

while a much lower 6 percent in the low-fluoride area had similar scores.

Not only have there been 24 studies linking lowered IQ to fluoride, there have been over one hundred animal studies connecting fluoride with brain damage. One of the earliest was in 1995. When that study came out, the lead author was fired by the Forsyth Dental Center.

Pretty clear message, right? Don't look into fluoride - or else.

You can learn more at [www.fluoridealert.org](http://www.fluoridealert.org).

Christine O'Brien

At HealthQuest, we recommend Reverse Osmosis Filtration as the most effective way to remove Fluoride from drinking water.

### Introducing the Newest Members of the HealthQuest Team.....

#### Dr. Ali Abdo

Ali developed a passion for Osteopathy after being treated as an athlete for many years. He graduated from Victoria University and whilst a university student managed to balance his full-time studies with full-time training and part-time work.

Prior to obtaining his Osteopathic qualifications Ali completed a degree in human movement and a graduate diploma in exercise for rehabilitation. He spent five years working in the fitness industry as a fitness instructor and personal trainer assisting people, from the average person to athletes, achieve pre-determined goals. Ali was also a qualified remedial masseur working in private practice and as a sports trainer treating and managing sports injuries with the Western Suburbs Soccer Club and premier league side Melbourne Knights.

Ali is passionate about sport and has been involved in freestyle wrestling for over 20 years. He has represented Australia at the highest level on numerous occasions including world championships and Olympics. He was selected for 2000 Sydney Olympic Games. His consistency and determination led him to also become a member of the Australian team at the 2004 Athens and 2008 Beijing Olympic games. He continues to exercise and visit the gym regularly and believes that the idea of competing at a 4th Olympics is very enticing.

Along with Ali's academic and sporting achievements, he has received many awards for his efforts and community contribution most notably the 'Young Australian Achiever' and 'Australian-Arabic Young Achiever' awards.

His involvement in sport coupled with his studies and work has made him further appreciate and value the balance between mind, body and soul.

#### Dr. Rachel Meikle

Rachel is a recent graduate of RMIT University. With her up to date knowledge of recent advances in the field, she is highly enthusiastic and motivated to bring her practical skills to HealthQuest to assist your recovery.

Coming from a background of Yoga teaching and Gymnastics coaching, she gained an excellent understanding of the human body, prior to commencing study as an Osteopath. With a special interest in Obstetrics/post natal care, chronic pain and sports rehabilitation, Rachel is very keen to assist you in taking the necessary steps towards better health.

She takes seriously the Osteopathic concept that recognizes the interconnectedness of body, mind and

spirit and looks forward to working with you to achieve a greater level of wellbeing. In her leisure time, Rachel enjoys traveling, hiking and surfing in addition to Yoga - her strong interest in her own wellbeing and leading by example, she hopes to inspire others to better care for themselves.

#### Dr. Madeline Cooke

Madeline developed an interest in Osteopathy during her school years. Her enjoyment of sport and how the body works amazed her and fuelled an interest in functional anatomy that would lead her into the Health Science field. Her passion for Osteopathy grew as she came to value its holistic approach to health care.

Madeline is a considerate practitioner, who ensures the utmost care is provided to the patient and their specific health need. She is adept at treating a range of musculoskeletal conditions, regardless of age, type or mechanism of injury. Having worked for a few years with an amateur AFL club in Melbourne, she is familiar with on - field acute injuries and the impact it can have on the person.

Madeline enjoys spending time on her own health and fitness and considers this to be important for a practitioner advising on health matters. She also enjoys relaxing at home or outdoors indulging in a good book. She is also an avid animal lover.

#### Cathryn Murdoch

Cathryn has 20 years experience working with people in different industry sectors, in the areas of coaching, development, recruitment, training and performance management.

Using the LifeLine Technique, combined with these skills, she develops, a unique one on one process that meets each individuals needs so that they are supported and empowered during their healing journey.

