

FIRE WATER

Australia's Industrial Fluoridation Disgrace

Exposing the systematic industrial waste poisoning of Australian drinking water supplies

Sandy Sanderson – Interview Transcript

**Interview conducted by
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**Transcribed by
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[00:00:33]

Sandy: My name is Sandy Sanderson. And my experience and expertise is in Sales and Marketing. I used to be a magazine publisher, um I now market and promote and sell magnesium as a supplement, a transdermal supplement, because during my research I found that there's a great deficit of magnesium, especially in Australia. And, I was looking for a way to counteract the deficiencies that were emerging. **[00:01:11]** We have very high levels of deficiency, which correlates with high levels of degenerative disease and when you have low magnesium you also take in more toxins, such as chemicals, pesticides, heavy metals and other chemicals and the body then can't eliminate those toxins because it doesn't have sufficient magnesium. So magnesium is clearly an essential mineral that the body cannot survive without and so that's what I do at the moment. (Laugh)

[00:01:41]

Jaya: Thank you. What are your views on mandatory water fluoridation and how have you been involved in recent years in the battle against this measure in Queensland?

[00:01:52]

Sandy: My view on mandatory water fluoridation is that we're without people's full informed consent, dosing them with a drug, with a chemical with severe side effects. It causes systemic poisoning and the argument that 'oh it's only low and it's in small traces,' doesn't really wash because fluoride is cumulative. Once you dump it into the main drinking water supply it ends up in the food supply and it's multiplied many times. **[00:02:32]** You have bioaccumulation, so no one is measuring how much fluoride is being consumed. No one knows how much water people drink on average. No one knows how much water people who sweat a lot drink, how much water athletes drink. Then there's food... pharmaceuticals. Fluoride is now infiltrated most things that we consume. We're exposed to huge amounts. And Fluoride is used in fertilizers as well. So you'll be getting it from the foods, from supermarket foods and packaged foods in particular. So we now have something in our food supply, which is not being controlled or monitored in any way, which severely affects people's health and to me that's a big concern because it causes unnecessary pressure on the health system.

[00:03:24] People are getting sick. We can't afford to pay for an escalation in diseases and health issues. The Medicare system can't afford to pay for it. And on its current trajectory, it's going to get worse and worse because nothing's being done about it. Where the breaking point is going to be, I don't know, but it's in the future and it's coming and it's going to be big. I don't think we have a shortage of chemicals out there as it is. We don't need to put extra fluoride in the water, which is a known carcinogen. Fluoride will rob your magnesium and magnesium is essential for life. **[00:04:10]** Fluoride and magnesium interact. They are antagonists. So, when they meet they bind and if you have low magnesium to start with because you're not getting enough from the food, then fluoride will bind with the little bit you do have and will prevent you from uptaking it sufficiently and low magnesium is carcinogenic, because it interferes with the DNA bonding that the DNA can't repair its links without magnesium and this has been proven in many studies. **[00:04:40]** I just want to read to you on the cancer issue from the University of Athens study: "The role of magnesium in DNA stabilization is concentration dependent. At high concentrations there is an accumulation of Mg binding, which induces conformational changes leading to Z-DNA, while at low concentration there is deficiency and destabilization of DNA. The biological and clinical consequences of abnormal concentrations are DNA cleavage leading to diseases and cancer. Carcinogenesis and cell growth are also magnesium-ion concentration dependent." There you have it.

[00:05:23]

Jaya: Could you just repeat the name of that study again, please.

[00:05:26]

Sandy: That was the Magnesium DNA interaction study. Authors are Anastassopoulou and Theophanides from the National and Technical University Athens, Chemical Engineering Department; and that was dated 2002.

[00:05:44]

Jaya: Great. I'll just pull you back a little on the initial question. How have you personally been involved in recent years in the battle against this measure in Queensland?

[00:05:54]

Sandy: Well I started researching and the more I looked the more I was shocked at the weight, the mountain of scientific, very credible scientific evidence from all around the world from studies, showing that ingestion of fluoride, chronic ingestion of fluoride leads to disease. It's highly toxic.

[00:06:17] It's the same as taking small amounts of arsenic over time. That's how you kill someone. You don't kill someone with a large amount of arsenic very quickly because the body would just expel it very quickly. But if you want to kill someone with arsenic, you give them small amounts over a long period of time so they have small chronic doses. In a very similar sense, fluoride is poisoning us over time because the small doses get in and they stay in the bones, particularly if you are magnesium deficient, they stay in the body. They interfere with enzyme activity. **[00:06:50]** I found in my studies that fluoride is an enzyme inhibitor and every cell in your body needs enzymes to function. So over time you're not only going to hurt your thyroid, but the whole

