In the ancient study of the elements, all matter that flows is classified as water.

Let's begin by looking at and exploring a number of its aspects. It is the French hydrologist or water scientist, Prof. Louis-Claude Vincent who states that within our bodies, water primarily fulfills the function of cleanser. Water absorbs our bodies' waste products and other toxic compounds which then leave the body through the urinary tract. It is therefore, according to Vincent, very important that water be as 'empty' as possible. The less the number of natural elements dissolved in the water, the better it is able to absorb our metabolic waste products. Our own (i.e. Dutch) Cornelis Moerman knew nothing about Vincent, but with his considerably more than average intuition, he gave all his patients distilled water.

If you attempt to put an electric current through water you will find it meets resistance. Electric currents do not travel well through it; the resistance number is high and expressed in ohms. Vincent expressed the 'emptiness' of water in numbers. According to him, 'good' water should show a resistance of 16,000 ohms in order to qualify as a good cleanser. I have tested many tap-water samples in the Netherlands and the average lies somewhere between 1,000 (bad news) and 6,000 (acceptable). Usually one finds samples measuring between 1,500 and 3,500 and that means the drinking water is unsatisfactory because it leaves waste products inside the body. Spa Reine (bottled water brand available in Europe) is very good (between 29,000 and 30,000). Brita filters above all else improve the taste of water (i.e. they do not remove fluoride - editor). Reverse osmosis filters are good but expensive. If you have to date been drinking Spa Reine, you will eventually recover the costs of a reverse osmosis system by refraining from buying bottled spring water. [2]

KIDNEYS

Our kidneys carry an enormous workload. The greater the number of elements dissolved in water, the easier it carries an electric current, i.e. the resistance is low. Urine should contain many processed waste products resulting in a low resistance. On Vincent’s device the number we should see is 40. The worse the kidneys perform, the higher the resistance and thus the reading.

“Based on the hundreds of tests we have run, we can now conclude that the population’s kidneys appear to be in bad shape.”

Based on the hundreds of tests we have run, we can now conclude that the population’s kidneys appear
to be in bad shape. Measurements within the normal range have become the exception. We regularly see measurements of 80, which means these kidneys are only doing half of their filtering job, but we have come across measurements that are much higher. For those patients who have had cancer, an increase in the ohm reading may also be indicative of metastasis, or a spread of the cancer from one site to another. I have for many years suspected that cancer is in fact the endpoint or result of a whole-body poisoning: the accumulation of toxins that result from the diminished filtering function of the kidneys certainly points in that direction.

ESSENTIAL MINERALS MUST BE ORGANIC TO ENABLE ABSORPTION BY THE BODY

Isn’t it then necessary that we obtain the essential minerals our bodies need through the water we drink? Isn’t calcium good for bone good, iron good for blood and zinc for the production of enzymes? It is (the Belgian engineer) J.Y. Verheyen who clarifies the process in his book, Healing Water. So how do we then obtain these minerals?

Soils contain all the minerals we need, and a number that we don’t. If we tried to obtain our bodies’ needs by eating the raw earth we would develop serious nutritional deficiencies. Only the worm can survive this way.

Happily, there are natural organisms that do a great job absorbing these inorganic minerals and give them life by binding them to their own proteins. These are the soil bacteria; they turn these minerals into an organic, ‘living’ soup, which is then absorbed by the fine root systems of plants. Once these metamorphosed organic minerals have been absorbed by plants it is the resultant doubly enriched minerals that we consume. In other (scientific) words, soil bacteria are autotrophic (meaning that they can survive on simple inorganic minerals) whilst plants, animals and humans are heterotrophic (deriving their nourishment from other sources).

What this means is that if we spray our crops with toxins and use simple inorganic fertilizers, we are causing serious stress to the soil bacteria, which then have a diminished capacity to transmit essential minerals. This explains the differences in the mineral content of foods grown organically, as opposed to those which are grown commercially or “chased out of the ground”[3] by means of inorganic fertilizers. This is basically what is behind the disturbing figures contained in Table1. [4] Thus our bodies cannot use the inorganic minerals dissolved in water, they inflict damage upon our finely tuned (human) machine.

