



Barwon Freedom from Fluoridation Inc.
BAFF

Mailing Address: PO Box 7024 GEELONG WEST VIC 3218
Email: baffgeelong@gmail.com Website: www.baff.org.au

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Mark 'Bomber' Thompson, Coach, Geelong Football Club

HEALTH ALERT that may be of importance for you and your team members

Dear Mark

At the beginning of July 2009 the drinking water supplies of Geelong, Surf Coast and region began to have the new chemical FLUORIDE (actually hydrofluorosilicic acid) added to the water. This is known as Water Fluoridation. Fluoridation means that we are now consuming unknown amounts of this chemical every day if we:

1. Fill the kettle from the tap for coffee, tea, hot drinks,
2. Eat cooking made with tap water, eg. soups, curries, casseroles/stews, rice, pasta etc,
3. Drink water from the tap,
4. Drink other beverages made up with tap water.

Is this a problem for you, your team members, friends or family members? Very possibly.

Approximately five per cent of people are sensitive and experience nasty symptoms and health effects from the amounts of fluoride you get from tap water (sometimes wrongly called "fluoride allergy"). Unexplained FATIGUE and tiredness is the most common symptom for these people.

Other common reactions to fluoridated water include:

joint and muscle pain, skin rashes, stomach pains, mouth ulcers, headaches and others. The recently introduced fluoride chemical is a possible explanation for why a few Geelong footballers have been performing well below their normal best since beginning of July.

I include a short medical affidavit that describes how many of these fluoride effects were identified in the Netherlands, prior to water fluoridation being banned there. There is also an excellent 2008 medical book on the problem available in Geelong Libraries, and at Carmoora Clinic, 343 Moorabool Street. The book is '*Fluoride Fatigue*' by Dr Bruce Spittle of New Zealand.

Melbourne has had fluoridated water for years, so you might ask why would it affect Geelong more than Melbourne teams? People in Melbourne eventually work out if they cannot tolerate the water. Sales of spring water and specialized fluoride-removal filters are through the roof around Melbourne. It is probable that at every football club individual players who react badly to tap water have learned long ago to avoid it. Since it has only been in Geelong's water a month or so, there could easily be 2 or 3, or even 5 or more players feeling bad from the fluoride, but don't yet know it.

I would urge you to take it seriously. Talk to others about it, and help any individuals at the club who have begun to suffer any of these ailments get to the bottom of it. It is a challenge to avoid anything with tap water in it. But if that is clearly identified as the problem it is relatively easy to recover one's health by being very careful.

Yours sincerely

David McRae BSc(Hons), ND, Grad Dip Human Services
Secretary of *BAFF Inc.*

Cc. President, CEO, coaches, players