endocrine energy system is dependent on this... on this enzyme system and that's the reason fluoride has an effect on bacteria, because it interferes with the enzymes of the bacteria. So when they did the studies on the surface of the teeth and they found it inhibited the bacteria, it was the enzyme activity of the bacteria that was affected. So how did they jump to the conclusion that if you drink the stuff it's going to help your teeth? [00:07:36] All it's going to do is interfere with the enzyme activity of every cell in your body. It's a systemic poison so I felt quite affronted that governments were not looking at the real science behind what was going on. It's not new information. There are numerous studies but they refuse, *point blank refuse* to look at it. Every politician that I spoke to and asked questions of said well I don't know enough about it. I'm not an expert but we give it to the NHMRC and it's their job to tell us if it's all right, so they said it's all right so we accept that and that's the end of it. And man has a closed door, hear nothing, see nothing, say nothing. They don't listen to the people ringing up, sending letters. They don't listen to any of the... protests. You don't count. Now why? I asked myself why is there such a force of money being spent to force fluoridation when all of the polls done show the majority of people don't want it? [00:08:48] Why do they spend so much money in marketing, in campaigning, in advertising and trying to create a 'spin' that this stuff is somehow good for you? Why do they suppress the information? Why don't they listen to the doctors? In the, one of the best sites is in America, which educates people on the fluoride issues and it's called fluoidealert.org and it's run by a very eminent scientist, professor, Dr Paul Connett and he has enlisted the agreement of thousands of other professionals round the planet, scientists, doctors, people of very high ranking, credibility all calling for the end to fluoridation. [00:09:40] Why don't governments listen; with such a weight of opposition in the scientific community sounding warning bells, sounding the alarms that we are poisoning ourselves by dosing the water with a drug? And in fact the EU has classified fluoride now as a drug that can only be sold in a container with a label on it. So how can you put it in the water indiscriminately? Overdosing your babies, kidney patients, Aboriginal communities. There are many population sub groups which are highly sensitive to the fluoride, much more sensitive than the average, that feel the side affects straight away. They don't have to wait years til they get heart disease or osteoporosis or some kind of degeneration. [00:10:31] They feel it straight away in the form of an allergy, or a skin outburst, or in an immune system response. Nobody cares. The politicians don't care about these sub groups and what's the NHMRC doing? Years ago, they actually recommended that for the research be done in the toxic effects of fluoride and how much we are ingesting. 'Cause they agree at high amounts that it's very toxic and it is not good for your health. Well if they agree in high amounts and they can't tell you how much we are consuming then there's a disconnect there. Surely something's wrong. [00:11:08] Something's not being done properly. Who's policing the show? Who's saying to the NHMRC. "You're not doing your job properly!" Who's out there sticking up for the people? The babies? Babies consume per body weight, up to four times as much fluid than an adult. They'd be getting four times as much toxins through the system if they're drinking fluoridated formula.

[00:11:37]

Jaya: Fluoride has been forcibly introduced across water supplies in Queensland. Those who oppose this measure have been touted as ‘medically backwards’ and ‘part of the Queensland of old,’ by authorities including the premier Anna Bligh in Queensland. Are people ‘medically backward’ if they oppose water fluoridation; and what about places like Europe, do they have water fluoridation?

[00:12:07]

Sandy: Well, Queensland is very interesting because it has actually a history, which is up front close and personal with fluoride; and in the sixties, farmers in Western Queensland were experiencing a lot of problems with their sheep and cattle in that they had bone deformations and crippling. So the Australian government funded a study to find out what was causing the bone deformation and skeletal crippling and the end of the study concluded that it was the high level of fluoride in the bore water that the animals were consuming and so Queensland farmers or the ‘Queensland of old’ still have a good memory that if fluoride actually isn’t very good for us because if it cripples the animals it’s going to cripple the people in high amounts.

[00:12:59] So their efforts are actually in trying to get the fluoride out of the bore water and to try and filter that water so the animals aren’t exposed to so much fluoride. City folk however will not have had that farming experience, will not have had that memory, and they’re very much more influenced by media, by television, by things told to them by other sources. They don’t have personal experience with fluoride and what it does and so it’s much easier to deceive people when they don’t have all the facts. I don’t know... I don’t think all the politicians really understand. Most of them have no idea, not even a clue as to the toxic effects of the fluoride. **[00:13:45]** They just repeat what they are supposed to repeat which is what the Party tells them and they have a Party line and you have to say this and if you say anything else you don’t get pre selection for the next election. So, this is the kind of pressure that the politicians are under. If any of them stick their neck out, if any of them do any extra research and really understand the gravity of what we’re facing here, with this poisoning then they would be ostracized so they control the system with fear. **[00:14:14]** Now the European question is very interesting because Europe has detached from the fluoride being necessary for teeth and caries and dental health, because of their own studies and they did independent studies so they’ve detached from the American paradigm and that’s where it started, in America. It filtered through to all of the ‘Coalition of the Willing’ countries such as Australia, Singapore, New Zealand and the UK. These are the countries mainly that are fluoridating now. It is actually the minority of countries on the planet. You will get very few countries in Asia apart from Singapore which is very westernized using fluoride in their water, and in particular India. **[00:15:00]** India has had huge problems with fluoride in the bore water causing bone crippling and we recently had Dr Susheela come out from India on a tour trying to educate doctors and people on the dangers of fluoride. You know we do have information out there. We have massive amounts of studies that have been done conclusively to show the toxicity of fluoride. No one is measuring how much is being consumed and there is a

huge disconnect. Clearly something has to be done to stop the poisoning. At least we need someone to stand up and say, “we need an investigation!” We need someone to study how much fluoride we’re consuming on average. How much is in the food. How much is in the water? How much are babies consuming? We need to find out what the level is that we’re consuming, to be able to know if it’s safe or not. They don’t know.

[00:15:55]

Jaya: Have there ever been studies done in Australia that you know of?

[00:15:59]

Sandy: To show how much we’re consuming? No. It’s all second hand information and assumptions and the assumption still being maintained in Australia is that 1 ppm is you know one gram per kilo. [see correction below] That’s like you know, they’re assuming people only have one or two glasses of water a day to drink. To get that amount of fluoride which is acceptable to them. They don’t know, they haven’t measured everything that’s consumed. So I think this is a huge gap in... and very negligent by the Australian Government and the Health Department not to pursue this, particularly because it was recommended by the NHMRC some years ago that we should have a study to measure fluoride consumption.