“… our bodies cannot use the inorganic minerals dissolved in water, they inflict damage upon our finely tuned (human) machine.”

Vincent also discovered a difference between the mortality rates of communities that drink river water containing high rates of inorganic minerals, as opposed to those which drink water obtained from deep within the earth. The mortality rates of communities which use the Seine as a source was double that of communities living on the Massif Central, where water is pumped up from great depths and is clean. Volvic (bottled spring water) comes from the latter, and is the recommended drink for tourists. According to Verheyen, because the water the Dutch drink comes out of the Rhine, it has already been through a German five times – a remark that is a little exaggerated, but definitely distasteful! Unfortunately at present our bodies are expected to cope with more problems than just the inorganic minerals already in the water. For various reasons, substances are added to public water supplies. Let me name but a few.

CHLORINE

The first decade of the 20th Century saw the construction of water reticulation systems in most industrialized societies. My grandfather did some research into the many water wells (within his own township) still in use. He discovered that the Jewish butcher had the cleanest, whilst that of the local Gentlemen’s Club stank of stale urine. He was thus awarded his degree in medicine on the 25th of September 1885 on the basis of a thesis on the water supply in the provincial capital of Groningen, which amongst other things led to the construction of the modern water supply system within that city.

This process happened also in the US, where a controversy arose about the need to rid the water supply of harmful bacteria. Controversy arose about the means to achieve that goal, should it be chlorine, UV-light or ozone? The manufacturers of chlorine won the day and soon after, in 1912, we see for the first time the term ‘heart attack’ used as an official diagnosis. Are these events connected in some way?

During the Vietnam War (1964-1969) an American Health Officer by the name of Joseph Price performed many autopsies on American servicemen and Vietcong soldiers, all young men in their twenties. To his amazement he discovered that the Vietnamese soldiers had clean coronary arteries, whilst three-quarters of American soldiers were already suffering from the initial stages of coronary arterial calcification.
He noticed that the layers inside the coronary arteries resembled the coating on the inside of hoses from the milking equipment that his father used on the family dairy farm. Upon arriving home from the war, he asked his father how he was managing to clean the milking machine hoses and was told that there was no longer a problem because he had substituted well water for the chlorinated public water supply.

“...when milk is mixed with chlorinated water, the typical initial stages of arterial calcification invariably develop.”

Price then did a great many trials with chickens that develop coronary calcification very easily, and discovered that when milk is mixed with chlorinated water, the typical initial stages of arterial calcification invariably develop.

Price wrote a book on the subject: Coronaries/Cholesterol/Chlorine. In print for many decades, a new edition appeared last year. It is highly recommended reading.

Although chlorine and fluorides can both be added to public water supplies, there is a considerable difference between the two. Fluoride is not an essential nutrient, you can breed multiple generations of animals on a fluoride free diet and they will be very healthy indeed. Chlorine on the other hand, is an essential nutrient. We must take it as a salt; for example as kitchen salt, which is a compound of sodium and chlorine. But chlorine gas, added to swimming pools and water supplies, is toxic. Luckily the Amsterdam Water Authority currently uses ozone, which is safe. In the past, the stench of chlorine would rise from every glass of poured water, but now happily, there’s no trace of it.

**FLUORIDE**

During WWII, the then US president Roosevelt was warned by Einstein that the Germans were possibly developing an atomic bomb. In order to beat the Germans in this race, an enormous manufacturing complex was then constructed in the Nevada desert. The raw material for this bomb was found in raw uranium, which consists of two isotopes: U-235 and U-238, of which only U-235 was needed. In order to get at the U-235, the uranium had to be combined with fluoride, after which the two isotopes could be split from one another. The volatile compound thus created was called uranium hexafluoride (hereafter simply referred to as Hex). [5]

“During the atomic bomb’s production process, uranium hexafluoride escaped into the air from exhaust chimneys and resulted in problems for man, animals and vegetation.”

