

The Fluoride and Infertility Connection

Where Do We Go From Here?

By Heidi M. Jost RN, CCP IKH, CH

Male and female infertility is increasing. The effects of fluoride on female and male fertility are and have been an area of growing concern. Our environment has become a fluoride dumping ground. Fluoride is in our air (It is the number one pollutant.), water, soil, food, vitamins, toothpaste, medications, clothes, toys, carpets, furniture and non-stick cookware; Teflon, just to list some of the sources. Fluoride is an industrial waste-product from the pollution scrubbers of phosphate fertilizer plants, aluminum producing plants, etc. Fluoride has been added to the United States' water supply for over 60 years now. Fluoride toxicity is linked to problems of infertility, endocrine disorders; i.e. hormonal imbalances, thyroid disorders and diseases and diabetes, neurological disorders and diseases, osteoporosis, arthritis, heart disease and cancer.

Without the necessary flow of all phases of our biological systems in relationship to each other, ovulation and sperm production become impaired. Reproduction of the species suffers in variant forms. (Actually, all species) Synchronicity of the flow of hormones needed to support development of a healthy follicle and healthy active sperm is essential for reproduction in its most optimal condition. The appropriate level of hormones is also needed for a normal menstrual cycle and normal healthy viable sperm. It has been noted that small amounts of exposure to sodium fluoride causes reproductive toxic effects.¹⁻³ In males the reproductive toxic effects include increases in numbers of abnormal spermatozoa,² loss of spermatogenesis,³ and interference with steroidogenesis.⁴ There is a dramatic increase in abnormal, mutated sperm which has been shown in many animal species as well as in humans.⁶

In Dr. Susheela's experience consuming fluoride contaminated water and food has resulted in male infertility with abnormality in sperm morphology, oligospermia (deficiency of spermatozoa in the semen), azoospermia (absence of spermatozoa in the semen) and low testosterone levels.⁵ It is well established that in women, fluoride is known to cause ectopic calcification of arteries. ⁵ This results in repeated miscarriages and still births since the fetal arteries calcify

arresting the growth of the fetus.⁵ Fluoride ingestion also leads to anemia in pregnancy and low birth weight babies.⁵

There is also documentation from Grand Rapids and Newburgh where the first fluoridation was done, and Racine, Wisconsin where they looked at mortality rates 5/10 years later. They found a large increase in stillborns (30%), infant death rate (38%) and neonatal death rate (61%). Within a four year period there was a 100% increase in congenital malformations! Also it is important to note on the topic of fertility that the halogen, Bromine, was given to our soldiers to lower fertility in World War I. Bromine is presently in our public pools and the teenagers drink of choice, Mountain Dew! Fluoride binds to receptor sites, accumulates in the body and impedes our normal cellular functions. Fortunately, for the most part, fluoride toxicity is reversible.

To ensure fertility in its optimal healthy state you can become proactive and take the fluoride out of your life and those you love. The goal is to remove fluoride from all facets of our lives. The bulk of our fluoride exposure is in our water and in food processing.

To remove fluoride from our water there are distillers and filtering systems. Reverse osmosis removes about 1/3 of the fluoride levels. Distillization removes most. Be wary because some filtration systems do not remove any fluoride. Two good products for fluoride removal are Aquasana and Blue Rhino. If you have well water you should have no more than ½ ppm (parts per million) of fluoride in your water system. Trace amounts of natural fluorine are acceptable. Activated alumina filters are available for your shower and bath water which remove fluoride. Though studies indicate that under desirable conditions there is no leaching of compounds from the activated alumina filters, I would still get the water tested since you don't want any synthetic aluminum oxide leaching out since aluminum is neurotoxic. Just be sure since our skin is our largest organ.

Make sure you are eating good organic food. We need mineral rich food! Know your food source or investigate it since some organic foods are being sprayed with cryolite (contains aluminum and fluoride); a synthetic poison that is acceptable by organic regulations. If you take medications investigate the composition to ensure that there is no fluoride compound present; i.e. birth control pills and Prozac contain fluoride. A study found that women on Prozac were less fertile than normal. If you are not obtaining all necessary daily vitamins and minerals from good food, supplement accordingly.

When you read fluoride studies take note on who sponsors the research. There is testing available on organic and inorganic substances www.galbraith.com (most consistent laboratory thus far with results).

Here are some websites of interest:

www.fluoridealert.org

www.poisonfluoride.com

www.fluorideresearch.org

www.devilspoilson.com

www.trafford.com

In the 17th and 18th centuries fluorine was nicknamed “The Devil’s Poison”.⁷ There is a direct correlation with infertility and fluoride in our world. The focus here is being healthier by removing the fluoride in your life. On behalf of this article I would state my phrase “Fluoride Free for Fertility!”

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- 1 Hoffman DJ, Pattee OH, Wiemeyer SN. Effects of fluoride on screech owl reproduction: teratological evaluation, growth, and blood chemistry in hatchlings. *Toxicol Lett* 1985;26(1):19-24.
- 2 Pati PC, Bhunya SP. Genotoxic effect of an environmental pollutant, sodium fluoride, in mammalian *in vivo* test system. *Caryologia* 1987;40:79-87.
- 3 Kour K, Singh J. Histological finding of testes following fluoride ingestion. *Fluoride* 1980;13:160-2.
- 4 Narayana MV, Chinoy NJ. Effect of fluoride on rat testicular steroidogenesis. *Fluoride* 1994;27:7-12
- 5 Professor (Dr.)A. K.Susheela A Treatise On Fluorosis; 3rd Edition 2007
- 6 Dr. R. L. Blaylock M.D., Why Fluoride is Toxic, The Blaylock Wellness Report, Sept. 2004, Vol. No. 4
- 7 Dr. Dean Murphy DDS, The Devil’s Poison. Copyright 2008