She is honoured and privileged to provide a compassionate and supportive environment for her clients as they move forward and often utilises her own vast life experience and personal challenges, to relate to and inspire the people she works with.. Cathryn relishes spending time in nature often with her corgi, Becky, adores exploring and adventures and travelling. She is passionate about visual arts, colour and honouring herself and our ancestors, through ceremony, women's circles and story telling.

#### Ingrid Stephens

Ingrid Stephens is a Shiatsu therapist and a Reiki practitioner. She is very committed to promoting health and wellbeing, and to supporting her clients through their healing process.

She has a Diploma in Shiatsu and Oriental Therapies and is a certified Reiki Practitioner. She is a qualified nurse, who has worked in a range of areas over a 20 year period.

Ingrid is also a parent of adult children. She enjoys meditation, yoga, Pilates, qi gong, gym work, walking and swimming, as ways to maintain her own health and wellbeing.



### Summer Special Offers - For all the Family!

Save up to \$210! At Least! Much more when the whole family participates!

Until the end of Summer You and Your family can book a half price treatment with the following practitioners:-

Dr.Rachel Meikle - Osteopathy  
- \$37.50 (Normally \$75)

Dr.Madeline Cooke - Osteopathy  
- \$37.50 (Normally \$75)

Dianne Lewis - Hypnotherapy  
- \$50 ( Normally \$100)

Cathryn Murdoch - Lifeline Technique  
/ Spiritual Counselling - \$45 (Normally \$90)

Ingrid Stephens - Shiatsu Massage and/or Reiki  
- \$40 (Normally \$80)

You can select only one practitioner's service or enjoy them all and save \$210 or more when other family members book. Simply mention the summer special when booking.

This offer is valid till February 28th and can only be used once per practitioner. It is open to both current and new patients. As always per our 100% Satisfaction No Risk Policy, If you are not satisfied with the service you receive, simply let Tony at reception know and you will not be charged. There is absolutely no risk to you!

We encourage you to share this information with family, friends and colleagues. We are grateful to the Scientists, Clinicians and Medical Reporters who make this information available for the betterment of all of us.

Publishers:  
Anthony Russo (Medical Scientist) and  
Dr. Arletta Nikitiuk (Osteopath/Nutritionist)

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No action should be taken based solely on the contents of this publication; instead, readers should consult an appropriate health care provider on any matter relating to their health and well-being. The information and opinions provided in this publication are believed to be accurate and sound, based on the best judgment available to the authors, but readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions.



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### HEALTHQUEST WELLBEING REPORT

#### At HealthQuest we can help you with the following health issues

- Back and Neck pain
- Sciatica
- Shoulder pain
- Hip, knee, elbow, wrist and ankle problems
- Carpel Tunnel Syndrome
- Plantar Fasciitis
- Rehabilitation Exercise
- Post Operative pain and recovery
- Nerve Pain and injury (Neuralgia and Neuropathy)
- Sports Injuries
- Muscle and joint problems
- Women's Health
- Men and Women's Fertility
- Pregnancy care
- Baby Colic and Irritability
- Infant & Child Health & Development (e.g. Autism, ADHD, Allergies, Asthma)
- Scoliosis
- Healthy Ageing / Menopause / Andropause
- Memory Loss / Dementia
- Hormonal Health
- Weight Loss
- Personal Diet Plan
- Anaemia
- Diabetes
- Cholesterol Control
- Cardiovascular Health
- Digestive Problems
- Constipation / Diarrhea / Irritable Bowel Syndrome
- Acid Reflux / Heartburn / Hiatal Hernia
- Headaches / Migraines
- Chronic illness
- Cancer Support
- Liver / Gallbladder health -Gallstones
- Kidney Health/ Kidney Stones
- Auto Immune Disease e.g Rheumatoid Arthritis, Multiple Sclerosis, Hashimoto's Thyroiditis, Coeliac Disease, Inflammatory Bowel disease etc.
- Osteoarthritis
- Gout
- Thyroid Dysfunction
- Adrenal Dysfunction
- Stress / Anxiety / Depression
- Insomnia
- Chronic Fatigue
- Fibromyalgia
- Allergies & Food Sensitivities
- Asthma
- Winter Ailments -Colds / Flu
- Immune System Support e.g. Viral, Bacterial, Fungal, Parasitic Infections of the Gut, Bladder, Sinus, Chest, etc
- Candida / Thrush
- General Wellness advice / Preventative Health for all the family