[00:16:45]

Jaya: That’s good. So would you actually say that we’re ‘medically backwards’ if we go against fluoridation?

[00:16:53]

Sandy: Well yes, you know what, we are very medically backwards. We are scientifically backwards – and I would even call it religious because what we are expected to do is believe something someone’s invented with no science backup, ignoring all the facts of the toxicity. And if you’re supposed to believe something and ignore all the data and all the facts then that to me is a religion. I don’t want to base my life on a religious belief. I want the real science. I want the facts. [00:17:29] I want this country, I want the Australian Government to commission an *independent* study not funded by Colgate or any of the chemical companies, or the companies making a profit from the fluoride, the phosphate, the chemicals. None of those companies should be involved. It should be an independent commission, a study which is completely detached and autonomous to really look into the science, how much we are consuming, how much is in the food and the water and the pharmaceuticals, so we actually know how much we’re getting otherwise it’s all based on assumption and the risks of getting too much fluoride are so huge that it cannot be ignored.

[00:18:15]

Jaya: I’m just gonna to go back one little step. I just noticed something you said, it may have been a mistake, so I’ll just going to ask you a question just briefly, clarify one part per million is not one gram a kilogram, it’s one milligram.

[00:18:30]

Sandy: Milligram. Yes, I’m sorry, milligram. Yes you’re right. Yes.

[00:18:32]

Jaya: Great. Yes. Thank you just so the viewing audience can make sure that they get that... so that's you're saying one milligram per litre of water.

[00:18:41]

Sandy: Per litre. And so there are many people that drink much, much more than that and that's only looking at the water consumption and not the food and the other sources that we also get fluoride from. I mean, now that they're dosing the water supply you can't go to a restaurant without drinking a cappuccino and it's made with fluoridated water.

[00:19:02]

Jaya: Ok.

Sandy: When they cook meals with water they make pasta. The pasta sauce, the water evaporates. That concentrates the fluoride more, it doesn't evaporate in the steam.

[00:19:15]

Jaya: So, you shouldn't boil fluoride?

Sandy: You, well, with chlorine you can boil the water and it evaporates, and you can cleanse the water that way, but once you fluoridate it all you do by boiling it is concentrate the fluoride even more in what's left.

[00:19:32]

Jaya: You sell magnesium products as a family business. What got you interested in magnesium and how it relates to Australia?

[00:19:43]

Sandy: Well in my readings I found that Australia has one of the lowest magnesium contents in the soil in the world and so where we grow our foods, the majority of the food you buy in the supermarkets, the soils are highly depleted, not only because we have an old continent with older soil and depleted topsoil, but the farming methods, the chemical farming methods using phosphate fertilizers actually don't put a lot of the good minerals back in, in particular magnesium. So if it's not in the soil, the plants can't uptake it.

[00:20:23] So there have been studies done which show different countries and the level of magnesium in the soil and correlating them with the level of degenerative disease and you'll find a see-saw effect. That the higher the level of magnesium in the soil, the lower the amount of degenerative diseases in the population and vice versa. The lower the magnesium the higher the rate of degenerative diseases and that's what we find in Australia. We're nearly the top of the list in heart disease, cancer, immune system disorders, and that is directly related to the amount of the mineral magnesium we're getting because magnesium is a cell protector. [00:21:01] We cannot live without magnesium. It's responsible directly in 350 different bio-chemical processes and indirectly in thousands more because it supports enzyme activity, and so if you have low magnesium you're much more prone to the toxic effects of chemicals like fluoride, it's gonna they stay in your body longer, cause more havoc, more damage. The body needs to expel things like fluoride, but can't do it sufficiently unless it has enough magnesium; so I thought to myself well if the politicians don't listen, they're still dosing the water with this poison, the people don't want it. [00:21:49] So, what can an individual do to protect

themselves and their family? Well you know, they can put a fluoride filter in, reverse osmosis or buy bottled water or you know, use distilled water and a few other different methods, but that's only addressing the water that they drink. What about the food and the other things in it? Ah, you can't stop going to a restaurant because you want to avoid the fluoridated water. I mean you know you would have to lead such a Spartan lifestyle, they would take away from some of the joys of life and I thought well if you know inadvertently we are all going to be exposed to some extent no matter how much we try to avoid the fluoride because it is everywhere now and I thought well how can we protect ourselves better – and that is to lift the magnesium level in the body. [00:22:40] So I researched magnesium compounds because there are many different kinds and the body can break up some magnesium compounds much better than others and assimilate it and take it up into the cells. And the one that seems to be most bio-available is magnesium chloride, particularly that derived from naturally evaporated seawater because it's also buffered by natural sea trace minerals that are in the water. And it's also easily able to be taken up, transdermally, that is absorbed through the skin. And there have been studies done such as by Dr Norman Shealy, who found that in four weeks of foot-soaking with the magnesium in the patients that were tested, 75% showed a significant increase in intra-cellular magnesium and that's very important because most of the magnesium in the body is in the tissue cells and only 1% is in the blood so taking your blood sample doesn't give you an accurate idea of how much magnesium you have so they actually measured tissue cells and intra-cellular magnesium, which is the important part and so that's only in four weeks, so had they have measured it for longer, that percentage would have kept going up because some people will have a more rapid absorption rate. [00:23:58] Some people will be a bit slower with the absorption rate. We are all very different and the level of magnesium needs actually falls in a spectrum in the population. According to a lot of the researchers in magnesium and the doctors, the average tends to need five to 600 milligrams of magnesium supplementation a day, but at the high end you could get 900 or 1000 milligram need because over 10% of the population have a gene which causes it to lose excessive magnesium. Then you have stress, which causes you to lose excessive magnesium. You have dietary needs that are different. [00:24:39] People recovering from illness, all of those things will require various amounts of magnesium and so you never know how much someone, an individual is going to need, but through the skin is very safe. You can just experiment – the body will take what it needs from the surface of the skin when it reaches saturation, it switches that mechanism off at that time then it doesn't absorb any more and the good part is, it only absorbs the pure elemental magnesium ions. There is no digestion involved and it is immediately taken up very efficiently so it's safe, there are no contraindications and everything about transdermal absorption of magnesium really appealed to me and the fact is it's cheap, relatively cheap. [00:25:27] People can take a proactive stance with their health to protect themselves and their family. Something that's easy to do. You can sprinkle some in the bath when your children are having a bath, have a foot soak in the front of the television while you're sitting in the lounge chair. Put your moisturiser on

