U KUNT MEER DAN U DENKT: AANVULLENDE MAATREGELEN OM KANKER TE HELPEN VOORKOMEN EN GENEZEN [YOU CAN ACCOMPLISH MORE THAN YOU THINK YOU CAN: SUPPLEMENTARY MEASURES TO HELP PREVENT AND HEAL CANCER]

By Hans Moolenburgh, sr.a

Reviewed by Peter Meiersb

SUMMARY: In this new book with such a provocative title, a Dutch physician in a long-time family practice presents a strong case for the importance of good nutrition for the prevention and treatment of cancer. In his approach Dr Moolenburgh warns that care must be taken to avoid exposure to what he calls “demolition and lethal elements,” of which fluoride, even though considered only briefly, is prominently identified as a highly toxic environmental contaminant whose intake should be minimized for the health of this and future generations. Although his remarks on fluoride are relatively few, they are highly engaging and thought provoking.

Keywords: Cancer treatment; Death elements; Fluoride in fossilization; Mortamins; Nutrition.

The famous biochemist Professor Erwin Chargaff once noted that it would be weird, if some day it turned out that all of us died for a very trivial reason—for example, that our tap water contained something that had better been removed, or to put it in one word: that avoidable “mortamins” do indeed exist.1 We do not know if Chargaff had fluoride in mind, but as a “mortamin” it would be a prime candidate. Fluoride accumulates in the body, especially in the bones, where fluoroapatite is formed as in fossilization, which was already the subject of considerable research in the 19th century. Fluoride thus leads to premature aging, and it has a wide range of toxic effects, including neoplastic transformation and promotion of tumor growth.2-5

aMoolenburgh HC. U kunt meer dan u denkt. Aanvullende maatregelen om kanker te helpen voorkomen en genezen [You can accomplish more than you think you can: supplementary measures to help prevent and heal cancer], in Dutch]. Rotterdam, The Netherlands: Lemniscaat; 2011. ISBN 978 90 477 0332 7. 333 pages. Available from: Lemniscaat.nl or Amazon.de (€25,-).
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The late Dr Leo Spira may have been the first to suggest that cancer patients might benefit from treatments that would flush fluoride out of their bodies. This thought is now revived in a new book by the Dutch physician Dr Hans C Moolenburgh: *U kunt meer dan u denkt: aanvullende maatregelen om kanker te helpen voorkomen en genezen* (You can accomplish more than you think you can: supplementary measures to help prevent and heal cancer) (Figure 1). The book is the essence of his more than 50 years experience as a practicing physician. Although Dr Moolenburgh is known to readers of *Fluoride* as the author of *Fluoride – the freedom fight* and various comment letters, fluoride is not a major topic in this new book about supplementary cancer treatments, but his remarks about fluoride on pages 71, 100–1, 120, 150–1, and 313 are very thought provoking (Figure 2).

The 333-page book has a preface by Bob Th. Hornstra (author of *De helende factor*, “The healing factor,” and whose specialties include classical homeopathy and naturopathy), an introduction, and five main chapters: 1. Early diagnostics; 2. The cancer cell; 3. Physical therapy with comments on standard therapy protocols and advice for supplemental treatments to be performed by patients with the support of a physician experienced in such supplemental treatments; 4. Psychological treatment; 5. Spiritual and/or religious aspects of coping and dealing with cancer. Then follows a commentary, five appendices (confessions of the writer), a list of relevant books not cited in the text, and notes on various passages in the text. The book concludes with an acknowledgement and a short biography of the author. Unfortunately there is no subject index, but one is planned for inclusion in the next printing.

Moolenburgh is not opposed to standard cancer treatments such as surgery, chemotherapy, and radiation therapy. But he also provides practical advice for what patients can do in addition to what the oncologist has to offer; or what anyone can do to prevent the disease.

In Moolenburgh’s view, one must carefully avoid exposure to certain “demolition and death elements” like fluorine, arsenic, mercury, lead, and
uranium, which serve no other purpose but to cause death and thus to make way for succeeding generations (p. 150–1). In this list fluorine (as fluoride anion) heads the list because he sees it as being rightly called the “aging factor” by the late Dr John Yiamouyiannis.3 “Fluorides belong to the most universal enzyme inhibitors in the world,” writes Moolenburgh, and he adds that one is not far from implicating them in cancer if one talks about enzyme inhibitors (p. 71). Moreover, he points out that there is good evidence that fluorides are probably associated with lower IQ in children, possibly mediated through interference with iodine, especially during fetal development. And iodine, he notes, was formerly in use as a medical “panacea,” even to treat cancer (p. 100–1).

Two of the 60 principal recommendations in the book are to avoid common modern-day exposures to fluoride: (1) fluoride-containing toothpaste (#21 on p. 71) and (2) topical dental fluoride treatments (#33 on p. 101).

In the appendix, “Confessions of the Writer,” written for the encouragement of his readers, Moolenburgh relates that one night in 1968 he had a dream about a bald-headed, bull-necked Roman swordsman, “a bear of a man,” who had occupied the only water supply in a desert, and who suddenly attacked him. Shortly after that dream Moolenburgh realized the meaning of it, when he found himself involved in an unpromising fight against water fluoridation. The victory came in consequence of a shocking interview aired on Dutch national TV on February 9, 1976. While people were watching en masse to get the latest news on the Lockheed bribery affair, in which Prince Bernhard of the Netherlands was involved,9 Dr Dean Burk from the USA spoke about the findings of his recent epidemiological study with Dr Yiamouyiannis showing a link between water fluoridation and cancer.10 It took eight years, but in the end Dr Moolenburgh was enabled to end fluoridation in the Netherlands.7, 11 Thus, as he argues in his new book: You can accomplish more than you think you can.

The findings by Burk and Yiamouyiannis have since been the subject of highly controversial discussions world-wide with laboratory animal and cell-culture studies providing additional evidence for carcinogenic and tumor-promoting effects of fluoride.12 More recently, an association between fluoride and osteosarcoma is being debated with conflicting evidence and arguments.5,13 Still, in view of the economic importance of fluorine and fluorides,13,14 it is justified to ask whether huge economic interests, as emphasized some years ago by the distinguished cancer-researcher Dr Samuel Epstein in his book Politics of cancer,15 are standing in the way of a serious scientific evaluation of the health risks associated with current fluoride use.

REFERENCES