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### Volume 2 SUMMER 2010/2011



Women are more than twice as likely as men to suffer from migraines. "Migraineurs" (those with migraines) continue to suffer despite the numerous medications prescribed by their physicians.

Tension headaches account for about three-quarters or more of all headaches.. The pain is steady and comes gradually rather than all at once, and later fades away. Tension headaches account for about three-quarters or more of all headaches.. The pain is steady and comes gradually rather than all at once, and later fades away. Tension headaches are commonly associated with stress, but also may be linked to emotional problems such as depression.

We find most tension headaches respond very readily to Osteopathic treatment in conjunction with herbal pain killers.

Cluster headaches arrive in groups. For days, weeks, or even months on end, they strike one or more times a day. Each headache may be relatively brief, lasting perhaps 30 to 90 minutes. The pain begins mildly, but quickly becomes unbearable. Some 0.1% of the population suffer from cluster headaches, which typically attack men; 90% of victims are male, with most in their twenties, thirties, and forties. Cluster headaches are caused by the dilation of blood vessels which creates pressure on the trigeminal nerve. While this process is the immediate cause of the pain, the etiology (underlying cause or causes) is not fully understood, but abnormalities in the hypothalamus likely play a role. Because Cluster attacks typically occur with clock like regularity during a 24-hour day, and the cycle of cluster periods often follows the seasons of the year, these patterns suggest that the body's biological clock is involved. In humans, the biological clock is located in the hypothalamus. Abnormalities of the hypothalamus may explain the timing and cyclical nature of cluster headache. Studies have detected increased activity in the hypothalamus during the course of a cluster headache.

Other factors that may be involved in the development of cluster headaches include: **Hormones.** People who have cluster headaches have abnormal levels of certain hormones, such as melatonin and cortisol, during cluster periods. Recently, researchers have linked low testosterone as a possible cause of cluster headaches. **Neurotransmitters.** Changes in the levels of some of the chemicals that carry impulses in the brain (neurotransmitters), such as serotonin, may play a role in the development of cluster headaches.

### IN THIS ISSUE

- How We Can Help You Ease the Suffering of Migraines and Headaches.
- The Stress Relieving Benefits of Osteopathic Treatment.
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- Save up to \$210! At Least!

Hello everyone!  
Welcome to the Summer issue of the HealthQuest newsletter. As always we have the latest health information for your wellbeing.. Thank you for taking the time to read this issue.

#### How We Can Help You Ease the Suffering of Migraines and Headaches.

Of the different types of headache, perhaps the most dreaded and disabling is migraine headaches. In this article, we will focus on migraines—their symptoms, several theories that have been advanced to explain what causes migraines, and research that suggests that certain forms of magnesium and other natural agents may be effective aids in preventing and treating migraine headaches. We will describe some of the effective methods used at HealthQuest to bring relief to migraine sufferers.

Migraines are just one of several different kinds of headache however, each having its own causes, symptoms, and treatments. Migraine headaches afflict approximately 12% of the population and produce excruciating pain that can leave victims nearly crippled for hours or days at a time. Some people experience symptoms besides pain. The migraine may be heralded by an aura, a strange feeling marked by flashing lights or other visual disturbances. Dizziness and nausea, chills or sweat, and double vision or slurred speech may accompany migraines. Noise or light may make everything feel worse.



