

Support for HB 1605

Dear Human Services Committee and Chairman Ruby,

I am writing to advocate for putting a much-needed end to the addition of fluoride to our water. A recent court ruling in the case of "Food & Water Watch Inc. v. EPA" against the EPA has shown "substantial and scientifically credible evidence" that fluoride might harm public health, particularly to cognitive development and children's IQ.

It's time we take our tunnel vision off in only focusing on teeth while disregarding the whole body implications of chronic, insidious exposure to fluoride.

Research, including from the National Toxicology Program, suggests fluoride exposure could lead to cognitive issues, even at levels used in water fluoridation, with a significant number of studies (over 50) supporting this conclusion. This body of research indicates that even at levels used in community water fluoridation, fluoride might not have an adequate margin of safety, especially considering the cumulative exposure from other sources like toothpaste and processed foods.

Additionally, fluoride has been linked to thyroid problems. Studies have indicated that high fluoride intake can interfere with thyroid function, potentially leading to conditions like hypothyroidism. The thyroid gland, crucial for regulating metabolism and body temperature, can be affected by fluoride's ability to mimic iodine, which the thyroid uses to produce hormones. This interference can disrupt hormone balance, affecting overall health, particularly in individuals with marginal iodine intake.

While fluoride may help prevent tooth decay, does it justify its addition to water, especially when alternatives like fluoride toothpaste exist? We aren't adding nutrients to the water, even though they can decrease chronic disease rates. Moreover, many countries manage dental health without water fluoridation, questioning its necessity.

The ethical issue of mass medication without consent is also significant. Any medication should be something we OPT IN for, not something that we need to spend resources REMOVING it from our environment through filters and other means, should we recognize its downsides. If people want it in their water, they are free to add it.

Here is a link to the most recent study findings itself.

<https://iaomt.org/court-ruling-confirms-epas-fluoride-levels-pose-risk-to-childrens-iq/>

I've included the link of a biologic dentist here in North Dakota that is more well referenced than what I can provide with limited time. <https://www.fargodentist.net/holistic-dentistry/fluoride/>

I urge support for removing fluoride from our water to safeguard public health and end another experiment on the human genome.

International Academy of Oral Medicine and Toxicology (IAOMT) President Yuko Torigoe, DMD states, "It's time for the EPA, CDC and other health authorities to stop ignoring the science and start protecting the health of future generations. We need transparent regulations based on the latest research, not outdated practices that put our children at risk."

Thank you for your time.

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