

Kansas Fluoride Information Newsletter

Up-to-date...

science based...

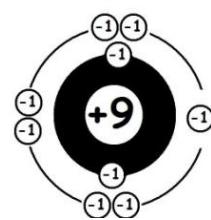
water fluoridation information!

Volume 02

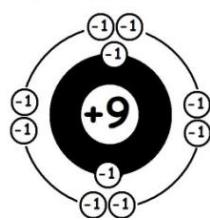
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Issue 08

Fluorine Atom



Fluoride Ion



Fluoride DOSE and fluoride CONCENTRATION

Paracelsus, a renaissance era alchemist who lived from 1493 to 1541 in Switzerland, was the son of a German physician. He is credited with being the founder of the science of toxicology.



Paracelsus famously said: ***"All Substances are poisons: there is none which is not a poison. The right dose differentiates a poison and a remedy."***

Considering the time in which he lived, Paracelsus' statement was remarkably wise and filled with foresight.

Today, pharmacists around the world carefully measure precise amounts of medicine in each pill or dose that is given to a patient as prescribed by their doctor.

The overall amount of the medicine consumed at one time is the dose, and the timing of each dose is controlled by the day, or by the hour.

Too much of something can kill you, while not enough may be insufficient to cure the illness, so the dose of a medicine is always critically important.

But for reasons never clearly answered, one of the most toxic substances known to man, fluoride, is added to our drinking water as a medicine with no means whatsoever of controlling the actual dose.

With fluoride, only the "concentration" is measured, and it is very difficult, in fact nearly impossible, to maintain the same uniform concentration in every gallon of water.

But the most troubling aspect about fluoride in drinking water is that people do not drink the same amount of water from day to day, nor from season to season, and water intake habits vary dramatically from one person to another.

There are wide variations in how much water a person might consume, for example, on a cold, idle, winter day, compared to a hot summer day while out mowing lawns. The difference in consumption could be 10 or 20 times higher or lower depending on a person's activity.

So what happens then, to the dose of fluoride?

Even if the concentration of fluoride, measured in PPM (*Parts Per Million*), in the water were uniform from one gallon to the next (*which it is not*), and from one area of a city to the next (*which it usually is not*), the broad variation in one's water consumption habits makes getting a consistent daily fluoride dose impossible.

Scientists, on both sides of the fluoride issue agree that at **SOME LEVEL**, fluoride lowers the IQ of children and causes problems with adult brains and other organs. But no one knows the total daily dose that they are getting!

If you brush your teeth with fluoridated tooth paste, and use a fluoridated mouth wash, small amounts of fluoride are swallowed. When a glass of grape juice is consumed, it likely has a higher fluoride concentration than fluoridated water, due to fluoride-based pesticide residue which is impossible to filter out. Many foods that are processed in water are loaded with fluoride, such as pastas boiled in fluoridated water. All of this adds up to an overdose potential, even before taking a drink of water.

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