.”  
(BSEN 12175:2022, p.19)

**Therefore, it’s a medicine.**

- We can’t stop the water companies adding the acid to drinking water

**Therefore, it’s a compulsory medicine.**



# Pollution in the Womb

Fluoride in mother's blood supply travels via the placenta to the baby's blood supply.

Fluoride enters the child's brain which is unprotected by a blood-brain-barrier.

Sources of maternal fluoride:

- Fluoride toothpaste
- (Indian) tea
- Fluoridated water
- Manufactured food made with fluoridated tap water.
- Some medicines

# Pollution in the Womb

**Not a large enough body of evidence but fluoride might be absorbed during hot baths.**

**PRECAUTIONARY PRINCIPLE**

**or**

**“If in doubt, leave it out or avoid.”**

# Toothpaste

- Is fluoride from toothpaste absorbed through the lining of the mouth?
- Is it all spat out?
- Is it swallowed?
- Will rinsing in fluoridated water remove it completely?



# Indian Tea (*Camellia sinensis*)

- Is it the “cup that cheers” or is it the “mug that cheers”?
- How many cups/mugs per day?
- How long was it steeped?
- Loose leaf tea or tea bags?
- High quality tea or leaf dust and old leaves?
- What do you do with your used tea bags?

# Tea Surveys

- All types of Indian tea contain fluoride.
- Older leaves at the base of the bush contain more fluoride than young leaves and “tips”.
- Fluoride is in the soil and is taken up by the tea bush.
- If Growmore<sup>®</sup> is used to fertilise the soil around the tea bushes, there will be even more fluoride in the leaves.
- Is it really the “cup that cheers” ?



# That is very far from the truth!

- . Researchers have written about the hazards of drinking too much fluoride and too much tea:
- . Skeletal fluorosis
- . Dental fluorosis
- . Reduced intelligence when the foetus is exposed to fluoride from its mother's cup of tea.
- . Endocrine function disruption causing hypothyroidism.
- . Brittle bones, especially hip fracture

# How much tea is too much?

- WHO max/day = 5-6 mg Fluoride.
- Amount of fluoride in 4 mugs or one litre of tea = 3mg f/litre
- Amount of fluoride in one litre of fluoridated tea = 4 mg f/litre
- Slightly more if tea is steeped for more than 2 minutes = 4.5 mg.
  
- You can easily overdose if you eat or drink fluoridated water and food and use fluoridated toothpaste.
- If pregnant, the foetus is over-exposed.

## Part of a tea survey

Brooke Bond PG Tips			03/11/2010	<b>3 ppm</b>
Clipper Organic Tea		Purchased March 2015 from Waitrose, London	12/05/2015	<b>2.4 ppm</b>
Duchy Originals Organic English Breakfast Tea		Purchased 02/05/15 from Ocado, London	12/05/2015	<b>1.2 ppm</b>
Earl Grey by Sainsbury's		Purchased from Sainsbury's during July 2016	20/09/2016	<b>1.0 ppm</b>
Gold Label Loose Leaf Tea			06/01/2017	<b>1.1 ppm</b>

## Tea leaves also contain aluminium

- According to Dr Chris Exley PhD, a specialist in aluminium toxicity, the reason why fluoride reduces intelligence is because it bonds with aluminium in the body and both are then transported via the placenta into the foetal brain where the compound damages neuronal function.
- The take home message is: “if you’re pregnant do NOT drink tea and avoid aluminium whenever possible.

## Over-exposure of the infant

- For at least 6 months, the infant is over-exposed to fluoride IF it is given baby formula made up with fluoridated tap water.





# The Blood-Brain-Barrier

- The Blood-Brain-Barrier is still developing at this stage.
- It allows impurities into the brain.
- Fluoride is a very small atom.
- Fluoride bioaccumulates in bones and tissues.

## During infancy, the baby is over-exposed

- Infant aged **2 months**. Weight = **4.5 kg**. Drinks **0.62 litres** formula/day
- Water contains **1mg fluoride/litre** so baby consumes **0.62 mg f/day**
- Recommended concentration of fluoride is **0.05 mg f/kg body weight/day**
- Therefore, the baby should not drink more than **0.05 x 4.5kg/day**  
= **0.23 mg f/day**
- But the baby drinks **0.62 mg f/day**
- The overdose is **0.62 – 0.23 = 0.39 mg f/day**

## Sources of over-exposure

- Formula made with boiled fluoridated water.
- Some exposure when being bathed – possibly.
- Cleaning the erupted milk teeth with a tiny piece of fluoride toothpaste. How much is swallowed?

The first two milk teeth



## The other downsides of fluoride

As well as reduced intelligence:

- Dental Fluorosis of permanent teeth
- Weakened permanent teeth over a lifetime
- Hypothyroidism, especially if iodide deficient
- Diabetes II
- Brittle bones including hip fracture.
- Other health problems too many to list.
- See whiteboard for sources and QR codes.

Any Questions?

