Dear Ida
Could I make a submission please for inclusion with the 9 July 2008, Board of Health Agenda.
Fluoridation can cause ill health to many by causing chronic fluoride toxicity, a principle symptom of which is fatigue and results from impaired thyroid hormone functioning. I have posted further details including case histories from Canada at www.pauapress.com/fluoride/files/1418.pdf. Details for receiving the information in hard copy are at www.pauapress.com
Yours sincerely

Bruce Spittle, MB ChB DPM FRANZCP
FLUORIDE POISONING: is fluoride in your drinking water—and from other sources—making you sick?

Bruce Spittle  Forewords by Albert W Burgstahler and AK Susheela
FOREWORD BY PROFESSOR AK SUSHEELA

I am delighted with this book which very capably addresses a burning health problem in many developed and developing countries that is afflicting millions of men, women, and children. In particular, the damage caused by fluoride to expectant mothers and the growing embryo and foetus in utero is extremely devastating in terms of growth retardation and impaired brain development—so much so that it is hard to compensate for such harmful effects.

I sincerely hope that, besides the general public, policy makers and health officials, in the interest of the nation and the people they are sworn to serve, will learn from reading this book to recognize and desist from the “madness” being exercised by “fluoridation of drinking water.” I wish the very best for bringing this vitally important message to the people who need help and guidance in understanding the harmful effects of fluoride on health and, in the event that they are victims, in learning how they can deal with the health problems by significantly minimizing fluoride entry into the body.

Professor AK Susheela, PhD, FAMS (India), FASc, Ashoka Fellow Executive Director Fluorosis Research and Rural Development Foundation Delhi, India

Website for the Foundation: http://www.fluorideandfluorosis.com

ACKNOWLEDGEMENTS


The author is likewise grateful for the kindness of Professor AK Susheela, PhD, FAMS (India), FASc, Ashoka Fellow, Executive Director, Fluorosis Research and Rural Development Foundation, Delhi, India, for giving permission for her photographs of structural changes due to fluoride to be used and for her work to be referred to, of Dr Bao-shan Zheng, for the use of his photographs related to food contamination by fluoride, and of Sarah Hamilton, New Zealand Chinchilla Rescue, for allowing the use of a photograph of a chinchilla.
FLUORIDE FATIGUE outlines the chronic fatigue, not relieved by extra sleep, and other various ill effects experienced by many when they drink fluoridated water. The book notes how to test if fluoride is causing these symptoms and, if it is, how they may often be cured.

“This book describes undeniable medical ill effects from fluoride added to drinking water. ... Those who deny reality and persist in discounting sensitivity to fluoride in drinking water are like ostriches with their heads in the sand. They would do well to heed what Dr Spittle has reported here and stop continuing to promote and be misled by scientifically indefensible claims that do not hold up under scrutiny.”

Albert W Burgstahler, PhD (Harvard, 1953)
Professor Emeritus of Chemistry
The University of Kansas, USA.
Editor, Fluoride (www.fluorideresearch.org)

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Professor AK Susheela, PhD, FAMS (India), FASc, Ashoka Fellow
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Bruce Spittle,
MB ChB (with distinction),
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