Fortunately Cluster headaches are relatively rare, however the pain is so excruciating they are nicknamed suicide headaches. Dr. Peter Goadsby, Professor of Clinical Neurology at University College London, a leading researcher on the condition has commented:

“Cluster headache is probably the worst pain that humans experience. I know that’s quite a strong remark to make, but if you ask a cluster headache patient if they’ve had a worse experience, they’ll universally say they haven’t. Women with cluster headache will tell you that an attack is worse than giving birth. So you can imagine that these people give birth without anesthetic once or twice a day, for six, eight, or ten weeks at a time, and then have a break. It’s just awful.”

**Regular Osteopathy, including Cranial Osteopathy can help reduce the incidence and severity of attacks. Pueraria mirifica is a herb that is useful to prevent and reduce attack severity. Hormonal agents such as Melatonin and Testosterone may be very helpful.**

Exertion headaches are linked to physical activities such as exercise, sex, laughing, and coughing. They often strike during or just after strenuous activity. While not considered dangerous per se, exertion headaches may indicate a stroke or other problem.

Organic headaches are messengers telling you that something is amiss, and that could be anything from elevated blood pressure to a brain tumour. The headache pain may be accompanied by fever, neck stiffness, confusion, difficulty in speaking or moving, or other symptoms. Organic headaches account for fewer than 1% of all headaches and the underlying cause needs to be investigated.

Other kinds of headaches, such as those associated with hangovers, constipation, and low blood sugar, often can be cured by attacking their underlying causes.

**We will now focus on Migraines:**

The cause of your migraine must be resolved or you can develop serious – even fatal – health problems later on. Health researchers have confirmed that people who still have migraines late in life have a six-fold increased risk of a stroke. And potentially even worse . . . Migraine sufferers are much more likely to develop panic attacks, depression, seizures, and possibly even Alzheimer’s disease! There might also be a connection to Parkinson’s disease, so this is NOT something to take lightly, stoically endure, or trust to conventional, drug-based medicine, which has long failed migraine sufferers. Today’s modern migraine drugs might work better than drugs used previously, however, they have harmful long-term side effects, and thus you should not rely on them for any length of time.

Although researchers have not yet determined the cause of migraines, they have offered several theories: Vascular theory. The vascular theory argues that for migraine sufferers, the contraction-expansion mechanism in the blood vessels goes awry, interfering with blood flow in the brain and head. Eventually, these vessels become too relaxed and their walls too permeable, allowing fluid from the blood to leak into

surrounding tissues, triggering pain and inflammation.

Serotonin theory. A neurotransmitter called serotonin helps control pain sensations, sleep, mood, and other bodily actions and feelings. A deficiency of this neurotransmitter can trigger migraines by encouraging inappropriate contraction and relaxation of the arteries. A lack of serotonin may also lower the pain threshold, making everything hurt more.

Neural theory. Migraines begin when certain regions of the brain become irritated. The body responds to the irritation by releasing chemicals that, among other things, cause the blood vessels to become inflamed and irritate the nerves.

Nutritional imbalances and deficiencies also have been suggested as a cause of migraines. Indeed, a mounting body of research suggests that magnesium and other natural agents can play an important role in the prevention of migraines.

Dr. Russell Blaylock, Neurosurgeon explains what occurs during a migraine attack as following: Four major events occur in your brain during a migraine attack . . .

- Low ionic magnesium levels
- High glutamate levels
- Reduced production of energy
- Localized inflammation, artery dilation, and pain

This spreading wave of brain hyperactivity causing flashing lights, arterial dilation, pain, nausea, and reduced energy is called “immunoexcitotoxicity.” Your immune system is responding with inflammation as your brain’s glutamate receptors are over-excited. This happens because of low magnesium levels and high glutamate levels. Glutamates, are excitotoxins hidden in hundreds of different foods. Interestingly, the exact same immunoexcitotoxicity occurs in epilepsy, which is a related neurological disorder. That’s why migraine sufferers are also more prone to anxiety, panic attacks, depression, seizures, Parkinson’s and Alzheimer’s.