where we have a special magnesium moisturiser and fused with the magnesium. There are many opportunities to absorb magnesium through the skin. Provide as much as your body is going to need. Let your body decide what it needs to take up. You don't need to decide how much is enough as long as you make it available every day, because the body consumes magnesium every day.

[00:26:08]

Jaya: An adjunct to that for what you've just said on how the body absorbs magnesium, I have an interrelationship question. Fluoride, magnesium and iodine. Could you please explain for our viewers the relationship of those three.

[00:26:27]

Sandy: Well magnesium and fluoride are antagonists and they compete for the same cell receptor sites, so I liken them to the magnesium... like in the old cowboy movies. The cowboy with the white hat, the good guy. The fluoride's the cowboy with the black hat. The bad guy and they're fighting over the same thing. They try and compete for the same cell receptor sites. In the absence of magnesium, if the white guy, the white hat guy is not there the body will accept the black hat as an imposter, as a counterfeit. **[00:27:05]** And so when fluoride and calcium get together in the bones it creates a brittle honeycomb structure and so you can easily break something if you fall, with that kind of a crystalline structure in the bones. The bone matrix isn't really forming properly when it has fluoride instead of magnesium. But if magnesium couples with the calcium in the bones then the bones become really strong *and* flexible so that you don't suddenly break if you just fall over. The magnesium gives us the flexibility and the bounce that we need in the bone. It sits inside the softer part of the bone and the magnesium then helps to make the harder side on the outside of the bone and together they make a really strong healthy bone, but not the fluoride; and in all the studies they've done, they found that the fluoridated communities actually have a higher rate of hip fracture than non-fluoridated communities. **[00:28:07]** And this will be because of the fluoride component causing havoc in the bones, especially in the absence of magnesium where the fluoride then becomes more toxic. Now, interestingly enough when you have low magnesium you also absorb other heavy metals without the body being able to cleanse them out the way they should. And when you have substances such as lead and aluminium combining with the fluoride, it doesn't become twice as bad, it can become ten thousand times as bad because of the interactions with the heavy metals. They can cross the blood brain barrier. **[00:28:47]** They can cause mental disturbances, mental illness. You know heavy metal poisoning of the brain is a very, very serious issue and where we need to be most concerned in Australia are the mining communities. You know they are absorbing it from the atmosphere. The aluminium, the lead from the dust and the environmental conditions. Now they're going to fluoridate their water supplies. Can you imagine how toxic that's going to be when you join the fluoride up with all those heavy metals? The mind boggles.

[00:29:17]

Jaya: And where does iodine fit into all this?

[00:29:19]

Sandy: Now iodine is an essential halogen and it has a high atomic weight, so it will easily be knocked out by fluoride which is a halogen as well but it's grosser, if you like. So, fluoride is like a big sledge hammer that just hits this beautiful fine violin instrument, and when you have fluoride and it binds and knocks out and neutralizes your iodine, then you have really severe problems because the thyroid is dependent on iodine to make the right thyroxin hormones and thyroid is important in the whole endocrine system, you know and it's linked with the pituitary and the hypothalamus. [00:30:09] And they all need to work together and they all have a relationship that depends funnily enough on magnesium as well. So, magnesium supports the thyroid. It works very well together. We see iodine and that's naturally good health. They're real nutrients. When you have fluoride coming in, it interferes with the natural working of the good nutrients. It kicks out your magnesium. It neutralizes the iodine and it causes severe health problems in particular most notably in thyroid problems and that's now epidemic in the female population; and the other thing I found out recently about iodine is that the breast tissue also competes for iodine with the thyroid and if iodine is in short supply you'll get lumps or fibrous tissue forming in the breast and also in the uterus and those lumps eventually can actually lead to breast cancer and other forms of cancer.

[00:31:09]

Jaya: Have there been any studies done that you know of?

[00:31:12]

Sandy: Yes there have been iodine studies done and those practitioners using iodine as part of their health therapy have found when iodine is sufficient in the body, the lumps subside and the breast tissue returns to normal.

[00:31:32]

Jaya: I will just let the viewers know we are going to post those websites so that they can look into this research for themselves. Australian authorities claim that fluoride is a 'nutrient.' Do you agree?

[00:31:46]

Sandy: Absolutely not. That's like saying arsenic is a nutrient! I mean where do they get that from? Who makes that kind of decision? It's someone's opinion.

[00:31:58]

Jaya: Is it found naturally in the body?

Sandy: No the body will reject and expel fluoride when it has sufficient of the other good nutrients. It's a toxin along with heavy metals and other chemicals, the body has to get rid of as fast as it can in order to remain healthy.

