

Alexandra Lowder

Subject: RE: Fluoride Ubiquitous; Fluoridation Unnecessary

From: Melissa Braga <MBraga@tewksbury-ma.gov>

Sent: Wednesday, March 26, 2025 12:47 PM

To: Lisa Hadge <LHadge@tewksbury-ma.gov>; Susan Amato <SAmato@tewksbury-ma.gov>; cjaneczak.boh@gmail.com <cjaneczak.boh@gmail.com>; georgeferdi8@gmail.com <georgeferdi8@gmail.com>

Subject: FW: Fluoride Ubiquitous; Fluoridation Unnecessary

Members: FYI

Lisa: Please forward to add to the documents.

In health,
Melissa Braga, BSN, RN
Tewksbury Board of Health, Chair
Phone: 978-973-0093

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From: ckopf2@optonline.net <ckopf2@optonline.net>

Date: Saturday, March 22, 2025 at 1:51 PM

To: Melissa Braga <MBraga@tewksbury-ma.gov>

Subject: Fluoride Ubiquitous; Fluoridation Unnecessary

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The American Dental Association says: it's "critical that the dentist assess a child's total fluoride exposure from all sources (beverages, food, toothpaste, supplements, topical applications and so forth...[before prescribing more]" (*Journal of the American Dental Association* 2014) There is no dispute that too much fluoride is health and teeth damaging.

Never is fluoride intake tallied when communities are pressured to continue or start fluoridation. Legislators should know how much fluoride children already ingest from foods, beverages, medicines,

dental products, etc. before feeding them more via their water supply. Monroe could do a “market basket” analysis of the fluoride content of foods from local stores. [USDA provides a limited list.](#)

Fluoride sources are many:

Absent from labels, fluoride is in virtually all [foods and beverages](#), including, soda, [baby foods](#) and [all infant formulas](#), It’s high in [tea](#) (up to [6 mg/L](#)), [ocean fish](#) and [soy products](#). And, because of [fluoride-containing pesticide residues](#), all grapes and its products ([raisins](#), [juice](#), wine, jellies, jams) have a significant fluoride content.

EPA allows extremely high amounts of fluoride pesticide residues on foods See "[Fluoride tolerances approved by US EPA as of July 15, 2005](#)"

Fluoride is even in [chocolate](#) and [french fries](#) and [sea salt](#), [Himalayan salt](#) contains some fluoride too.

Foods made with mechanically separated (boned) chicken, such as canned meats, hot dogs, and infant foods, also add fluoride to the diet ([J Agric Food Chem](#) Sept 2001) "A single serving of chicken sticks alone would provide about half of a child's upper limit of safety for fluoride," the researchers report.

Fluoride ingested daily from toothpaste ranges from 1/4 to 1/3 milligram ([National Institutes of Health](#)) “Gels used by dentists are typically applied one to four times a year and can lead to ingestions of 1.3 to 31.2 mg fluoride each time.”

"[Following Silver Diamine Fluoride application](#), the serum fluoride concentrations ranged from 6 to 36ng/mL(0.006 to 0.036 ppm)"

Fluoride is in [20% of medicines](#), food [packaging](#) and [inhaled from air pollution](#)

Other sources come from feed regimens of animal products, animal products; food storage containers (Teflon-coated containers); and food packaging (migration of perfluorochemicals into food).

[Paper straws](#) even contain fluorinated compounds.

How much is too much?

[According to the National Academy of Sciences](#), “without causing unwanted side effects including moderate dental fluorosis,” (yellow splotched teeth), the adequate daily intake of fluoride, from all sources, should not exceed: (But does)

-- 0.01 mg/day for 0 – 6-month-olds (which is [in every infant formula](#) – concentrated or not; but not in breast milk)

-- 0.5 mg/day for 7 through 12 months

-- 0.7 mg/day for 1 – 3-year-olds

-- 1.1 mg/day for 4 – 8 year olds

This is what moderate dental fluorosis looks like, [according to the US Centers for Disease Control](#)

[The US Department of Health and Human Services \(1991\)](#) estimated that total fluoride exposure in fluoridated communities ranges from 1.6 to 6.6 mg/day

Further, parents need to know that fluoride supplements have “[not been found by FDA to be safe and effective.](#)”

No evidence proves anyone is or ever was fluoride-deficient. Fluoride [isn't a nutrient or essential](#) for decay-free teeth – meaning that fluoride-free diets do not cause cavities. Fluoride is a drug with side effects. In fact, [70% of US kids are fluoride overdosed](#) and afflicted with dental fluorosis – white spotted, yellow, brown and/or pitted teeth which created [a lucrative market for cosmetic dentistry](#) because fluoride is everywhere. But [tooth decay is still epidemic](#)

A question to ask any dentist who lobbies you to protect fluoridation is “How many Medicaid patients have you treated in your office?” This is because 80% of dentists refuse Medicaid patients. Dentists prefer to treat the water of but not the teeth of low-income folks who need dental care the most. Dentists may tell you that dental fluorosis is not a big deal. However, dentists advertise their services to cover up those dentist-caused unsightly teeth <http://tinyurl.com/DentalFluorosisBeforeAfter>

The EPA regulates water fluoride levels to [protect against fluoride-caused bone & teeth damage](#). So It's important to know that fluoride concentration in drinking water does not equate to an individual's daily dose. Fluoridation should never begin without fore knowledge of the community's fluoride intake from all sources. If your constituents were fully informed of the pro's and con's of fluoridation, invariably they would want it stopped

Sincerely,

Carol S. Kopf

My blog

<http://FluorideDangers.Blogspot.com>