Chemistry specialists from an American University were asked if this substance could cause problems and were informed that its health risks were considerable. During the atomic bomb’s production process, Hex escaped into the air from chimneys and resulted in problems for man, animals and vegetation. Also discovered was the fact that fluoride on its own was responsible in large measure for the problems created. After the war, no one wanted to dismantle this industry; due partly to the arms race between the US and the USSR, and partly due to its potential for power generation. ‘Atomic energy for Peace’ became the catch-cry. This meant that increasing amounts of fluoride would be used, whilst the public in the meantime began to catch onto how deadly poisonous this substance was, even in miniscule amounts.

“... the public... began to catch onto how deadly poisonous this substance (fluoride) was, even in miniscule amounts.”

Then a very nifty PR project took off, based on the fact that in areas that contained an amount of natural fluoride in the water supply, teeth were found to be harder. That those teeth were also brittle and broke very easily, just as a dead branch breaks much easier than one that’s living, is a fact that was kept very, very quiet. [6] Thus was the toxic waste product fluoride sold to the American public as the new wonder cure against tooth decay. This was the first time in human history that an extremely dangerous substance was recommended and promoted for purely commercial and political reasons.

“Thus was the toxic waste product fluoride sold to the public as the new wonder cure against tooth decay.”

The steel and aluminium industries very quickly saw an opportunity to save themselves untold millions in law suits because they too were guilty of emitting toxic fluoride wastes. And so was created one of the most powerful lobbies in the world and the fluoridation of public water supplies.
A substance that had to be stored at considerable expense and could only be used as a rat and cockroach poison (at half a dollar per ton) could suddenly be sold for $256.00 per ton to public water authorities.

“This was the first time in human history that an extremely dangerous substance was recommended and promoted for purely commercial and political reasons.”

A profit of a billion dollars per year was born in spite of the fact that we now know that it causes an increase of 10% p.a. in the cancer mortality rate; [7] that the intelligence of children is negatively affected [8] and countless other health problems are created; and yet in Anglo-Saxon territories there is still a continuing push to fluoridate, using all possible means including the telling of some mind-boggling untruths.

**WHY IS FLUORIDATION STILL PROMOTED?**

This bizarre situation does give rise to all sorts of theories as to why the body politic continues to push fluoridation. One of those theories is that the population becomes more malleable and docile when the water supply is fluoridated.

“The passion to regulate the lives of others is deep-seated in many individuals.” Sir Arthur Amies, DDS, Emeritus Professor of Dental Medicine, Uni. of Melb. and Formerly Dean, Faculty of Dental Science, University of Melbourne.

This quote did not come from the original text, but was added by the AFN editor.

The Russians during the 2nd World War put fluoride in the water supply of their prisoners of war, or at least the man who supplied them with the chemical told me that. [9] Also Perkins, the man in charge of the IG Farben chemical conglomerate after the war, said that Hitler was planning to fluoridate colonized populations in order to keep them well under the thumb. [10] Personally I think that behind the not-so-rational fluoridation is a much more sinister phenomenon.

Before I pursue that though, I just want to put (Dutch) readers at ease. Since 1976, fluoridation no longer happens in the Netherlands; it was eradicated after a bitter eight-year struggle and was in fact the trigger for a change to the Dutch Constitution. A clause guaranteeing integrity of the body was added. So not only is fluoridation against the law, but it is also unconstitutional. [11]

To explain what I consider to be the background of fluoridation, we need to explore the work of the Russian philosopher Ouspensky. According to him, every event that happens on this planet is due to one of three forces; a positive or activating force, a negative or opposing force, and one that fulfills a neutralizing or synthesizing function. The terms positive and negative do not connote value judgments, just as the terms positive and negative electricity are value-neutral. Let us take as an example a sculptor at work. He sees the sculpture in his head - that is the positive. He has to work on a hard marble – that is a negative. He makes the statue with his tools, the hammer and chisel – that’s the neutralizing force.