[00:32:17]

Jaya: But how can these claims then be that if fluoride is touted as being a nutrient and good for the teeth if the body's trying to kick it out as quickly as possible where, how does fluoride help us get strong teeth?

[00:32:36]

Sandy: Yes well there is a lot of misinformation and because they detected fluoroapatate in the forming of tooth matrix, they've concluded that that's

natural and good, but the fluoroapatite forms in the teeth only in the absence of getting the good minerals such as magnesium and the fluoroapatite is actually an aberration. It's something that shouldn't happen and shouldn't be there. So everything that we hear in that respect is an assumption. There is no proof and no evidence. Fluoride does not fit the criteria of a nutrient. The body can survive without one skerrick of fluoride and be absolutely healthy without fluoride, but you can't say that with magnesium. [00:33:29] You would die without magnesium, straight away. Magnesium sits in the centre of the chlorophyll molecule in plants. That is how important magnesium is. Literally it is the trunk of the nutritional tree that cofactors and supports the other nutrients, the enzymes. Everything in your body depends on magnesium. Fluoride will bind your magnesium and prevent you from uptaking this vital thing for your health. How can you say fluoride is a nutrient when it works *against* everything that supports health? It doesn't make any sense.

[00:34:12]

Jaya: In your view, does this chemical, fluoride, go to the very essential core of our DNA makeup? Does it affect the DNA?

[00:34:26]

Sandy: Well yes, it does, because it interferes with enzyme activity and the Velcro-like bonds in the DNA lose their linking ability directly as a result of fluoride activity. So in other words it damages DNA. DNA cannot repair itself. Now there's a direct relationship with the fluoride and magnesium in this respect in that low magnesium has the same result as high fluoride and that the DNA links can't repair and that leads to cancer. It leads to break down and degeneration. It's like you're decaying and fluoride interferes with cell apoptosis which, you know, normally you have cells dying and you have new ones replacing them and that's a normal body process. [00:35:27] Magnesium interferes with cell apoptosis and then causes abnormal cell growth so that the bad cells continue to grow; and if you have high levels of magnesium and take fluoride out of the equation, the DNA has sufficient magnesium to repair itself, giving you a much better health prognosis, you know. See it's like your body knows how to be healthy – we have a program, we have... you get a cut... you know you don't say now skin I want you to knit together and I want you to you know make it smooth again and make all that disappear. You don't tell skin what to do. [00:36:11] What do you do? You keep the environment clean and you make sure you get adequate nutrient and the body does everything by itself. It heals itself, when it has the right environmental *conditions*. So what we're doing now is we're taking away the right environmental conditions for people to heal when they have injury or breakdown and their bodies can't heal because there's too much pollution and chemicals and toxins weighing them down; they don't have enough nutrient to rebuild and cleanse and a combination of those two things is disastrous. It is critical. It could be the downfall of civilization. Can you imagine if it escalated and we went into a growth curve of degenerative disease? [00:37:01] Simply because people were decaying, they would just literally not [be] able to replace their cells and renew and cleanse – that would be the end. And, it's quite conceivable that we could actually get there in this generation. We've got the lowest fertility rates ever, fluoride affects fertility; and as many other

toxins do – your plastics and many chemicals out in the environment we are exposed to every day. The cumulative affect of this ‘toxic soup’ has not been measured and it’s *enormous*. We have new drugs and chemicals being created everyday and released into the environment. [00:37:48] The synergy of those things will have an exponential growth curve effect on our health if we don’t stop and try and arrest the process of that pollution *now*. Now, or we could be passing that damaged DNA onto our children and future generations. That’s going to be a really hard problem to fix.

[00:38:11]

Jaya: It has been said by other people overseas that fluoride is considered a *chemical weapon*. Given what you’ve just stated it is possibly being a generation before we are in serious crisis with degenerative diseases and wiping ourselves out, would you say fluoride is a chemical weapon?

[00:38:32]

Sandy: Well it... as a matter of fact has been used as a chemical weapon in the form of saran gas. And it’s used as a chemical weapon to kill cockroaches. It has been used in chemical weapons since World War 2! So, what’s new?

[00:38:52]

Jaya: As a mother yourself, do you believe that Australian parents should be warned, as the American parents have been, not to reconstitute infant formula with fluoridated water and do you think fluoride is dangerous to small children?

[00:39:11]

Sandy: Most certainly fluoride is highly toxic, in particular for young fragile developing immune systems. It is a poison, it interferes with cell growth, enzyme activity and they have found... many international studies have found that fluoridated areas... in fluoridated areas children have a lower IQ, can be up to 15 points lower than in non-fluoridated communities. They then found when they stopped fluoridation, some years later, the IQ levels started to go up again. [00:39:48] So definitely fluoride has been shown to be a neurotoxin and that it interferes with intelligence. Now this could also be connected with the iodine issue, as fluoride will nullify the effects of your iodine. Iodine is necessary for brain development and brain growth and intelligence. It is an important detoxer. Iodine helps us to neutralize the effects of mercury that we may inadvertently ingest and it is essential for many cell processes, so and especially the thyroid and the whole endocrine system relies very much on iodine and magnesium of course is also important to support enzyme activity and thyroid. [00:40:42] The iodine and magnesium are two of the most efficient elements in the food supply that the body relies on for so many cellular processes, in other words these two elements are really important, and yet they’re very low already in the food supply and the more toxins you load into that food supply and in the water, such as fluoride, the more you inhibit the uptake and the use of those really essential nutrients.

