

Fluoride Fatigue by Bruce Spittle

[ISBN: 978047313092]



A review by Ted Nye in the Otago Daily Times, 12 April 2008.

BOOKMARKS

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Books

Our weekly reviews of the latest books from home and abroad.

Fluoride Poisoning

(Paua 2nd printing, \$20) and Fluoride Fatigue (Paua, Revised 2nd printing, \$11) by Dunedin doctor Bruce Spittle are self-published books to make the author's case that fluoridation of drinking water supplies, at 1pp (parts per million of fluoride), poses a health risk to 1% to 5% of the population.

A variable symptom complex, with chronic fatigue as a common feature, is offered as evidence of toxicity in the 32 clinical vignettes drawn from the United States, Netherlands, New Zealand and India.

It is claimed that in all these cases there was improvement when fluorinated water was avoided by the subjects.

The books include extracts from a Commission of Enquiry (US 1957), New Zealand (1956) and a WHO resolution that supported drinking-water fluoridation as an acceptable public health measure.

The author does a service by challenging what is now almost an orthodox view on the value of fluoridation of water supplies in general but the presentation of a small number of cases, drawn

from several countries, of possible idiosyncratic reactions to fluoride, may be a call for vigilance and research, as he would probably agree.

Ted Nye

Review by Peter Meiers from Fluoride 2007;40(4):250-252

FLUORIDE POISONING: is fluoride in your drinking water
—and from other sources—making you sick?

By Bruce Spittle

Reviewed by Peter Meiers

Bruce J Spittle, MB ChB with distinction, and DPM (Otago), who authored this remarkable little book appropriately titled Fluoride Poisoning (and subtitled: Is fluoride in your drinking water— and from other sources—making you sick?), is a long-time resident of Dunedin, New Zealand. He is a Fellow of the Royal Australian and New Zealand College of Psychiatrists, recipient of many prizes and awards, a former Senior Lecturer, Department of Psychological Medicine, University of Otago, Dunedin, NZ, and Consultant Psychiatrist for the Otago District Health Board, 1978-2004. Readers of Fluoride know Dr Spittle mainly as co-editor (1994-98), now managing editor (since 1999) of Fluoride. He has published several articles and editorials on the health effects of fluoride and was a peer reviewer for the University of York's recent systematic review of public water fluoridation.¹ The idea of writing a book on Fluoride Poisoning occurred to him at the 27th conference of the International Society for Fluoride Research at Beijing, China, 9-12 October 2007. For Dr Spittle to complete and publish this carefully documented book by December 2007 reveals how extraordinarily familiar he is with the literature on the health effects of fluoride.

Writing such a book also takes enormous courage, for earlier authors, such as the late Drs Leo Spira and George L Waldbott, were harassed relentlessly after they reported their early observations on toxic effects of fluoride in drinking water. At that time, to their disadvantage, not much was known about plausible mechanisms of fluoride toxicity, especially in regard to the allergic-type reactions they encountered. In the late 1970s, a series of papers revealed that fluoride, in the presence and with the aid of calcium, releases inflammatory mediators (such as histamine) from leucocytes and mast cells.^{2,3}

Since the 1980s, receptors and signaling pathways, such as the phosphatidylinositol pathway, have become the focus of related biochemical research showing that protein phosphorylation and release of calcium from intracellular stores combined with extracellular uptake, are triggered by fluoride acting on regulatory G-proteins.^{4,5} These effects are involved in hormonal and immunologic responses, transmission of nerve impulses, cell division, and even neoplastic transformations.^{6,7} It is the action on G-proteins, along with formation of corrosive hydrogen fluoride in the stomach, as well as inhibition of enzymes, to which Dr Spittle relates observations of chronic poisoning by fluorides as used in water fluoridation and from other sources.

As illustrated in Fluoride Poisoning, individuals who are sensitive to fluoride may experience a wide variety of symptoms: chronic fatigue, not relieved by extra sleep or rest; headaches; nausea; visual disturbances; dryness of the throat and excessive water consumption; gastrointestinal disturbances; spasms, aches and stiffness in the muscles; arthritis-like pains; skin rash or itching; and others. Citing case reports, including double-blind tests, from the research of Drs George Waldbott, AK Susheela, Harvey T Petraborg, Hans Moolenburgh, GW Grimbergen, and others, plus some of his own observations in New Zealand, Dr Spittle shows that such symptoms of chronic fluoride intoxication exist worldwide. His book also contains illustrations of some of the abnormalities underlying these symptoms.

Although laboratory data do not always show a consistent correlation between fluoride in blood or urine and the outbreak of illness, the association becomes obvious as the symptoms diminish or disappear, usually within a week or so, if the victim avoids fluoride exposure as much as

possible, and re-appear upon ingestion/use of fluoride-containing products. In this simple manner, anyone who is being made ill from fluoride or is hypersensitive to it can readily determine if the symptoms may be related to fluoride. As an aid, Dr Spittle lists many possible sources of the chemical that should be considered and avoided during such tests.

Considerable space is devoted in the full version of the book to addressing the contention of health professionals that the concept of a chronic fluoride toxicity syndrome has no sound basis, but that the illness reported is altogether of a psychosomatic origin. As Dr Spittle notes, one of the reasons why this discussion will be with us for many years to come is that “public health advocates of fluoridation tend to consider of little or no scientific value evidence contradicting their views” and thus are able “to maintain and safeguard their self-interests.” It seems, therefore, that the saying “science progresses funeral by funeral” is especially true in the case of the fluoride/fluoridation issue.

In the “closing comments,” claims of “beneficial” systemic or topical effects of fluoride on the teeth are reviewed, along with a brief look at the impetus for water fluoridation, for which measure the green light was given after only five years of trial experimentation, i.e., long before any permanent teeth of the exposed children had erupted.

Increasingly, former advocates of water fluoridation are thinking for themselves rather than blindly accepting the views of so-called “prestigious” authorities and organizations. This reviewer, along with Dr Spittle, sees a new light slowly dawning—a process that might be speeded up by feedback from readers, thereby enabling this important little book to be updated from time to time. Although short and concise, it is a book that deserves widespread international readership. May it help end needless suffering of fluoride-exposed individuals who are not aware of the possible cause of their troubles but are now encouraged to try a very simple and often highly effective remedy.

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