

TEETH

What Dentists won't Tell You

Cynthia Bagchi

CONTENTS

Part 1

Toothpaste, Teeth and Toxins

Introduction

Chapter 1

The toothpaste question

Present-day toothpastes and their contents

The history of toothpaste

Toothpaste regulations in the UK and USA

Chapter 2

What is a healthy tooth?

Tooth decay

Weakened teeth - dental fluorosis, fluoride bombs, hypomineralisation and gum disease

Chapter 3

Ways to remineralise teeth

Dental research

Part 2

Fluoride

Chapter 4

The fluoride question

What is fluoride?

The history of fluoride

Fluoride in food

Fluoride is not needed by the body

Chapter 5

How mottled teeth led to water fluoridation (WF)

The first water fluoridation trials

New image created for fluoride

Possible reasons why some early researchers were misled

In summarising: from mottled teeth to water fluoridation

Chapter 6

Topical Fluoride

The history of fluoridated toothpaste, where it comes from and concerns over its use.

Fluoride varnish treatment

Fluoride gel treatment

Fluoride in Mouthwashes/rinses

More on topical fluoride

Quotes from doctors, dentists, scientists, an author and a parent

Chapter 7

Water fluoridation (WF) and fluoridated salt

The practice and extent of WF worldwide

Countries that fluoridate

Water fluoridation levels in the USA and UK

Countries which fluoridate salt

Chapter 8

Fluoride and Known Harm

Harm from low levels of fluoride absorption

Harm at the recommended 1ppm Fluoride

Harm from high levels of fluoride exposure

The synergistic effect of fluoride

Helping the body heal from fluoride poisoning

Chapter 9

Body organs and systems damaged by fluoride

The mouth

Skin

Lungs

Stomach

Collagen, Ligaments and Tendons

Heart

Pancreas and Insulin Levels

Thyroid

Kidney and Liver

Eyes

Reproductive organs

Chromosomes, DNA and Genes

Enzymes

The Immune System,

Endocrine System

Bone

Teeth

Brain

Chapter 10

The results of WF in countries following 70 years of fluoridation

New Zealand

Australia

United Kingdom

Ireland

Finland

The Netherlands

Switzerland

Canada

USA

Chapter 11

Margin of Safety

Fluoride and Neurotoxicity

The NTP Review

Science versus Beliefs

Chapter 12

Environmental Implications of WF and Other Fluoride Sources

Animals

Fluoride in rivers

Fluoride in soil and plants

Fluoride in Sewage

Accidental Spills of the Fluoridation Chemical into the Environment

Chapter 13

History of Water Fluoridation in the UK

Summary of Events

Chapter 14

Buried Information

Intimidation

Collusion

Misinformation

Cost of WF Schemes in the UK

Flawed Information

Sophistry

Chapter 15

Court cases and fluoride

- Air Pollution

- Water Pollution

Chapter 16

More Accidents involving Fluoridation Chemicals

Part 3

Amalgam War

Chapter 17

History of dental materials

Mercury through the ages

Dentistry and its use of mercury

Chapter 18

Dental amalgam fillings and adverse health effects

A personal story

Links between mercury and fluoride

Suggestions to help the body heal from toxicity

Conclusion

Glossary

Appendices

Appendix 1 – personal experiences

a) A mother's story by Dee Dell, March 2021.

b) Grandmother's observations 2018 - Cynthia Bagchi

c) A lady's concern for her uncle – by Sue King

d) Kyle's story by his mum, Audrey Adams, in 2015.

e) Jen Black writes about her addiction, '*a situation she did not deserve*' October 2017. (Author's comment in italics).

f) Ruth's story told by the author

Appendix 2

Photos a) baby bottle tooth decay b) dental fluorosis c) hypo-mineralisation d) perfect teeth e) severe skeletal fluorosis

Appendix 3

Videos and transcripts.

Appendix 4

Four studies showing that adding fluoride to drinking water unnecessarily endangers children's brains.

Appendix 5

Medication and fluoride.

Appendix 6

Persistent chemicals.

Appendix 7

Sources of fluoride.

Appendix 8

a) Press release re: UK government's rationale concerning water fluoridation by Prof Paul Connett.

b) Lord Reay's succinct speech in the House of Lords 31st January 2022 opposing water fluoridation.