[00:41:15]

Jaya: Should the Australian Government then be warning the Australian parents of the perils of fluoride to little babies?

[00:41:29]

Sandy: It's absolutely negligent that they don't have a warning; that people are deceived into believing that fluoride is somehow a nutrient like vitamin C and what do people do with vitamin C? Oh have an extra tablet and have an extra tablet because it's good for you, 'more must be better.' [00:41:53] So people think if they're told that fluoride is actually a nutrient that's good for you, they could be tempted to let them eat that toothpaste or what harm could it do because 'it's a nutrient isn't it?' This is very dangerous and very negligent. In America, if a child, there is a warning on the toothpaste that if a child swallows a piece the size of a pea of toothpaste, that they should be taken straight away to hospital because it's so toxic. We don't have any such warnings here on our toothpaste. [00:42:30] We don't have warnings on the infant formula, not to use fluoridated water because the... and there have been numerous studies and Dr Carolyn Thiessen in America has pointed out that once you add fluoridated water to infant formula, it raises the level of fluoride to such a high level it's in the red zone is highly toxic for babies. There's no warning on Australian labels. That's negligent.

[00:42:59]

Jaya: And I have actually heard from other interviewees that parents have been told to boil their water before they use it for mixing infant formula. That would be a bit of a double whammy wouldn't it, because it concentrates the fluoride?

[00:43:13]

Sandy: Well that just shows the level of ignorance of whoever said that because they couldn't possibly understand the toxicology of fluoride if they think boiling it somehow gets rid of it. It doesn't. It just concentrates it more.

[00:43:28]

Jaya: For the viewers who are less familiar with the fluoride issue, where do you recommend they go to do their own research? Are there any particular websites that they can go to?

[00:43:42]

Sandy: Well if you Google, you will find hundreds of thousands of fluoride sites around the world, so it can be a little bit overwhelming. That just shows you the level of information that's out there. You know you have to ask yourself why are there so many sites out there, 99% of them decrying fluoride, wanting it out, showing the studies, the science, the side effects, the people having the problems. [00:44:14] Why? And why isn't anyone listening? It's just something really wrong about that. But a really good one that has very well organised library of information is fluoidealert.org, which is run by Professor Paul Connett, he's a eminent professor with experience in toxicology and he's spent many years now and dedicated his life in retirement now to researching fluoride, and all the studies and he has an amazing library on there, which covers most of the aspects and the issues with other links to follow as well. [00:44:57] And it will take you right from the very beginning of where the fluoride is made, how it's made and the components you know, not just fluoride but silicofluorides come packaged up with other contaminants such as lead, arsenic, cadmium, radon, mercury. They all come because it's an industrial waste product that they actually dump into the water supply with no processing, straight from the chimneys, repackaged into the water.

[00:45:29] And so people often don't realise that they're not even getting a pharmaceutical grade fluoride in the drinking water. I mean that to me is a total insult and even more worrying is that politicians don't know where the fluoride comes from. They don't now... I just found out, we're getting our source from China. So we're getting all their industrial pollutants repackaged for us. You don't know what's in there. Whose tested it, where are the test results to show what the ingredients are? What it's made up of, how much fluoride is in there, and how much other stuff is in there? We don't know. The politicians don't know. Who's running the show here?

[00:46:13]

Jaya: Do you know the states that are fluoridating with Chinese fluoride in Australia?

[00:46:21]

Sandy: I believe the southern states have discovered that recently they're procuring a product from China and also North Queensland has found out that their water authorities are purchasing the Chinese product as well.

[00:46:43]

Jaya: Right. I believe also...

Sandy: Maybe it's cheaper now.

Jaya: I believe that we're using 'best quality' Belgium fluorosilicate in Queensland water.

[00:46:52]

Sandy: Well that's the way it was promoted in 2008. I don't know if that's the case today. There's a lot of secrecy in government as to what fluoride product is being used. Very difficult to get information.

[00:47:07]

Jaya: What about, I've heard also quantum chemicals and also Incitec Pivot. Do you have much knowledge about either of those two?

Sandy: Incitec Pivot, yes.

Jaya: In Geelong.

[00:47:19]

Sandy: They make phosphate fertilizers and they have been a major supplier, but I think it's to do with the pricing. I think that water authorities are always looking to make bigger profit and to look to buy it in cheaper and the Chinese resources are much cheaper. And they're following the American lead and this sourcing their... sodium silicofluoride from China has become a big trend in America, which Australian water authorities are now starting to follow one by one. So in the past, we had probably most of our fluoride products coming from local chemical companies, but that's shifting now.

[00:48:03]

Jaya: What do you know about sulphuryl fluoride? How does it relate to the total daily fluoride exposure of Australians?

[00:48:14]

Sandy: Sulphuryl fluoride I believe is a pesticide used in the agricultural industry, and the residues of which end up in the plants, in the fruit and vegetables that we buy at the supermarket and that's just another source where we are ingesting and being exposed to fluoride which adds to the chemical cocktail of what we're consuming – and as I said before we just don't know how much fluoride is getting into our bodies. [00:48:46] No one is measuring it, so how can we make an assumption that everything's alright? Governments need to realise they have to check because no one else is checking. The companies making money out of fluoride are certainly not going to do the checking cause they just want to sell more of the stuff and they want to convince more people who need more fluoride because more dollars.

[00:49:12]

Jaya: Did you know that there are no labelling requirements worldwide for the use of sulphuryl fluoride fumigant, which is of course [a] tasteless and colourless gas. Would sulphuryl fluoride residue remain in flour, grains and dried fruit?

