WE TRY TO AVOID
WATER WITH MORE
THAN ~~A~~ 1 PPM FLUORIDE. (THIS IS
ON THE ADVICE OF
OUR M.D.) WE WISH
BOTTLED WATER
ALWAYS HAD AN
800 NUMBER WHERE
ONE COULD CALL
TO LEARN THE LEVELS
OF VARIOUS ELEMENTS
(DO YOU KNOW THE
FLUORIDE LEVEL
OF CALISTOGA
WATER FROM
CALIFORNIA?)

Jean E Mitchell

97N-0436

Mrs. J. Mitchell
P.O. Box 1939
Friday Harbor, WA 98250

C 54

1878 OD APR 14 AM 83

ultimate destruction of the foreign agent in the globule.

Dr. Robert A. Clark from the Boston University Medical Center showed that fluoride stimulated granule formation and oxygen consumption in white blood cells when they were not challenged with a foreign agent, but inhibited these processes when the white blood cell needed them to fight off foreign agents. Similarly, Dr. W.L. Gabler and Dr. P.A. Leong at the University of Oregon Health Sciences Center found that while as little as 0.2 ppm fluoride stimulated superoxide production in resting white blood cells, the same concentration of fluoride inhibited superoxide production in white blood cells challenged with a foreign agent. John T. Curnette and co-workers from Tufts University School of Medicine found that when blood cells were exposed to fluoride *"at a concentration that stimulated vigorous O_2^- [superoxide] production by the cells, phagocytosis was virtually abolished."*

Fluoride apparently depletes the energy reserves and the ability of white blood cells to properly destroy foreign agents by the process of phagocytosis. In more recent studies, W.L. Gabler and co-workers found that at low levels of fluoride, there was a delay in the capacity of white blood cells to respond to challenges from foreign agents and that when a response occurred, it was less vigorous when fluoride was present. They pointed out: *"Since fluoride inhibits induced O_2^- [superoxide] synthesis, the practice of introducing millimolar amounts of fluoride into areas harboring potential pathogens should be questioned."* As a matter of fact, his data, as well as the data of Saito and co-workers, indicate that even micromolar amounts of fluoride, i.e. below 1 part per million, may seriously depress the ability of white blood cells to destroy pathogenic agents.

In addition, findings by these investigators and others suggest that fluoride exposure may also result in the release of superoxide from the white blood cells into the bloodstream. Increased superoxide in the bloodstream, which gives rise to tissue damage, has also been associated with an acceleration of the aging process.

A noticeable disruption in immune function has already been reported among 10- to 12-year-old children exposed to 3-5 ppm fluoride in their drinking water.

In summary, the consumption of water containing 1 part per million fluoride leads to a situation in which the ability of the body to properly dispose of foreign agents in the blood is retarded by (1) slowing down the movement of white blood cells, (2) interfering with phagocytosis, and (3) inducing the release of superoxide free radicals in resting white blood cells. This fluoride-induced interference leads to an increased and more prolonged exposure of the body to foreign materials and leads to the release of free radicals which damage the body and leads to a further acceleration of the aging process.

Fluoride Tricks and Damages the Immune System

Fluoride confuses the immune system and causes it to attack the body's own tissues. In such cases, the clinical observations of skin rashes, gastrointestinal disorders, lupus, rheumatoid arthritis, etc. are to be expected. The cumulative effect of tissue damage by these fluoride-induced autoimmune responses is what is commonly recognized as aging.

Fluoride slows down and weakens those very cells which serve as the body's defense system and thus allows foreign agents such as bacteria, viruses, and chemicals as well as the body's own obsolete, damaged or cancerous cells to wreak havoc throughout the body. Otherwise minor infections, now fighting an immune system weakened by fluoride, take longer to throw off and more serious illnesses result. Cancer cells which might otherwise be contained or destroyed end up taking the life of the victim.

This fluoride-induced weakening of the immune system explains the results of Drs. Alfred Taylor and Nell Taylor of the University of Texas who found that fluoride in the drinking water at levels of one-half to one part per million increased tumor growth rate in cancer-prone mice by 15-25%. This increased tumor growth rate can be attributed to the inability of the immune system of fluoride-treated mice to attack tumors.