



Hands of Health Newsletter

January/February 2004

Hello, again!!!

Wow, 2004! What can I say? Hope your holidays were joyful and healthy. Happy New Year! I always get questions such as "How long should I get a massage for?" "How often should I get a massage?" My reply is "How often do you want to be healthy?" I emphasize this over and over again that massage is part of a total health program, something you need to do on a regular basis in order for it to be effective. You don't eat one meal and then never eat again. You don't exercise one day and then never again. These are ongoing processes. So again, if you've fallen off your massage program or need to start one call me and let's get you in. This is your health we're talking about. Without it, it's hard to live. Remember, you can wear out your car due to neglect and abuse and buy a new one but if you wear out your body, where will you live? And you won't benefit if you only come in occasionally. I'm great at what I do but if you're working your body 24/7 and only come in once in awhile and expect me to put you back together in one session, it won't work. On to the next topic. I'm sure everyone's heard about flouridation of our water. But do you know both sides of the story. The NOWFoods company, a vitamin and supplement company does a lot of research on health topics of course and they email out a newsletter on request. I'm going to present in this issue of my newsletter some of the information they presented. I may limit it to just this issue or I may present a series. You can visit them at NOWFoods.com. Perhaps they have all the articles they sent me. I haven't checked. I'm personally against flouridation. And my dentist is against it too. You make your own conclusions.

FLOURIDATION DELIVERS RISKS; NO BENEFITS STUDY SHOWS

Naturally fluoridated water fails to reduce cavities and increases fluorosis rates, maintains a "Quintessence International" study. "Artificial fluoridation of America's water supplies is based on the belief that drinking naturally fluoridated water prevents cavities.* This study shows it does not," says lawyer Paul Beeber, President, New York State Coalition Opposed to Fluoridation.

Dentists counted cavities and fluorosed (discolored and/or pitted) teeth in healthy 12- to 14-year-old urban children living in both a naturally low-fluoride-area (0.30 - 0.40 parts per million) and naturally high-fluoride-areas (1.42 - 1.68 ppm) in Turkey. Low-fluoride-area children are not more cavity-prone and show "no evidence of fluorosis," report Ermis, et al., in the May 2003 issue.

In contrast, the cavity rate "in children in the high fluoride-areas increased with increasing severity of fluorosis," the researchers write. In the high-fluoride-areas, 68% - 85% exhibited dental fluorosis with 15% - 30% displaying the more severe forms - darker staining, pitting and/or enamel breakage, they report. Individually, the fluoride-saturated fluorosed tooth wasn't any more decay resistant than a normal looking tooth, the researchers found.

The scientists conclude, "The effect of fluoride on caries (cavities) needs to be clarified by further research." "Fluoridation risks, both dental and systemic, far overshadow any claimed benefits by fluoridation proponents," says Beeber.

Ermis and colleagues conclude, "Findings of the current study, as well as several epidemiological studies in which various fluorosis indices were used, have shown that the prevalence and severity of dental fluorosis increased as

the fluoride concentration of the drinking water increased. This study...has also demonstrated the differences of as little as 0.12 to 0.13 ppm fluoride in water supplies significantly influenced the dental fluorosis rate."

Additionally, they write, "another group of reports has indicated no relationship between the presence of caries and residence in a fluoridated area...the findings of this study also showed no significant difference in caries prevalence of the permanent teeth of children exposed to 0.30 to 0.40 ppm, and 1.42- to 1.66 ppm fluoride in the drinking water." Children who brushed their teeth more often had less tooth decay, the authors found.

"In the early 1990's, many southwestern U.S. residents exhibited ugly discolored teeth. The culprit - fluoride. Since those with fluoride-induced yellow, brown or black teeth had the least cavities, dental researchers guessed, fluoride must be a decay preventer as well as a tooth mottler. They prematurely and overzealously started their fluoridation crusade that lingers today. Unfortunately, they overlooked the drinking water's essential nutrient content - calcium and magnesium and other, vital teeth building minerals.

