

# Fluoride and the Brain

## Nature has found it best to keep fluoride away from the newborn

"These findings show that plasma fluoride is poorly transferred to breast milk and infants thus receive almost no fluoride during breast feeding... The existence of a physiological plasma-milk barrier against fluoride suggests that the **newborn is actively protected from this halogen.**" *Ekstrand J, et al. (1981). No evidence of transfer of fluoride from plasma to breast milk. British Medical Journal 283: 761-2.*

## 23+ new human studies demonstrating neurotoxic effects

- [Tang QQ, Du J, Ma HH, Jiang SJ, Zhou XJ 2008](#) Fluoride and Children's Intelligence: A Meta-analysis. *Biol Trace Elem Res.* Winter, 126(1-3):115-20.
- Connett M, Limeback H. Fluoride and its effect on human intelligence. A systematic review. 2008 IADR 86th General Session & Exhibition. [IADR 86th General Session & Exhibition](#)
- [Liu M & Qian C 2008](#) Effect of endemic fluorosis on children's intelligence development: a Meta analysis. *Zhongguo Dang Dai Er Ke Za Zhi.* Dec;10(6):723-5. [Article in Chinese]

## Fluoride and Alzheimer's Disease

### US National Research Council Review of Fluorides in Drinking Water 2006, p187

"On the basis of information largely derived from histological, chemical, and molecular studies, it is apparent that **fluorides have the ability to interfere with the functions of the brain and the body by direct and indirect means.**"

"Fluorides also increase the production of free radicals in the brain through several different biological pathways. These changes have a bearing on the possibility that **fluorides act to increase the risk of developing Alzheimer's disease.**"