



You, M.D. 504 Flatiron Building Asheville NC 28748

May 6, 2016

Dear Collier County Commissioners:

Thank you for addressing the important health issue of adding fluoride to our public water. Your decision will impact the health of your constituents, especially the children, for years to come.

My name is Dr. Angela Hind. I am an Internal Medicine and Functional Medicine physician. I practiced traditional Internal Medicine for 17 years. In 2007 I became interested in the role of environmental toxins and food as the causes of our country's current epidemic of chronic illnesses such as cancer, Autism, and thyroid disease. At that time I received additional training in molecular toxicology and Functional Medicine and currently I own You, M.D., a business that strives to help government entities, businesses, and communities better understand the science of, and the relationship between, environmental toxins, diet and our health.

Similar to lead, mercury and tobacco, public policy regarding the safety of adding fluoride to our water supply lags behind the science, which now demonstrates the negative health effects associated with ingesting fluoride on a daily basis.

Science now shows that fluoride, like mercury, arsenic and lead, is a developmental neurotoxin — a chemical with the ability to harm the developing brains of fetuses and children. Researchers at Harvard School of Public Health have placed fluoride alongside flame retardants, DDT, mercury, arsenic and lead on their list of 11 well known developmental neurotoxins. In 2010, the EPA placed fluoride on their list of developmental neurotoxins, noting that there is a substantial scientific evidence that fluoride has the potential to negatively affect a child's developing brain.

In a time when we have 1 in 6 children in our country suffering from developmental brain diseases such as ADHD, Autism Spectrum Disorders, learning disabilities, and behavioral issues, we should pause before adding a chemical to our water that is known to injure the developing brain. Water fluoridation means that not only tap water has fluoride, but also the bottled drinks, soups and the juices that our children consume every day.

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There is no way to ensure that children are ingesting safe amounts of fluoride — assuming that there even is a safe amount of a chemical with toxicities such as fluoride. Science and our current health issues tell us that even very small doses of toxins over time have the ability to do great harm to our brains and our endocrine systems.

Concerning our endocrine systems, the EPA-commissioned National Research Council determined fluoride to be an endocrine disruptor, with it's most understood target being the thyroid gland. And, in fact, fluoride was used in the 1950s as a medical treatment for hyperthyroidism, validating it's suppressive affect on thyroid hormone levels.

Currently in the U.S, 1 in 8 women will develop thyroid disease. We should not put in our water any dose of a chemical known to impair our thyroid gland – a vital gland that controls our weight, glucose metabolism, our fertility, mood and our energy levels.

The American Dental Association and the Centers for Disease Control tell us that water fluoridation, at best, reduces the rate of cavities by 25%. That translates to one half to one less cavity per person in a lifetime. One less cavity is not worth risking a child's long term brain health or our thyroid health. Science now tells us that the risk/benefit ratio of water fluoridation is backwards, with much more risk than benefit.

Attached is a list of the most recent science regarding the health effects of drinking fluoride. Many physicians, including those at the Institute of Functional Medicine and the Cleveland Clinic Center for Functional Medicine – both leaders in the field of diet, environmental toxins and health are urging their patients to avoid drinking fluoridated water.

Thank you for your attention to this important health matter.

Sincerely,

Angela C. Hind, M. D.
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