So, it's not surprising that fluoridation hasn't eliminated or even leveled out tooth decay across the U.S. but dental fluorosis is growing. And it's not surprising that a new fluoride-free toothpaste was 96% more effective than fluoride and it contains calcium and other essential nutrients.

Fluoride is neither a nutrient nor essential to health. Fluoride deficiency does not cause tooth decay.

Republished with permission from New York State Coalition Opposed to Fluoridation, <http://www.orgsites.com/ny/nyscof.com>, Tuesday, July 1, 2003.

FLOURIDATION: A 50 YEAR OLD BLUNDER AND COVER-UP

SEVEN REASONS WHY WATER FLUORIDATION IS A DANGEROUS HEALTH HAZARD.

1. Uncontrolled random dosages.

It is impossible to consistently supply any medication through the drinking water. People are very unique in their sensitivity to drugs and resent being medicated without their consent. Adding fluoride to drinking water invariably leads to uncontrolled random dosages. Infants and adults who drink more beverages will be overdosed. There are many well documented scientifically verified negative side-effects from exposure to fluoride.

2. No margin for safety.

There is a negative margin of safety between the "therapeutic" dose and onset of adverse health effects. Increased hip fractures are found at levels 1/10th the "recommended" 1 ppm fluoride level.

3. We are getting too much already!

Excessive fluoride accumulates in the biosphere and results in ever increasing levels in soil, food and water. Beverages such as grape juice may have 6.8 ppm. This grossly exceeds the level of fluoride that has adverse health effects. Soft drinks and beers manufactured in fluoridated communities will contain fluoride as well.

4. Fluoride as a human carcinogen.

Fluoride has repeatedly been shown to be a carcinogen in cell cultures, animals and humans. In 1956 Dr. John Chaffey, a professor of clinical pediatrics at the College of Physicians and Surgeons, Columbia University, noted cortical defects in the bone x-rays of 13.5% of the children living in fluoridated Newburgh, compared to only 7.5% in the neighboring nonfluoridated Kingston. He also noted the lesions were strikingly similar to osteosarcoma.

Studies have now confirmed a dramatic increase in osteosarcoma (bone cancer) in young males exposed to fluoride during growth of the bones and a 5% increase in all types of cancers in fluoridated communities.

5. Fluoridation does not reduce tooth decay.

Adding fluoride to drinking water has not been shown to be effective in reducing tooth decay. In blinded animal studies there was no correlation to the amount of fluoride and tooth decay. In the human populations fluoridation was not effective in reducing tooth decay. In fact, tooth decay has decreased more in some nonfluoridated communities than in fluoridated ones.

6. According to the National Research Council fluorosis affects 8 to 51% and sometimes as many as 80% of the children growing up in areas where drinking water contains one part per million (1 ppm) fluoride. Fluoride also can have a deleterious effect on bone growth and cause premature joint and ligament aging. The visible damage to tooth surfaces results in mottled, brittle teeth that are prone to fracture and may cost many thousands of dollars to cosmetically repair.

7. Fluoridation is very expensive.

There are enormous health care costs associated with injury from fluoridation. Adverse health affects include; hip fracture, joint and ligament calcification, bone cancers, other cancers, allergy, accidental poisonings and death. The cost of a hip replacement alone is over \$35,000 in California. There is a 25% mortality associated with this adverse health effect of fluoridation.

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Source: Preventive Dental Health Association, emporium.turnpike.net/P/PDHA/fluoride/blunder.htm.

I hope this gave you a new perspective on a not so good process, according to these articles. Do your own research; I'm convinced and have been for years. So let's make this a great, healthy year by keeping toxins out of our body, eating healthier foods, more fresh vegetables and fruits, drinking GOODwater, exercising - you've heard it all before - and getting in regularly for your massage. Your body, family, friends, co-workers and the rest of us will be happy you did. And remember a Gift Certificate for massage for Valentine's Day.

Stay healthy, stay well,



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