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# NATIONAL PURE WATER ASSOCIATION

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## Cathy's Horses

**DEFORMED  
and  
DISABLED  
by  
Fluoridated  
Water**



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By Elizabeth A McDonagh

For Cathy and Wayne Justus, it was an important day. Six years married, they were leaving California for a new life at Pagosa Springs, Colorado, 900 miles to the East. Pagosa Springs was an enviable location, a small community nestling at the foot of the San Juan mountain range with spectacular views that changed with the seasons. Cathy and Wayne were thrilled with the property they had found there. It was a small farm where they could continue to breed the quality Quarter Horses for which they had already earned a reputation. For Wayne, the ever-changing scenery would provide inspiration for his fine paintings. He specialises in depicting the traditional life of the Western cowboy and incidents from the Civil War. (www.waynejustus.com.) To state it mildly, Wayne loves horses and is pretty good at painting them. Cathy, who first met him in junior high school, shares his enthusiasm and cares devotedly for their animals.

Early days at Pagosa Springs were not easy for the couple. There was no house on the farm and priority demanded that they first build a barn to house the livestock. Their pioneering work rewarded, they partitioned off the barn and shared it with the horses and dogs. Only later would they build their house and for Wayne, a large log cabin studio with a traditional stove at its heart.

By 1981 the Justuses felt the success of their horse enterprise was assured. They had bought a new mare, *Lil Belle Bonanza* (*Belle* for short). *Belle* was the daughter of the world-leading Quarter Horse stallion *Ricky Bonanza*. When purchased, she was in foal and her previous foal *Bonanza's Q TBar*, a filly affectionately known as *Bird*, followed her everywhere. *Bird* was developing normally and showing athletic potential. In 1982, and again in 1983, *Belle* produced large foals, both fillies, *Satin Bow Nanza* (*Satin*) and *Perfectlydun Bonanza*. The latter, nicknamed *Baby Doe*, soon became a great favourite with Cathy. She showed exceptional promise, being large and athletic with perfect legs and long sloping pasterns.

Wayne was away at times, trekking

in the mountains or working as a cowboy to store up inspiration and ideas. When he was at home, he worked up to twelve hours a day on his paintings. Cathy took most of the responsibility for the house, the farm and the welfare of the horses. Everything seemed fine until 1985 when *Belle* gave birth to an unusually small filly. The foal survived only two months and at autopsy showed suppurating sores on its internal organs. No cause was found for this strange occurrence. Worryingly, *Bird*, by age five, had lost some of her athleticism and had developed bony lumps on her knees as well as a strange tendency to shake her head.

### BOUTS OF COLIC

All the horses were afflicted by recurring bouts of colic. It was not unusual for Cathy to have to deal with two to three colic cases in a month.

In 1986, *Belle* produced a son, *Skip Classic Edition* nicknamed *Mister*. The colt was smaller than expected but seemed otherwise normal. *Belle's* next foal was also a colt, *Legendary Cowboy* (*Cowboy*) born in 1987. At about the same time, a filly was born to *Belle's* daughter, *Bird*. Subsequent attempts to breed with *Bird* failed and she never had another foal.

*Satin*, born to *Belle* in 1982, was a good athlete with perfect legs but she suffered from chronic colic. She foaled a small filly (*Fancy Frills Bonanza* a.k.a. *Frills*) in 1987 but subsequently showed no heat-cycle. (In 1991, *Satin* was sold to a ranch in California after which her health

problems improved and her new owners were pleased with her.) At about ten years of age, *Frills's* legs started bowing and growing bony lumps.