**The HealthQuest Approach to Preventing and Stopping Migraines.**

You’ll need to increase your blood levels of magnesium, greatly reduce your blood levels of glutamates, and reduce inflammation.



We can check red blood cell magnesium levels or urinary excretion levels. Sometimes this can be normal in the face of total body deficiency, so treatment with magnesium based on the symptoms is the first choice. If your brain levels of ionized magnesium are depleted, which is usually the case with chronic migraine sufferers, it could take up to four to six months of oral supplementation to get your magnesium levels up high enough to stop migraine attacks. It is important to use a highly absorbable form of Magnesium and we also often use topical application in addition to oral supplementation.

Because a processed-food diet including aspartame,

MSG (monosodium glutamate), nitrates (in deli meats), sulfites (found in wine, dried fruit, and food from salad bars) is often to blame. It is important to get rid of additives, sweeteners, sulfites, and processed food. Tyramine-containing foods like chocolate and cheese are also often triggers.

However, the biggest migraine-creating culprit is a group of excitotoxic-food additives known as glutamates (of which MSG mentioned above is the most well known). They’re especially sinister because they are hidden in so many foods and not easily recognised . . .

Unfortunately, as soon as one food manufacturer added MSG to its products, and consumers decided they liked it, all the others followed suit. The result is that, today, toxic glutamates are added to hundreds of food products and not necessarily labeled as MSG making it a difficult task for the consumer to avoid.

If you’re serious about ending migraines however, you must eliminate glutamates from your diet. We provide you with a list of Glutamate containing foods to avoid.

We also recommend you reduce the overall inflammation in your body therefore, You’ll also need to cut way down on sugar, refined carbohydrates, and high-glycemic foods, such as white bread, pasta, rice, potatoes, cookies, and cakes, as these will skyrocket your glutamate levels and trigger migraines We strongly suggest a low-sugar or low-glycemic diet. Hypoglycaemia can also be a trigger so this needs to be ruled out and treated as above in any case.

Natural supplements such as Quercetin, Curcumin, Resveratrol, Omega-3 oils high in DHA, Silymarin, and Melatonin are also helpful to reduce inflammation and therefore prevent this component of a migraine attack.

We address hormonal imbalances. Migraines can be associated with Pre menstrual syndrome with bloating, fluid retention, cravings, irritability, breast tenderness, menstrual cramps. The use of an oral contraceptive pill or hormone replacement therapy; or even just being pre-menopausal, which leads to too much oestrogen and not enough progesterone because of changes in ovulation. Environmental oestrogens can play a part too. We may recommend Blood or saliva hormone testing looking for hormonal imbalances. Herbal or nutritional supplements are used to address any imbalances.

We may find mitochondrial deficiencies the trigger for your migraine. B vitamins especially B2 and CoQ10 are very helpful in this regard. Other antioxidants may be used as needed, helping to increase magnesium and energy levels in the brain in addition to reducing inflammation.

We recommend a high potency B complex. Daily supplements of vitamins B6, B12, and folic acid have also been found in addition to B2 to reduce the frequency, severity and disability of migraine headaches twofold in a study conducted by researchers in Brisbane. They found that the B vitamin combination lowered levels of the amino acid, homocysteine, which can be elevated in some people and lead to migraines. Lead author of the study – Prof. Lyn Griffiths – was refreshingly optimistic when she considered the use of B supplements. She told NutraIngredients-USA that the trial’s success “has shown that safe, inexpensive vitamin supplements can treat migraine patients.”

We often test for food allergy and sensitivities with an IgG food panel or elimination testing. Any foods you may be sensitive too will need to be eliminated or markedly reduced.

Other very helpful supplements we use are Butterbur, Feverfew, Ginger and 5HTP.

