

Agenda Item # Page #

Lysynski, Heather

From: Julie Ashford
Sent: Monday, November 28, 2011 11:59 AM
To: Lysynski, Heather
Subject: Important Information re the fluoride question

Dear Heather Lysynski,

Please be so kind as to forward the following important information to Committee members.

"FLUORIDATED WATER BANISHES MAGNESIUM

Fluoridation of tap water is a disaster that threatens to afflict the population with an epidemic of arthritis and, by recent reports, cancer as well. While most of Europe and half of the United States have completely abandoned the use of fluoride in the water supply, it still remains in the other half of the United States, in toothpaste, and as a molecule in SSRI antidepressants such as Prozac. Fluoride seeks out minerals such as magnesium and binds with it, making magnesium unavailable to the body and unable to do its work. The magnesium fluoride mineral produced is called sellaite; it is almost insoluble and ends up taking the place of magnesium in hard tissues like bone and cartilage, but its brittleness makes the bone susceptible to fracture. The reduction in available magnesium causes a decrease in enzymatic action in the body."

CAROLYN DEAN, M.D. 2007

Thank you, Heather,

Julie Ashford
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