[00:49:35]

Sandy: It's highly likely that significant amounts remain because those plants absorb from the atmosphere whatever is sprayed around them; it just doesn't stay on the surface. How much is being absorbed is another question and there's another reason to include that in a study to be sure of what's in there.

[00:50:02]

Jaya: Why do you think dentists in the past few fifty years have pushed so hard for fluoride; if fluoride is so 'effective', why have we got a dental crisis?

[00:50:14]

Sandy: Well that doesn't make any sense does it? If what they say was true, that fluoride reduces the incidence of caries, then over the many years they've been putting it into the water we should be seeing a decline in dental caries and we should be seeing people with healthier teeth much longer in their lives. But that's not the case. In fact in fluoridated areas dentists make more profit than in non-fluoridated areas and that actually has been documented in the dentists own statistics in the Dental Association statistics. [00:50:57] So yes dental fluorosis is a big issue and funnily enough, before they brought compulsory fluoridation to Queensland, like I couldn't figure out why my youngest daughter who hadn't grown up in Queensland with fluoridated water was getting dental fluorosis. She had little white flecks appearing on her teeth and until we started to look at everything she was eating and drinking and we had the apple juice from the supermarket tested by a local laboratory and it was found to have .7 ppm fluoride concentration, which is just a little bit under the 1 ppm they're putting in the fluoridated water in the southern states. And of course your reconstituted juices and beverages, most of them are made in New South Wales, Victoria, South Australia – places that use fluoridated water. [00:51:53] So it's not just the fluoridated water we drink but we have to consider the by-products that are made from that fluoridated water also have extremely high concentrations of fluoride that accumulate. So you have to add up everything you eat and drink.

[00:52:10]

Jaya: So with fluorosis perhaps you could clarify for the viewers – is fluorosis a naturally occurring tooth thing or is it caused by systemic ingestion of fluoride?

[00:52:24]

Sandy: Fluorosis is directly linked to too much fluoride. Fluoride toxicity; and we see that in the white flecks of the teeth, which are part of the skeletal system. So you can bet your life if you're seeing the effects of fluoride toxicity on your teeth it's gonna be happening inside your bones as well. That's not good and not healthy for your inner health for your bones.

[00:52:49]

Jaya: Have there been any studies done in Australia on bone health in relation to teeth hardening?

[00:52:58]

Sandy: I'm not sure about in Australia. But I know overseas there have been bone studies done and they have linked that with osteosarcoma and they're in peer-reviewed studies.

[00:53:13]

Jaya: Just going to ask you some questions for the gaggle of mothers out there that maybe concerned with the things that you have raised. As parents, do you think it is a parent's right or responsibility to monitor or control what chemicals children ingest, especially relating to medications or drugs and how do you feel that a chemical's been put into the water that's virtually impossible to prevent your children from ingesting? [00:53:49] Do you think we should have choice in the matter or are, medical authorities correct in making the decision for us to mass medicate or are authorities in breach of care by not having monitoring of daily dosage?

[00:54:03]

Sandy: Well.

Jaya: From a parent's angle.

[00:54:07]

Sandy: We live in a little bit of a 'nanny state' mentality at the moment in that everything is decided for you. 'We decide what's good for you, what's not good for you. You don't have to know or think. Just believe and do as we tell you' and that takes away the responsibility of personal health from people. I think we should be able to look into things, to research, to make an informed decision and to say 'I've looked into it I've looked at all the science and I believe this is not good for me and I don't want it and I don't want it for my children.' [00:54:44] But the government's taken that right away from us by forcibly dosing the water with a known drug, which is linked to cancer in many other diseases and systemic health problems, without our permission, without monitoring it, without checking up – everything is done on assumption. Whose taking responsibility? When you get sick and you have the side effects and the problems that this creates, who're gonna go to, who are you going to blame? 'You did this to me!' What are they gonna say?

[00:55:25]

Jaya: Then I have a forward on that question. How does it make you feel as a parent that you have to discover off your own bat the health dangers of

fluoridation, while Health authorities in Australia continue to parrot the mantra of “safe and effective.” How does it make you feel that the State and water supply authority are untouchable by the law even if harm is caused? Should they be held liable or accountable for their actions?

[00:55:55]

Sandy: Absolutely and I betcha if they were accountable they would be singing a different tune. That they would be much more careful. That they would put in place a study to do the checking and the double-checking and the triple-checking. I assure you if their ‘bleeps’ were on the line, they would be a lot more careful, they would think twice, they would not be doing what they’re doing now only doing what they’re doing because they get off ‘scott free.’ There are no repercussions, they don’t have to take responsibility, it’s not their fault, the Party told them to say that, the Devil made them do it whatever the excuse is, they’re not responsible. [00:56:38] So here we have a state, which says ‘you must do this, you must drink this you must eat this, we know it’s good for you’ and yet no one checks, no one takes responsibility, so what’s happening there? You have to take the responsibility yourself for something someone else is doing to you. That’s a crime! Have no choice!

[00:57:07]

Jaya: How does that make you feel, as a parent?

[00:57:10]

Sandy: Oh, terrible because I want to protect my children, I want to give them every opportunity to be healthy and happy and functional in the community, and you know I love them dearly and it makes me feel really helpless.

[00:57:25]

Jaya: What can people do that you think would be useful?

Sandy: Well I...

Jaya: To empower people again?