Alexander Mauskop, MD, is one of the USA’s leading authorities on migraines and other types of headache. A neurologist with 20 years’ experience treating patients, he states “it’s safe to say that a large percentage of migraine sufferers can be helped by supplements such as magnesium, riboflavin(B2), feverfew, and butterbur.”

This natural route can be very effective immediately or can sometimes take time to work, but it gets to the root of the nutritional deficiencies and other triggers that are actually causing your headaches, so you can clear them up for good, rather than temporarily masking the symptoms with often dangerous medications.

**At HealthQuest we consistently find a combination of Nutritional and Osteopathic treatments leads to the best results for our patients.**

We therefore utilise Osteopathy in addition to the Nutritional therapy outlined above. Osteopathy deals with many contributory factors or after effects including relief of restriction in movement of the neck, muscle tension in the neck, upper back and shoulders and helping correct any postural issues that may influence the occurrence of both migraine and tension headaches. Cranial Osteopathy a subtle technique can be helpful in addition to more standard structural techniques. Acupuncture is also often used in combination with the above methods.

It is this holistic, integrated and complete approach that leads to a resolution of migraine symptoms often after years of suffering.

**Dr. Arletta Nikitiuk has treated many patients over the years successfully with the methods described above. We recommend an appointment if you, or a loved one is suffering from migraines, or other forms of headaches and is looking for a resolution of the underlying causes, and not just to cover the symptoms with dangerous and often ineffective medication.**

Call 9370 8280 to book an appointment

Anthony Russo

**The Stress Relieving Benefits of Osteopathic Treatment.**

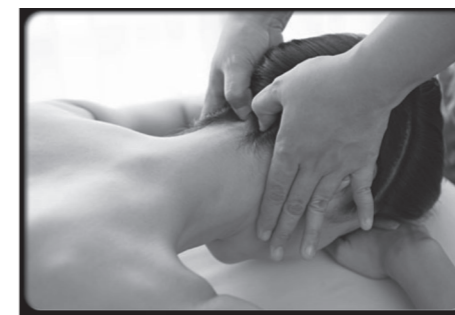
The health and wellness benefits that Osteopathy offers are more abundant and far reaching than generally thought. It is not just for musculoskeletal problems for which it is highly regarded and extremely beneficial. Although many patients do seek Osteopathy treatments for Stress, Anxiety and Depression, it is still an under utilized treatment for such conditions. Emerging research however points to a growing list of advantages that range far wider than even anxiety, tension, and pain relief.

One of the most interesting benefits is a possible link to improved immunity. Studies have shown that those who receive regular treatment have lower cortisol levels in their saliva. Cortisol is the “stress” hormone, and it is linked to a lower immune function.

Cortisol actually kills off the cells that are necessary for healthy immunity. Lowering this hormone in the body not only can lead to greater immune response to foreign invaders, but it also leads to lower stress and anxiety levels. Lowering cortisol levels has also been linked to a greater ease in losing weight and keeping it at a healthy level.

It is an extremely useful adjunctive therapy in Anxiety and Depressive conditions. The mental health benefits from lowered stress levels and

regulated anxiety and mood are probably worth it alone. However, there are even more advantages your body reaps from regular Osteopathic treatment.



Studies have indicated that it helps with hypertension. It helps reduce anxiety, which contributes to high blood pressure. This is probably a part of the reason that it helps to regulate blood pressure.

However, there is also another factor that contributes to this function. The vagus nerve actually helps regulate a person’s blood pressure, and Osteopathy helps to stimulate this nerve.

The more obvious benefits of Osteopathy are its excellent ability to reduce and manage pain. It can be used to relieve muscle pain, pain associated with nerve damage, and joint pain. The manipulation of the spine or soft tissues helps increase nerve function, neurotransmitters such as the feel good and pain relieving endorphins and improves circulation, which aids in healing as well.

