



Speech by


## Jason Woodforth

MEMBER FOR NUDGE

Hansard Thursday, 1 November 2012

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### NUTRITION; WATER FLUORIDATION

 **Mr WOODFORTH** (Nudgee—LNP) (2.36 pm): It gives me great pleasure to rise today on a favourite subject of mine, that is, health. I rise today to deliver to all MPs a message of health and to put on record my view on a particular issue which I will come to. First, my fellow government members have already received their gift of health—better information on what real nutrition is. I now want to extend this gift to the members of the opposition and the crossbenches. For all of those members I have two DVDs. The first one is from FoodMatters, the original FoodMatters DVD documentary.

**A government member:** For Bill?

**Mr WOODFORTH:** For Bill, yes. The second one is *Hungry for Change*. I thank the team from FoodMatters for these.

**A government member** interjected.

**Mr WOODFORTH:** No, I will not be tabling them. I refer to pages 6 and 7 of this Tuesday's *Courier-Mail*. It is yet another two-page spread about the chronic diseases that are hitting our state. This is one of the many reasons to push so hard the message of good nutrition from real food. Real food gives us real nutrition, and real nutrition can prevent up to 90 per cent of all chronic disease.

**Mr Grimwade:** Hear, hear!

**Mr WOODFORTH:** Indeed, thank you. When I read in the paper the increase in mental health, autism, obesity, diabetes, cancer—and the list goes on and on—I can only sit back and think, 'If only many of these people had real nutrition they could completely prevent their conditions.' I say again, 'completely prevent'. This is what these two DVDs are about. They are about real nutrition and how we have lost our way.

I want to put on the record my complete disagreement with adding fluoride to our water. This, along with climate change, is one of the biggest cons of this century. What many people do not know is where our so-called fluoride comes from and the real damage it is doing to our health. As time is short, let me point out a few facts of just a hundred that I could give. May I say, freedom of choice is not a point of debate as that misses the vital health point. Eleven countries have taken fluoride out of their water. Fluoride depletes iodine in the body, causing hyperthyroidism and immune deficiency. This is a scientific fact. It is a toxic waste—yet another fact. It is transported as a hazardous chemical. It is not natural at all. It comes from the toxic smoke stacks of industry. It is a neurotoxin—proven fact.

Hippocrates said in 400BC, 'Let food be thy medicine and medicine be thy food.' He did not say, 'Put your head over a toxic smoke stack and suck in fluoride.' There is science and there is opinion. Science is knowledge; opinion is ignorance. The science on fluoride has been disregarded for opinion. I will not rest until this toxic chemical is taken out of our water. I stand for the health of Queenslanders. It is my background. It is what I do. It is what I love. Yes, I am passionate about it. I am passionate about delivering good health to all Queenslanders.