

PROTECTING BABIES FROM FLUORIDE INJURY

During Pregnancy mothers should avoid fluoride as much as possible in water and food and beverages. Fluoride that the mother swallows circulates in her blood and crosses the placenta into the baby's blood where it can interfere with the baby's normal development. See [Shopping Guide](#) and go to [Moms2B Avoid Fluoride](#) for more information.



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After Birth, Breast Is Best The single best way to protect a baby from fluoride exposure is to breast feed. After the baby is born the mother's body filters out fluoride so breast milk contains very low levels of fluoride (4 parts per *billion*—ppb). Breast-fed infants receive the lowest fluoride exposures in the entire population. One reason why most countries other than the US require several months of paid maternity leave is so that new mothers can breast feed. When breast feeding is not possible, the following are ways to reduce a baby's fluoride exposure when using infant milk formula.

WAYS TO REDUCE FLUORIDE EXPOSURE FROM INFANT FORMULA

Greensboro's 'fluoridated' water contains 700 parts per billion (ppb) of fluoride. That's 175 times more than the fluoride in mother's milk. The most important way to protect babies is . . .

DO NOT USE FLUORIDATED WATER TO PREPARE FORMULA

If you need to use formula, the single most important thing you can do is to use non-fluoridated water. Fluoridated water is by far the largest contributor to fluoride intake among babies receiving formula. Make sure that you use water that is low in fluoride. A fluoride level below 100 ppb (the same as 0.1 parts per *million*—ppm) is recommended.

If Using Bottled Water, Make Sure It Has Low Fluoride

If you decide to prepare your child's formula with bottled water, make sure that the bottled water contains low levels of fluoride. Fortunately, most bottled water contains low enough levels fluoride, so it is not too difficult to find a brand that is safe. But there are some bottled waters (e.g., "Dannon Fluoride to Go" and "Nursery Water") that actually add fluoride to the water, while other bottled waters get their water from deep in the ground, which can have high levels of naturally occurring fluoride. Except for water with intentionally added fluoride, the fluoride level probably won't be on the label, but you can call the company and ask them for the level. It's best to use a brand that has less than 100 ppb (sometimes shown as 0.1 ppm). Distilled water and water purified with reverse osmosis or deionization also has no fluoride.

If Using a Water Filter, Make Sure It Removes Fluoride

Most popular water filters like Brita and Pur do NOT remove fluoride. These filters use "activated carbon" technology, which does not remove fluoride. The only water filters that remove fluoride are those that use "reverse osmosis," "activated alumina," or "deionization". These filters can be purchased for homes but they are expensive. In Greensboro, Deep Roots, Earth Fare, and Whole Foods groceries have bring-your-own-bottle dispensers of reverse osmosis and deionized water which they sell for 39¢ a gallon. The availability of low cost reduced fluoride water is helpful but inconvenient and not workable for everyone. It would be much better for young and old alike if our city council would just stop adding fluoride to Greensboro's water.



When Possible, Use a Formula Made from Cow's Milk

As with human milk, cow's milk contains low levels of fluoride. While these levels are increased when

the milk is processed into powdered or liquid-concentrate formula, they are generally lower than the fluoride levels found in soy-based formulas. Milk-based formulas are therefore preferable when a baby can tolerate them.

What if a healthcare provider recommends fluoride?

In 1999 the Centers for Disease Control (CDC) recognized the substantial body of evidence that "... fluoride prevents dental caries predominately after eruption of the tooth into the mouth, and its actions



Swallowing fluoride for tooth decay is like swallowing sun screen to prevent cancer.

primarily are topical for both adults and children." That means swallowing it doesn't help. But everyone profiting from 'fluoridation' wants to keep it going. They especially don't want to admit serious harm to infants because that would mean it's wrong—which it is. In spite of clear evidence that 'fluoridation' is ineffective and unhealthy, the CDC and the American Dental Association still recommend it, and many healthcare educators and providers still teach that swallowing fluoride is important for healthy teeth. It is highly troubling that the assumptions of many practicing physicians and dentists are still based on that invalid century-old belief. If fluoridated water or fluoride to swallow is recommended to you, tell the provider they are mistaken and need to review the evidence cited at http://fluoridealert.org/issues/caries/topical_systemic/

SHOPPING GUIDE TO REDUCE FLUORIDE EXPOSURE

it will never be possible to avoid all fluoride exposure in everyday life. But the current highly irresponsible public policies that allow the addition of fluoride to public water and the use of fluoride pesticides on foods increase fluoride exposure to unacceptable levels. The goal is to avoid as much of that excess exposure as possible.

Which foods and beverages at the grocery store are most likely to contain elevated fluoride, and which are most important to avoid?

The Naturally Occurring Level of Fluoride In Food and Water Is Usually Very Low

The naturally occurring levels of fluoride in fruits, vegetables, meat, grain, eggs, milk, and fresh water supplies are generally very low—less than 0.1 ppm. There are three important exceptions to this rule: seafood, green and black tea, and water from deep wells.

The More Processed a Food Is, the More Fluoride It Will Have

The fluoride level in food is generally increased by industrial food processing since food processors usually use the public water supply to make their products and fluoride is added to most public water in the US. The more processing, the more fluoride. Natural juice will have less fluoride than juice from concentrate with added water. A roasted chicken will have less fluoride than a chicken nugget.

We Get More Fluoride from Liquids than Solid Foods

It's more effective to avoid fluoride in liquids. For example, fluoride pesticide is used on non-organic grapes. Non-organic grape juice and wine (yes wine!) will contain more fluoride than non-organic raisins.

Flavored Beverages Are Usually Made with Fluoridated Water

In the US most flavored beverages—sodas, juice drinks, sports drinks, beer—have 5-10 times more fluoride (0.5 to 1.0 ppm) than bottled water and other sources of fresh water (0.1 ppm).



Processed Meats Have More Fluoride

The more industrial processing that a meat product has had, the more likely it will contain elevated fluoride. This is because the meat industry uses a mechanical deboning process that contaminates the meat with higher levels of fluoride-laden bone particles. This is particularly true with chicken meats. A chicken nugget will contain more fluoride than a roasted chicken; and a slice of chicken sandwich meat will contain more fluoride than a slice from a roasted chicken.

Organic Food Has Less Fluoride

Organic food has less fluoride than non-organic food because fluoride pesticides are not permitted to be used. Your daily fluoride exposure will be lower if you eat more organic fruits, vegetables, grains, and beans. Fluoride pesticide is used on non-organic grapes, dried fruit, dried beans, and tree nuts.

Make Sure Bottled Water Has Low Fluoride

The label will not show fluoride content unless it's intentionally added, which is what you *don't* want. Bottled water that is purified by reverse osmosis or deionization will not contain fluoride. Distilled water also has no fluoride. Some 'natural spring' waters from deep wells can have high naturally occurring fluoride. If you plan to use 'natural spring' water regularly it's best to phone the bottler and find out the fluoride content. You will want water that has less than 0.1 ppm (which is sometimes shown as 0.1 mg/L—milligrams per liter). There might be a food store near you that has a water dispenser where you can bring your own bottles to fill up with reverse osmosis and deionized water at less than half the cost of commercially bottled water.

AND REMEMBER: If water in your community has added non-consensual fluoride dental treatment, it's not only in your tap water at home, it's also in public water fountains and the foods and beverages you purchase at restaurants and coffee shops. The amount of fluoride in a glass of water or a cup of coffee is the same as in a dab of toothpaste. The toothpaste warning says DO NOT SWALLOW!