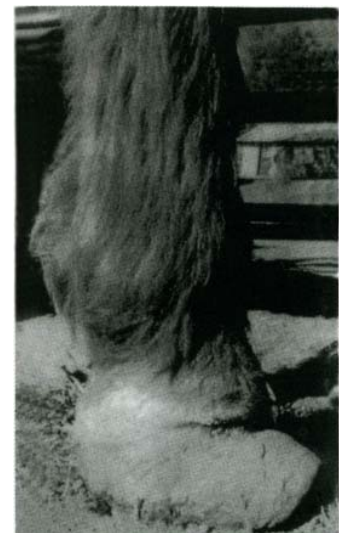
### SKIN, THYROID & REPRODUCTIVE PROBLEMS

By 1990 it was very clear that all was not well with the Justuses' horses. Problems included colic and chronic coughs, lethargy, neurological problems, crooked legs, lameness, soft tissue hardening, hard lumps on bones, thyroid, skin, kidney and reproductive problems including chronic abscesses. It was in 1990 that real disaster struck. *Belle* was once again in foal and was taken to California for foaling and re-breeding. Cathy and Wayne received a call that the mare was in labour but could not deliver the foal. The vet explained that a Caesarean section would be both difficult and expensive. It would also necessitate the use of drugs which would leave *Belle* crippled with laminitis. Worse, the mare would never again be able to conceive. The alternative of putting *Belle* down seemed kinder and this was the sad decision made. On autopsy, the foal, a colt, was found to be grossly abnormal. His head was less than half the normal length, he had no neck, no eyes and no nostrils. He had no muscles at all.

Meanwhile, *Baby Doe* had chronic colic and was lethargic, often falling asleep on her feet and dropping to her knees. For a long time she showed no sign of coming into heat. Eventually, in 1997, she was pregnant. Cathy



Above: Bird's deformed front legs



Above: Bird's hoof profile



Cathy and Wayne took her away to horse-shows for a few days the bumps would disappear. "The problem must be at home", Cathy reasoned. She suspected the water supply, especially as she and Wayne always drank distilled water. It would have been prohibitively expensive to distil water for the horses. Cathy asked the vets whether it was possible that the fluoride added to municipal supplies since the mid eighties could be responsible for the horses' ills. She

phototonic therapy and chiropractic. Most of the horses showed some improvement in their general well-being but the gelding who, at five, had accompanied the Justuses from California, *Sargeant Spot Cash* (*Sarge*) died. He had developed sarcomas, Cushings Disease, abscesses, joint deformities, and breathing problems.

## THE FLUORIDE DECEPTION

Snow remained on the ground throughout the winter of 2003/2004, something that had never happened in the previous ten years of comparative drought in Colorado. The horses' water in the outside tank lasted eighteen days. It was usually replenished every other day. Clearly, the horses were choosing to eat snow rather than drink the city water. ( See image above left of Baby Doe's hoof during this winter period). As the winter months went by, the horses' health began to improve. For the first time in ten years there were no colics. All winter, Baby Doe shed the long hair that was a symptom of her 'Cushing's disease'. Her infections had resolved and she was again in foal. Two different vets confirmed this by ultrasound and palpation. Within two weeks of the snowmelt, colic was back. The Justuses, now certain that the city water had caused their problems, arranged for a supply of water from the San Juan River. After this, the colics ceased and, in some of the horses, other symptoms abated.

In 2004, Cathy read Christopher Bryson's book *"The Fluoride Deception"*. One passage in particular rang bells with her. Page 354 reported birth defects linked to an agricultural pesticide named *Benlate*, a compound of fluorine. *Benlate* had caused babies to be born without eyes, like Belle's last foal.