[00:57:34]

Sandy: Obviously you have to do what you can do on a personal level. You know, you can’t worry about things that you can’t do. But there are things that you can do. You can talk to other people. You can help raise awareness. You can first of all make yourself very informed. Then when you have the knowledge, you can help others to understand things better because knowledge is power. When you understand something, you understand what causes something, you also know the remedy. [00:58:05] You then know how to protect yourself and your family, you have a better start. You know it’s just knowing your territory like a good boy scout, where is north, south, east and west. How can you go anywhere travel anywhere unless you know your bearings? Understanding fluoride, understanding the toxins in the environment understanding those things gives you tools to manage your life, and your health much better, so that you don’t become a cripple in the system and become totally disempowered, because when you’re sick you’re disempowered, you can’t do the things you normally do. [00:58:42] Life isn’t worth living without your health, it’s miserable and you can’t take the money with you. Money is worth nothing. Health is everything. It’s not about the

money in this world. It's about life and fluoride takes our life away, our lifeblood and that of future generations. We're passing this poison onto our future generations and you know in the old days Australia used to be one of the leaders in doing the right thing. We were more careful with pesticides in chemicals and imports and we had to check that they didn't have this disease and that disease. We were an island nation, which had the best reputation for pure foods and good things because we were careful and we did independent government funded studies; not funded by the profiteering organisations. We had real science in the old days and we were protected to some extent.

[00:59:47] We had better information. These days the information is taken away unless you work really hard to pay for freedom of information documents you often don't get the right information. It's very sad what's happening, it's like our rights and freedoms are being taken away. Information is being denied that we should be getting and no one's taking responsibility.

[01:00:12] It's very sad, and I think people need to wake up. Things are not going in a good direction. If they want to protect themselves and their family, they need to be aware of the issue and the science to take the right precautions, to tell their friends and relatives, to talk to their politicians, to give their politicians confidence that you know they want something to happen so that the politicians have more confidence that they can stand up for people's rights. So they're not afraid to be browbeaten by the system that wants to control them.

[01:00:51]

Jaya: In 2007, the National Health and Medical Research Council released a report titled, "A Systematic Review of the Efficacy and Safety of Fluoridation." According to Professor Paul Connett, Emeritus Professor of Environmental Chemistry in St. Laurence University, USA, the NHMRC report quote, "is being cited around the fluoridating world as final word on 'safety and effectiveness' of water fluoridation. **[01:01:24]** However, as far as addressing health concerns, a careful reading of this report indicates that at best it is a work of professional incompetence, or at worst an example of scientific fraud in which scientific information is manipulated to support a preordained conclusion" end of quote. These are strong words. It would seem that not all scientists agree that water fluoridation is completely safe and effective. What are your views, Sandy, on the NHMRC report; and do you believe it addresses all fluoridation health concerns adequately?

[01:02:06]

Sandy: No, it whitewashes many fluoridation concerns and it didn't even address all of the issues that were put to it by the government. It cherry picks the information. It doesn't do any of its own studies. In fact the NHMRC is a government organisation that actually employs other contractors to do that work and those contractors happen to be private companies that work for the pharmaceutical companies to get their drugs approved into the Medicare system, so it's really not independent. **[01:02:45]** You can't say that that organisation is arm's length enough for my liking any way. I think there's too many people with self-interest involved in promoting the fluoride that makes whatever they say... that in my books it's discounted. It doesn't count. We need more independence to be believable and credible. **[01:03:15]** If you

suspect that you may have magnesium deficiency or if your naturopath has advised you that you need a supplement and you've tried tablets and powders and still have the symptoms of deficiency which might be cramps or involuntary muscle twitches or you know certain other symptoms, and you're looking for a better alternate, then transdermal absorption is going to be much better for you because there's no digestion involved and you can do that using the natural magnesium chloride sulphflakes dissolved in water or using the moisturizer with the magnesium infused into natural plant butters and through the skin is very easily absorbed up to 12 times more efficiently taken up by the cells. **[01:04:10]** It's very easy, it's very safe there are no contraindications and you can also use the magnesium flakes in solution as a mouthwash and if you have filtered water using reverse osmosis or distilled or tank water, rainwater, the water has no minerals in it, which lowers its PH. Now cells actually like mineralised water because it's a higher PH. **[01:04:40]** And so what you can do with the magnesium flakes, is you can put a tiny pinch maybe three or five flakes in a 1.25 litre bottle, which will lift the PH by remineralising that water actually makes it very nice to drink as well. It's very palatable. There are other companies now actually filtering the water and they have a magnesium filter in there, which has a slow release magnesium so, they promote it as an alkaline water. **[01:05:09]** And there are many different companies do that now. That's another way, to do the same thing, but if you want to do it manually, if you don't have that special kind of a filter, then you can just use the natural magnesium chloride flakes for that purpose.

[01:05:23]

Jaya: And what would you say to people that are still drinking, cooking and bathing in fluoridated water?

[01:05:30]

Sandy: People that are immersing themselves in fluoride are really sitting on a health 'time bomb', which will go off a hundred percent guaranteed in your body over time. It will age you prematurely, it will trigger many different illnesses or diseases or degeneration, just depending on your genetic inheritance. It may lead to cancer. **[01:06:01]** It may lead to immune system disorders. It may lead to thyroid problems. There's a whole host of systemic problems that come from fluoride toxicity, not even mentioning osteoporosis or skeletal fluorosis, which is often misdiagnosed. You know if magnesium is essential for life, and fluoride robs your magnesium, which is essential for life, then fluoride is going to rob your life. Fluoride is bad. Fluoride is a toxin. Fluoride does not make life possible. Fluoride will stop your normal biological function.

[01:06:51]