

Fluoride Action & Change: "One step at a time"

How to protect yourself from "the ageing mineral" while helping to remove it from our public water supplies

Special Notes: There are many actions on these lists. Many more are possible. We suggest:

- **Set yourself up to succeed.** Don't become overwhelmed - do one thing at a time. Note you don't "have to" do all of these suggestions - you pick which ones. Consider scheduling the bigger actions (to plan your week or month). Choose what will work for you.
- **These are starting points.** Keep your eyes open for other useful actions and hints. Create and discover more ideas (e.g. brainstorm with others). Tell us the fabulous ideas we don't have on here yet.

1: Research the facts -- Become Informed and Aware

- Don't just take our word for it. Investigate any questions you have. Trust your critical thinking, your own "BS" detector. Beware of slogans without scientific proof such as "safe and effective". Note that google, wiki and other search/information tools all with-hold vital data or are edited.
- Observe that Europe & many scientifically advanced countries stopped fluoridating or never started - for good reasons. Reputable science free from commercial interests shows no benefit to fluoridated areas, actually the health studies show fluoride is harmful.
- The countries that continue to fluoridate (such as Australia) will do so until enough people see through the fluoride lobby's smokescreen. We must all understand that fluorides are toxic and cumulative in our bodies, and that what we want is pure water free from these toxic industrial contaminants.

Research whatever you need to. Commit yourself - one way or the other! Does a schedule 6 or 7 poison (toxic industrial fluoride waste) belong in our drinking water supply? Do we deserve the freedom to choose what drugs or medications we take?

2: Minimise your fluoride exposure, and your family's -- reduce your total fluoride intake

With well-functioning kidneys we excrete up to 50% of our fluoride intake. The ideal of zero fluoride is almost impossible, so it's best to minimise fluoride consumed. Some of the actions below may be easier than others. Some may take months (or longer) to accomplish. Still, it is better to reduce fluoride ingestion this year, than after another 20 years of accumulation. Don't be hard on yourself with the difficult ones, the best approach is "one step at a time". Share and compare your progress with others doing the same thing, it makes the process much easier.

- Throw out any fluoridated toothpaste ("rat poison in a tube") and replace with non-fluoridated toothpaste (eg herbal). Always read the fine print. Some supermarkets do NOT stock it. If so, ask them to stock what you want.
- In fluoridated regions (with a dependence on the domestic supply), a good water filter is essential. Note that boiling does NOT remove fluoride. Beware that most water filters DO NOT remove fluoride (e.g. standard carbon filters). Distillation, Reverse Osmosis & some Ion-Exchange units are best. Consult our "[Water Filter Buyers Guide](#)" online.
- Don't drink fluoridated water. Consider storing some filtered water at home. Glass bottles are good for this. Be careful with plastics - some may leach other detrimental chemicals such as xeno-oestrogens or BPA. Yes, filtering this water can take some time and effort. (We can exclude a few milligrams of fluoride intake this way each day. At 1ppm, one litre contains one milligram of fluoride.)
- When you go out, take sufficient quantities of filtered water with you. Stainless-steel bottles are often the most versatile. When you are buying a stainless bottle, make sure it doesn't smell horrible inside. Also check the bottle doesn't have a plastic lining inside and that it's as smooth inside and out. With the range of plastic bottles available, note there's a big difference. While some plastics are food grade and are good for a long-time, others degrade quickly (including bottles used for bottled water) and ought to be replaced regularly.
- There will be times when you run out of filtered water - at home or elsewhere. It is not practical or realistic to exclude 100% of the fluoride, so allow yourself to either to drink something (it's better than becoming dehydrated). This won't be as easy for those people very sensitive to fluoride's effects. One option may be to buy bottled water.
- Don't cook with fluoridated water. The exception to the rule is when cooking vegetables, they CAN be steamed with fluoridated water because fluoride won't evaporate with the steam, it concentrates in the pot. Be sure the boiling water level is below the level of the vegetables.
- Reduce tea consumption - it has very high fluoride content. The darker the tea, typically the higher the fluoride concentration. This can be a tough one for long-term tea drinkers, especially if chronic health effects are not yet

visible, or if any of their current health effects are not yet associated with fluoride ingestion. See online for some of the fluoride health consequences. Replace black tea with other drinks, such as... Try pure water!

- Replace dangerous cookware - e.g. non-stick fluoropolymer pans and cookware are made from fluoride. We believe these pans will be banned in future. Be sure what you are buying, read the fine print!
- Aluminium is another example of dangerous cookware. Best to sell it all as scrap metal and earn something for it. Aluminium isn't bio-compatible - we don't need it in our bodies. Aluminium intake is linked to Dementia (Alzheimer's Disease). Aluminium and fluoride combine to cross the blood brain barrier. Reduces IQ in children.
- Reduce fluoridated foods and drinks by reducing processed and supermarket food. This can be a particularly challenging and an ongoing thing to do. The secret is to approach it one step at a time, then it becomes manageable. (More information to be provided in follow up, stay tuned).
- Reduce fluoridated medications where possible (anaesthetics, anti-biotics, anti-depressants, e.g. prozac, sedatives...)
- Reduce or replace clothing and furniture containing "non-stick" fluoropolymer chemicals such as Teflon™ or Scotchgard™ (which was withdrawn voluntarily by manufacturer in the year 2000).
- Oils and lubricants sometimes use fluoride (such as Teflon™).
- Read the fine print on labels, keep your eyes open, as other fluoride sources are just around the corner...
- With your efforts to filter fluoride, some people will think you're strange - but surely that's their problem. It is a good indicator that they don't know that the fluoride used comes from heavy industrial waste and is toxic and cumulative. Many people are at first sceptical or taken aback. You could tell them more or suggest they google it.
- We will upload more information and ideas as soon as we can. Let us know your ideas.

Obviously, rather than just trying to avoid fluoride in our food chain, it's better to remove fluoride from our water, food and other sources. This is our longer-term goal and is best empowered in the next step: spread the word!

3: Spread the word -- empower community to become aware

The best approach is to allow a bit of time to **research** and learn something new - and then to **act** upon it immediately:

- Tell your friends, family, neighbours and the people you care about. You might even like to tell perfect strangers! It can be a shock at first, so be understanding.
- If you or others around you are still skeptical, write a few letters. We have guides available on our website, e.g. FUQ "Frequently Unanswered Questions"
- Contribute to spreading this vital information in whatever ways you can. e.g. talking with people is best, also consider letterboxing pamphlets.
- The way to remove fluoridation is for empowered communities to become aware of the dangers and free them-selves. Nothing can stand in the way of whole communities standing for clean water, vital to life - all over Australia. Create your own local group who will spread this information even further.
- Just a suggestion: Consider forgiving those who have been part of supporting or implementing fluoridation. (That does not mean to endorse them or what they have done). But to forgive them and let go of any negativity, that they have been doing what they thought best at the time. The negativity primarily hurts us, it's best to let go of it.
- Be an AAFA member to Support the Cause (\$25 chq/money-order+optional donation) Includes quarterly newsletter.

Many opportunities for action exist - just one step at a time. Every little bit helps. Taking action is rewarding and allows us to feel that we are progressing toward the day when the fluoridation plants are turned off and dismantled. Until then, continue to find out more, reduce your fluoride exposure and inform others.

Australian Anti-Fluoridation Association, GPO Box 935, Melbourne Vic 3001

An independent, not-for-profit association committed to raising awareness and replacing 'compulsory medication' with Freedom of Choice.

www.fluoridationnews.com

www.fluoridefreemurray.org

afavaust@gmail.com

FA1: Action

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