

# Effects of Fluoride on Human Health: “Can Damage the Brain and Bones”

By [Washington's Blog](#)

Theme: [Science and Medicine](#)

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## U.S. National Research Council Scientists: Fluoride Can Damage the Brain and Bones

[Concern grew in the late 1970s](#) that even low levels of exposure to lead caused adverse changes in the mental functioning of children.

The same thing is now starting to happen with fluoride.

We have extensively documented that:

- An overwhelming number of scientific studies conclude that [cavity levels are falling worldwide ... even in countries which don't fluoridate water](#)
- [Government and top university studies show that fluoride lowers IQ and causes other health problems](#)
- The type of fluoride added to water supplies is a [dangerous, unapproved variety](#)

The following video interviewing National Research Council scientists, a Nobel laureate in medicine, a professor of dentistry and other professionals summarizes the evidence fairly succinctly ... and makes the case that our understanding of the damage fluoride can cause to our brains is like our growing understanding in the 1970s of the dangers of lead:

*We started the video at 18 minutes in; but the whole video is worth watching.*

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