

Here's an example of how anti-fluoride groups misrepresent research:

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NEW VISITORS TAKE ACTION RESEARCHERS

FLUORIDE EXPOSURE AGGRAVATES THE IMPACT OF IODINE DEFICIENCY

Fluoride Action Network | August 2012 | By Michael Connett

A consistent body of animal and human research shows that fluoride exposure worsens the impact of an iodine deficiency. Iodine is the basic building block of the T3 and T4 hormones and thus an adequate iodine intake is essential for the proper functioning of the thyroid gland. When iodine intake is inadequate during infancy and early childhood, the child's brain can suffer permanent damage, including mental retardation.

Fluoride, Low Iodine, & IQ — Human Studies

In China, researchers have repeatedly found that an iodine deficiency coupled with fluoride exposure produces a significantly more damaging effect on neurological development than iodine deficiency alone. In the first study to investigate the issue, Ren reported that:

“From the results among the effects both high fluoride **serious than the**

In addition to Guan's study, an animal study by Zhao et al (1998) found that fluoride and low iodine have "mutually interacting effects" on the thyroid gland, as evident by changes in thyroid weight, time-specific alterations in thyroid hormone levels, increased bone fluoride content, and increased severity of dental fluorosis.

SOURCE: Ren D, et al. (1989). A study of the intellectual ability of 8-14 year-old children in high fluoride, low iodine areas. Chinese Journal of Control of Endemic Diseases 4(4):251 (republished in Fluoride 2008; 41:319-20). [See study]

Since Ren's study, other research teams have reported the same result. In 1991, a UNICEF-funded study concluded that fluoride levels of just 0.9 ppm (less than the level added to many water supplies for fluoridation) were sufficient to worsen the effects of iodine deficiency. The authors found that, when compared to children with iodine deficiency in a low-fluoride area, the children with iodine deficiency in the 0.9 ppm area had increased TSH levels, reduced T3, reduced intelligence, retarded bone development, and reduced hearing. According to the authors:

“Statistically significant differences existed between these areas, suggesting that a low iodine intake coupled with **high fluoride intake exacerbates the central nervous lesions and the somatic developmental disturbance of iodine deficiency.”**

SOURCE: Lin Fa-Fu; et al (1991). The relationship of a low-iodine and high-fluoride environment to subclinical cretinism in Xinjiang. Endemic Disease Bulletin 6(2):62-67 (republished in Iodine Deficiency Disorder Newsletter Vol. 7(3):24-25). [See study]

QUICK FACTS

- MORE PEOPLE DRINK FLUORIDATED WATER IN THE UNITED STATES THAN THE REST OF THE WORLD COMBINED.**
- WINE AND GRAPE JUICE MADE IN THE U.S. HAVE HIGH LEVELS OF FLUORIDE PESTICIDE.**
- IN EUROPE, FLUORIDE WAS ONCE PRESCRIBED AS A DRUG TO REDUCE THYROID ACTIVITY.**

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**But what key points did this anti-fluoride group leave out?
What else did the Zhao study say? *See the next page***

The Fluoride Action Network (FAN) left out two key sentences from the Zhao study that reveal these researchers did **not** find a link between the practice of water fluoridation and thyroid problems. Read the following sentences; we have underlined some areas for emphasis:

"It is generally believed that fluorine does not influence either thyroid function or structure at the amount (about 1 ppm in water) used to prevent the dental caries (Buergi et al, 1984). However, if fluorine intake is extremely high such as in an endemic fluorosis area, or in the cases when fluoride treatment is used, the secretion of T₄ and T₃ from the thyroid could be influenced."

Instead of accurately representing what the researchers wrote, FAN cherry-picked a phrase from the study that fails to accurately reflect the co-authors' conclusions.

SOURCES:

"Fluoride Exposure Aggravates the Impact of Iodine Deficiency," Fluoride Action Network, August 2012, <http://fluoridealert.org/studies/thyroid01/>.

W. Zhao et al., Long-Term Effects of Various Iodine and Fluorine Doses on the Thyroid and Fluorosis in Mice," *Endocrine Regulations*, (1998) Vol. 32, pp. 63-70, <https://www.sav.sk/journals/endo/full/er0298a.pdf>.