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The Australian Fluoridation News – Special Article – Oct-Dec 2009 – Dr H. C. Moolenburgh – To Your Health! – Water
Imagine that these were the only elements in existence. If that were the case our lives would be forever be on a positive path and we could become as old as Methusealah. In order to ensure that the planet does not become too overpopulated however, there are elements that limit our lives, especially the cumulative toxins.

In this category we have amongst others lead, mercury, arsenic, radioactive elements and one of the most important, the ‘aging mineral,’ fluoride (see especially John Yiamouyiannis’ book – ref. no. 7). These can be referred to as the negative force. These elements are also ‘essential’ in a way, but not so as to save and preserve life, but to keep population numbers as a whole within limits; death-creating elements exercising control and preventing rampant growth.

Finally, you have the neutral elements, gases like helium and argon. Up to now we have not discovered as to whether they fulfill any function within our bodies. Still I suspect that they have a neutralizing function, intended to keep a balance between positive and negative forces. This could be the neutralizing or harmonizing force.

It is probably this scenario that offers a solution to the mystery as to why, in spite of all the evidence against the effectiveness of fluoride as a tooth-decay preventative, there are still countries, primarily those belonging to the Anglo-Saxon block, which fluoridate their public water supplies.

MORE CANCER & LESS FERTILITY: FLUORIDE’S POPULATION LIMITING PROPENSITY.

One of the most worrying phenomena of our times is the overpopulation of our planet. That great pruner of humanity, the newborn death rate, has largely disappeared. If there is not some limit put on the world’s population explosion, then we will not be able to prevent a catastrophe. There will not be enough food, not enough water and too much waste. I suspect that the leaders of humanity propagate fluoridation as an attempt to limit the population explosion. They are not consciously doing it, because there is too little written on the subject within the fluoride literature.

The decisions are made under the influence of collective unconscious forces; what Jung defined as ‘archetypes.’

“We know from many statistical studies that the annual cancer death rate is 10% higher in fluoridated areas...”

We know from many statistical studies that the annual cancer death rate is 10% higher in fluoridated areas, and thanks to the research done by Isabel Jansen; [12] we now also know that there is a hefty increase in deaths resulting from heart and arterial diseases.

We also know that fluoride diminishes fertility. [13] There is much scientific evidence that proves the population-limiting propensity of fluoride.

It is tempting to construct a conspiracy theory based upon the entire fluoride drama, and indeed there are billions earned by selling off toxic wastes, but I’m not a great believer in conspiracy theories. All that remains is the fact that it (fluoridation) suits some handy business people very well indeed.

“There is much scientific evidence that proves the population-limiting propensity of fluoride.”

Let’s think about what it is to be a world leader. When someone manages to accrue a considerable amount of political power, that someone becomes more than himself. The mysterious forces that lead peoples and sometimes whole continents, the forces that were called angel kings and Jungian archetypes in the ancient world; these forces begin to utilize such a leader -- without him necessarily being aware himself of what is happening -- such a person becomes a plaything of forces over which he has no control. A more powerless person than a dictator with absolute power does not exist.

Is it possible that the politically powerful, especially in England, the US and Australia, feel the profound need to consistently decide in favour of fluoridation because of a reaction which lives in the unconscious of humanity against the population explosion?

“...mainland Europe... has developed somewhat of an immunity to dictatorial government impositions like fluoridation and for that reason we have been able to rid ourselves of it.”
I suspect that mainland Europe, which suffered so much through military occupations by both Germans and Russians, has developed somewhat of an immunity to dictatorial government impositions like fluoridation and that for this reason we have been able to rid ourselves of it.

Anglo-Saxon nations have not had that opportunity and don’t quite know how to proceed against totalitarian government measures. This is then a possible psychological explanation for what is otherwise a senseless measure.

