
Questions about fluoride hj

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I am puzzled by the claim that ingesting fluoride strengthens tooth enamel and/or re-mineralizes teeth.

Exactly what chemical process is involved in this effect? What is the scientific explanation of this phenomenon?

My impression is that the claim is in the form of an error in logic, "post hoc, ergo propter hoc." That is, if two events occur one after the other, the assumption is that the first caused the second.

To illustrate this error in logic, consider the case of a current major league batter who started this season in a pronounced slump. He discovered the cause of his futility; it was his batting helmet. He obtained a new one and promptly began to hit again with power and efficiency, even hitting a game-winning grand slam home run.

Baseball players are notoriously superstitious. Restored confidence based on a personal belief in a magic cure may be the explanation. Another answer might be that with the new helmet he no longer attempted to focus on the ball through the ear hole.

To return then to the logic of fluoride, cause and effect, I don't see how ingesting an indeterminate amount of a medicine can help your teeth. How does the imprecise dosage get from your stomach to the tooth's surface?

And what happens as it circulates through your blood system, your organs, your bones? Anything good?

Surely people of different body weight, different metabolisms and different genetics are affected differently.

I am not saying that the use of fluoride is totally a form of superstition because something does happen, logically, to me from topical contact.

I see the evidence of dental fluorosis in the smiles of many people, especially younger ones.

Some kind of physical change has taken place there.

I fear it is not just a cosmetic change, but an indication of something far more serious for these people with the yellowy streaked teeth.

So I would appreciate a scientific explanation of what happens chemically to people's teeth. And I don't want someone talking through their hat or helmet.

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