Appendix 9

Freedom Of Information requests

a) PHE, 2017.

b) Health Canada, 2014.

No evidence could be found that fluoride was safe or effective.

Appendix 10

Letter, Sept 2021 in the BMJ by Carol Kopt re: failures of water fluoridation in the US.

Appendix 11

The corrosive effect of fluorine

Appendix 12

Charles Eliot Perkins

Appendix 13

Fluoride experiments relating to the thyroid gland

Appendix 14

TimeLine for amalgam fillings and fluoride

Appendix 15

Map of fluoridated areas in England

Bibliography

ABOUT THE AUTHOR

Synopsis of book

Acknowledgements

My heartfelt thanks extend to all those authors, doctors, scientists and friends whom I have quoted and referenced. A very special thank you must go to Professor Paul Connett and Ellen Connett, not only for their brilliant website, FAN, from which I have quoted extensively, but also for their campaigning skills, support and friendship. Also thanks to Paul for Chapter 11. Many thanks to Drs Graeme and Lillian Munro- Hall for educating me and restoring my health so that I could continue working. Thanks to Doug Cross for his website, his understanding of UK and EU Law and for sharing his detailed analysis of 'official health reports'. Thanks to both Chris Neurath and Penelope Sowter, for their English Hip Fracture Study of 2022. Thanks to Margaret Cooper and to Lisa's parents for permission to include Lisa's happy picture. Thanks to Dee Dell, Sue King, Audrey Adams and Jen Black for allowing me to include their experiences. Thanks to Joy Warren for always being there and helping to check facts.

Thanks to the people who helped 'proof read' sections, and gave advice, Alastair Hall, Colin Skevington, Richard Gillard, Dee Dell, Dr Graeme Munro-Hall, Lynne Habermacher, Dr Bill Osmunson, George Pinnell, Alastair Hobbs, and my husband and thanks to Jenny Jackson and Kevin Corrigan for proof reading the whole document, thanks for your generous time and patience. I thank Guy Little and Saverio Bongo for upgrading my computer skills and Ronjon, Anton and Tanya, my three children, for helping to sort out other computer challenges. Finally, without the support, patience and example of Apu, my husband over these many years, I would not have had the space, time, energy or passion to put this book together.

Preface

This book began in 2019, after seeing my grandchildren's tooth cleaning routine where they were happily swallowing their toothpaste. I describe my experience in appendix 1. The parents were so good and careful about maintaining a 'tooth cleaning routine' for their children, limiting sugar, and eating lots of good food as they were, like most parents, very anxious that their children should have good teeth and a healthy body. However, my grandchildren's 'tooth cleaning routine' concerned me as I felt that their parents had been unduly influenced by the relentless advertising for toothpaste and had missed out on some important information. As I had been researching health issues for over 40 years, I began to write down a list of information on toothpaste which I considered to be essential knowledge for everyone. What I wanted to gather together had to be backed up by scientific evidence and contain accessible references while still being easy to follow and understand. What was, at first, just a leaflet soon grew in length, especially as during the period of 'lockdown' I had the precious time needed to concentrate and focus. The results of all the work has now been forged into this book with the help of my editor and many friends. It is published especially for young parents, for those beginning to research this huge subject and for those wanting to remember. It is my hope that people will find the contents helpful, useful and interesting and enable them to confidently, protect their children, themselves and 'spread the word'.

Synopsis of book

In this carefully researched book, an impressive body of scientific evidence and opinion, from throughout the world, has been assembled, to describe the impact of fluoride on our health and well-being. It charts how big business and corporate greed has enabled the damaging aspects of fluoride in our water supplies and tooth products, to go unchallenged by the autocracy and main stream media.

This book is full of essential and useful information about teeth and exposes, not only the use of fluoride, but other aspects of dentistry's hidden secrets that people will benefit from knowing. The historical and current battle, over the use of the dental metal tooth filling, 'amalgam fillings', containing mercury, is highlighted.

Critical questions are answered throughout the book with the author taking the reader on a voyage of discovery, revealing how the internal struggles within dentistry, impacts us all, for better or worse. It shows how people from all walks of life, particularly scientists and doctors, have been locked in a seemingly unending major conflict with big businesses and government organizations. It tells the story of personal courage, sacrifice and devotion of many men and women who are only concerned with telling the truth.