Animals too have solutions like the abovementioned when their situation becomes hopeless. Amongst lemmings, when a population explosion occurs and results in food shortages, these small creatures trek to the nearest coastline and drown themselves in the sea. There is even an English writer, James Gibb Stuart, who has compared human behaviour patterns with that of lemmings in his book, The Lemming Folk.

If you then don’t wish to be a human lemming and you prize above all a long life; you, and especially your children, must avoid all contact with fluorides. That includes all toothpastes, gels, coatings and fluoride-containing fillings. Remember that little ones swallow about 35 percent of their toothpaste. Whenever you find yourself in Anglo-Saxon territory, you must ask whether the water supply has been fluoridated. If the answer is yes, avoid it and use only pure spring water.

ALUMINIUM

Sometimes aluminium is also used in town water supplies. There are studies that indicate that this element is one of the triggers of Alzheimer’s disease. Another reason to drink spring water or to buy yourself a reverse osmosis filtration system.

Finally, if your water authority chooses to ‘soften’ the water you drink, then your washing machine will certainly benefit because it decreases the calcified deposits, but you will not. The result is that you will take in too much sodium, which is not good for either your heart or blood vessels. There is so much more to say about water, but the idea is that you ‘get’ the gist of the matter.

Today we are surrounded by so much pollution, that it is of prime importance we drink clean, pure water. With all this I do not mean to say anything derogatory about the employees of water authorities; they too battle, but find it’s labour lost.

I first became aware of problems with municipal water supplies when I visited one of my patients at home; he was a Water Authority employee, and to my amazement I saw there a number of bottles of Spa Reine. I asked him if he drank tap water, to which he replied, “No I don’t. I prepare the town’s water for human consumption. I know what’s in it.”

The second function of water was discovered by the Persian (for our younger readers, Iran used to be called Persia) Dr. Batman-ghelidj, whilst he was sitting around waiting for his own execution; a sentence received due to his critique of the Shah. In his book, Your Body’s many cries for water, he tells us how he discovered that the human body functions in a way that resembles a hydroelectric generator because the inner water flow generates energy. He encouraged his fellow prison inmates to drink as much water as they could and many of their illnesses vanished. His healing efforts were much appreciated and earned him a reprieve from execution and eventually his freedom, whereupon he promptly fled to the West.

DRINK LOTS OF PURE AND CLEAN WATER.

However, readers must realize that when we speak of water, we do not include carbonated drinks, coffee, tea, lemonade or soups.

The body can only utilize clean pure water to generate energy.

Our youth is not used to the notion that only water needs to be consumed. It’s an idea that has not been, but should be imprinted. Eight glasses of pure clean water per day is for an adult not an over-the-top quantity. We lose a lot of water during the day, not only as urine, but also via our sweat glands, invisibly through the skin (quite a lot) and when we exhale.

“Today we are surrounded by so much pollution that it is of prime importance we drink clean, pure water.”

Many, many people drink too little. Their body tissues dehydrate and dry up which can have a number of consequences:
Firstly the body goes into an “I’m in the Sahara” mode and switches off its thirst mechanism. Then you will find yourself in a vicious circle, because you start to drink even less. The body then holds onto a small supply of water in the stomach, resulting in digestive problems. The body next diminishes the amount of moisture exhaled, which means you now develop symptoms of asthma. I have seen asthma cured simply by consuming a sufficient amount of water.

There is a third aspect of this marvelous liquid substance, water. That is its ability to store information. Research into this phenomenon is only just in the beginning stages, but what has been discovered so far borders on the miraculous.