Enhanced circulation also leads to better skin tone and healthier soft tissue. This enhanced circulation and manual pressure also helps to deliver oxygen and vital nutrients to the cells.

Osteopathic treatments also help enhance the elimination of toxic substances which are transported out of the body by the lymphatic system. This lymphatic drainage, while beneficial, needs to be helped along by you. Hence, it is always recommended that one drink plenty of purified water after a treatment to push the toxins through the elimination process quicker.

Osteopathy also addresses dysfunctions of the central nervous system. The central nervous system is the primary system that controls all function and healing within the body. This flow of nerve energy from the brain to the body coordinates all 75 trillion cells to action. The brain is then fed through movement information that it receives from skin, joint, & muscle receptors. This movement information is called “proprioception.” The brain depends on adequate proprioception for optimal function.

Physical nerve stress occurs when the spinal bones are twisted or thrown out of alignment. This is caused every day by macro traumas such as falls, car accidents, & sporting activities. Micro traumas such as bad posture, repetitive movements, and poor sleeping habits can damage the spine & nervous system as well. Physical nerve stress causes a deficiency in healthy brain-body signaling and an increased release of the stress hormone cortisol. As discussed above this disrupts the body’s ability to heal.

Osteopathic adjustments remove this built-up pressure on the nervous system allowing the body to heal as it was designed.

Oxidative stress is the damage that occurs when free radicals outnumber the body’s antioxidants. Oxidative stress damages all body cell components: proteins, lipids and DNA. Going through life we experience physical, chemical and emotional stress. These stresses affect the function of the nervous

system. It is hypothesized that these disturbances in nerve function could affect oxidative stress and DNA repair on a cellular level. Oxidative stress, metabolically generating free radicals, is now a broadly accepted theory of how we age and develop disease.

Osteopathic care appears to improve the ability of the body to adapt to stress.

In summary, Osteopathy is a great way to reduce stress, unwind, and just to feel well. Osteopathy is recommended as an excellent preventative complement to an otherwise healthy lifestyle and diet and is absolutely imperative when you are unwell and in pain whether the source is physical or emotional.

Anthony Russo

**Can Water Lower Our Children’s IQ?**

It sounds absolutely crazy. I mean, what could be safer than a glass of water?

Communities spend plenty of money and resources trying to make sure harmful chemicals and other contaminants are removed from our precious drinking supply.

But there’s one that always seems to stay behind. One that could lower children’s intelligence. One that could cause brain damage.

Why can’t they seem to get rid of it? Oh, because they don’t want to. Because I’m talking about fluoride.

You know, that miracle of modern dentistry that’s supposedly building bright, strong smiles. Never mind the fact that it’s an industrial waste that never should have been anywhere near our water supplies in the first place – and that the evidence for it actually supporting dental health is weak at best.

And now the latest news has people asking: Is this the end for fluoride?

Generally, I don’t like getting too optimistic about those kinds of questions, but this news is pretty darn hard to ignore.

The publication Environmental Health Perspectives pre-published a study that’s actually the 24th (can you believe it?) to show an association between fluoride and lowered intelligence. This is the strongest of the studies, because the researchers were careful to control for other variables and were able to draw a link not just between lowered IQ and water levels of fluoride, but also between lowered IQ and fluoride levels in blood.

One of the scariest tidbits from this study? The levels of fluoride in the community in which lowered IQs were recorded didn’t have “dangerous” levels of the chemical in the water. In fact, they were below the EPA’s “safe” level of 4 parts per million (ppm). That’s not the REALLY scary part, though.

That would be this: The levels were actually quite close to those used in artificial fluoridation programs (0.7 to 1.2 ppm). That’s right – the levels of fluoride that might be causing brain damage are pretty darn close to levels that communities put into water ON PURPOSE.

In the study, about 28 percent of children in the low-fluoride community scored as being bright, compared with only 8 percent in the high-fluoride one. In the high-fluoride community, 15 percent of children had scores indicating mental retardation,