Appendix 13

Fluoride experiments and observations relating to the thyroid gland dates back to 1917.

Jerry Tennant in his book, 'Healing is Voltage', Pages 312-315, documents the experiments and observations on how fluoride effects the thyroid gland

1917 – McKay DDS, notes that there was an increase of goitre (a lump in the neck caused by a damaged thyroid) and mottled teeth among the population where he practised, Colorado Springs, USA, but he was not quite sure what was the cause.

1918 – Prof Greves notes in Utrecht, Holland, where there was a high level of naturally occurring fluoride, that people who drank the local water suffered from both mottled teeth and goitres.

1919 – Goldenberg in Argentina notes the same and, in 1926, reports on his use of fluoride to treat hyperthyroidism (overactive thyroid) as he concluded that hypothyroidism (underactive thyroid) was caused by fluoride.

1932 – Machoro (Italy) uses sodium fluoride in the 'successful' treatment of hyperthyroidism and that year Wilhelm May (Germany) also starts the same treatment.

1933 – Gorlitzer von Mundy (Austria) reports more on fluoride's effect on the thyroid.

1934 – Purjesz and colleagues (Poland) gives chicken eggs high in fluoride to hyperthyroid patients and achieved lowering of body temperature, of pulse and BMR, as well as weight gain. They report that most of the fluoride is found in the liver; no fluoride is found in the blood of healthy people.

1937 – Kraft (Knoll AG, Germany) investigates and reports that all fluoride compounds inhibit thyroid hormones.

1941 – Wilson (UK) reports in the Lancet on his findings that mottling of teeth is prevalent in the same areas in the UK that had previously been prevalent with goitre and, in the same year, Schwarz in Germany, prepares fluoride/iodide anti-thyroid medications and combines them with sedatives.

1946 – The Atomic Energy Commission (Department of Pharmacology and Toxicology – headed by Harold Carpenter Hodge, incomprehensibly at the same time also head of the International Association for Dental Research) acknowledges the German finding that all fluoride compounds **–** organic or inorganic – inhibit the thyroid hormone activity and declares this issue a research priority. No further research was undertaken, however.

1952 – In the court case, Reynolds Metal Cor. v Paul Martin, hypothyroidism caused by fluoride is documented.

1952 – Wadwhani (India) reports that fluoride is concentrated in the thyroid glands of rats consuming 0.9mg fluoride per day.

1957 – Galetti et al treats hyperthyroid patients with daily low dose fluoride and documents the reduction of iodine uptake by the thyroid gland.

1959 – Jentzer shows reduced iodine levels in the pituitary gland under the influence of fluorides.

1960 – Gordinoff and Minder use radioactive iodine (1131) and show that fluoride removes an iodine atom during the conversion process (T4 to T3), dose dependent.

1962 – Steyn (Africa) reports that drinking water containing,

"as little as 1 to 2 ppm of fluoride can cause serious disturbances of general health and, especially, in normal thyroid gland function and in the normal processes of calcium–phosphate metabolism (parathyroid function)."

(Ref: See Weston Price's findings on the importance of this calcium and phosphate ratio, in Chapter 3).

1962 – Spira reports on the fluoride-induced endocrine disturbances in mental illness.

1963 – Gorlitzer von Mundy reports on and agrees with Gordinoff's findings of 1960.

1969 – Siddiqui shows small visible goitres in persons 14 to 17 years of age in India to be connected directly to high fluoride concentrations in drinking water.

1991 - Lin Fa-Fu et al. report that low iodine intake coupled with “high” (0.88 ppm) fluoride intake exacerbates the central nervous lesions and the somatic developmental disturbances of iodine deficiency. The authors considered the possibility of ‘excess’ fluoride ions affecting normal de-iodination. Fluorides caused increased of reverse T3 (rT3) and elevated thyroid-stimulating hormone TSH levels, as well as increased 1131 uptake.

(Ref: see: Bachinskii et al., 1985).

I996 – Mahmood investigates the effects of low doses of sodium fluoride on the thyroid gland of guinea pigs.

Findings were:

- Depletion of colloid from the follicles.
- Shrinkage of follicles.
- Disruption of follicular basement membrane associated with oedema and degeneration of the follicular epithelial cells.
- Increased follicular vascularity.
- Fatty degeneration in the inter–follicular connective tissue.

The doses used to lower an over-active thyroid are easily reached in fluoridated communities today.

(Ref: Galleti and Joyet 1958).