ALCOHOL

Should a healthy person totally avoid drinking it? Kenneth Pelletier, author of the book Mind as Healer, Mind as Slayer is an expert on the subject of longevity. He discovered the following. Those who regularly drink four or more glasses per day have the shortest life span. Abstainers live longer. But drinkers who consume two or three glasses per day live the longest. If you then remember that the substance which gives red wine its colour helps to prevent cancer, and if you also make sure that the red wine you drink is not too cheap - because I’ve noticed that in the case of these wines - the fermentation process is sometimes halted by adding fluorides; then the conclusion is “Good people, to your health, daar ga je!” That last Dutch phrase literally translates as ‘there you go.’ But did you know that daar ga je! is a bastardized form of the Hebrew Lechayim! meaning ‘To Life!’?

References

[1] Op je Gezondheid! Hoe geest, ziel en lichaam gezond te houden in een bedreigde wereld, translated in English - To your Health! How to retain your spiritual, emotional and physical well being in a threatened world (2005) by Dr. Hans Moolenburgh (ISBN: 978 90 202 4389). Dutch-speaking readers who wish to avail themselves of a copy should contact the publisher, Uitgeverij Ankh-Hermes bv. by mail: - Postbus 125, 7400 Deventer, the Netherlands; or by email: info@ankh-hermes.nl

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[2] Editors note. The author discusses various filtration methods here. Note that in Australia the available methods to substantially purify tap water are a) reverse osmosis, b) demineralization ion exchange resin to remove both anions (electro negative ions) such as chlorine, and cations (electro positive ions) such as calcium. Ion exchange resins are often used in conjunction with 1 or 0.5-micron carbon filters. Last but not least is the distillation method. Note that according to Dr. John Yiamouyiannis, “a home water distiller provides the most reliable way to remove fluoride from the water in the home” (see end note 7, quote from p.100). Manufacturers generally indicate that all these systems, when new, will remove 90% or more of most impurities, including chlorine, fluoride and aluminium. However, efficiency decreases over time, particularly if not maintained according to makers’ specifications or if filters are not replaced before their stated expiry dates. Ion exchange resins can release accumulated contaminants back into the drinking water faucet if used beyond the expiry limit. A large range of bottled spring water is available, some of which contain undesirable contaminants such as fluorides. Most have a mineral analysis on bottle label, but some suppliers give no indication of what its mineral content is. That last statement applies particularly to locally bottled product. The only (Australian) supplier of bottled and casked tap water known to give a guarantee of 100% purity is Noble’s Pureau pure water. Note that commonly promoted water filters based primarily on carbon will not remove fluoride, which is the most active element known.


[4] Table1. Editors note. Table from p. 24 of the original text, format changed with percentages added.

Data in this table shows clearly that organically grown vegetables have a considerably higher mineral content, (C = commercially grown, i.e. artificially fertilized and sprayed), O = organically grown). Where the commercially grown vegetable shows a zero mineral content – the percentage increase for organic is large but impossible to calculate – hence the few blank spaces.
Mineral content in milligrams per 100 grams of dried vegetable matter.

<table>
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<th></th>
<th>beans</th>
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<th>tomatoes</th>
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<td>48</td>
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</tbody>
</table>

Key: Ca = calcium, Mg = magnesium, K = potassium, Na = sodium, Mn = manganese, Fe = iron & Cu = copper.


Editor’s Note: Four other books are also essential reading.


[11] Editors note. The Boekje Grondwet or Booklet – The Constitution (22-9-2008) is a Dutch Government publication. The first section of the Constitution – that pertaining to Fundamental Rights was amended in 1983 by the addition of Article 11, which states that: “everyone shall have the right to inviolability of his person, without prejudice to restrictions laid down by or pursuant to Act of Parliament.”


[14] Editors Note. This section will result in some readers raising their eyebrows, because much is currently being made re the implication of alcohol in outbreaks of street violence. What politicians are very careful not to speak of is that alcoholic drinks made and bottled in fluoridated areas, i.e. Australia, may well contain mind altering substances other than alcohol. For further information read the articles by Prof. Roger Masters, (Dartmouth University) on the AFAV website www.fluoridationnews.com and www.dartmouth.edu/~rmasters.