Sadly, Baby Doe's pregnancy was more than her sick body could handle. The mare was lame, lethargic, with thickenings on her joints, bones and spine. She had abscesses and oozing from lymph nodes. She *"popped and cracked with every movement"* Cathy told me *"She got so she didn't want to stand...she would lie down and as soon as her head touched the ground her eyes would roll back and roll around uncontrolled. Her legs would go like she was running.....and her whole body would shake. I timed her*

**Above: (Perfectlydun Bonanza.) Baby Doe's odd hoof growth. Image shows normal winter growth and abnormal summer growth. During the winter of 2003/2004 the horses choose to eat the snow, rather than drink the fluoridated tap water.**

looked forward to her favourite producing a foal but when it happened there was cause for disappointment. *Baby Doe's* colt was extremely immature and *cryptorchid* (that is he had only one testicle). He did survive and was named *Winning Gold Bonanza*, *Win* for short. Shortly after birth he developed lumps under his skin, he urinated a lot and, as he grew, his hips appeared swollen. He was unsteady on his feet and often stumbled because his joints gave way causing his legs to go out from under him. By the year 2000, *Baby Doe* was suffering from continuous infections, thyroid problems, misshapen bones and hooves, joint problems, lameness, constant profuse urination and difficulty breathing. She exhibited the classic symptoms including the hairiness of '*Cushings Disease*', (Equine Metabolic Syndrome).

## VETS COULD NOT OFFER EXPLANATION

Cathy was in despair. She tried changing the horses' feed but to no avail. None of her contacts could shed any enlightenment on the diverse health problems that were afflicting her horses. Vets had investigated *Baby Doe's* symptoms but none could offer any explanation, let alone a diagnosis. A purchased filly, *Impressive N. Elegant* (*Siena*) had developed a chronic cough and, in Cathy's words, "weird bumps all over her body" a few months after her arrival. The vets said she had "an immune dysfunction". But when

says *"They looked at me as if I was nuts"*.

*Baby Doe's* second foal, *Skips Winning Bnanza* (*Skipper*) was born in 1999. **He had very crooked front legs, urinary problems and an attitude that was less than desirable.** Cathy decided to try the homeopathic remedy Calc.Fluor because, as she told me, *"To find the correct remedy in homeopathy you look for the distinct symptoms. Since like cures like in homeopathy and fluoride causes skeletal problems it was the most likely remedy for Skipper's skeletal problems. It worked wonderfully."* This success seemed to confirm Cathy's suspicions but there was still no proof and no professional believed as she did.

By the year 2000, *Baby Doe* was very sick. Attempts to get her in foal again were unsuccessful. Cathy and Wayne consulted six vets, including two from Colorado State University, where *Baby Doe* was taken for a time. The vets completely dismissed Cathy's fluoride-poisoning theory, one insisting that *"fluoride is good for you"*. One vet diagnosed hormone problems including a very low T4 (thyroxin) count. E coli and Staphylococcal infections of the uterus were confirmed. The mare continued to eat and drink but her symptoms worsened.

Realising that the vets had no answers, Cathy turned again to alternative medicine. She used homeopathy, herbs chosen for their cleansing properties, fresh Aloe vera every day, acupuncture, acupressure,

one day and she did this for eight minutes." At the end *Baby Doe*?, breathing became very laboured and shallow, her heartbeat went up to 120 beats per minute and she had to be euthanized.

**On autopsy, *Baby Doe* was found to have no foal inside her.** (It is probable that she had re-absorbed her foal or aborted it.) Cathy and Wayne requested tests to determine the fluoride levels in the mare's organs and other possible causes of her deterioration. Heart, lung, liver, kidney and blood samples were taken. Tests were done for various problems and infections including botulism and West Nile disease. All were negative. The vet reported that she could not find a laboratory that knew how to test for fluoride. Wayne buried *Baby Doe* and Cathy was distraught.

## CHRONIC FLUORIDE POISONING

Determined that her fluoride theory should be checked out, Cathy made strenuous efforts, 'phoning from coast to coast to find a laboratory with the necessary facilities. Little more than a week later her persistence was rewarded. Cathy was given the name of Professor Lennart Krook, a veterinarian at Cornell State University, said to be an expert on fluoride. Cathy rang him up and told him she thought her horses had been poisoned by fluoridated water. "Symptoms?" was his reply. Cathy related the problems of the past fifteen years and the sad death of *Baby Doe*.

Dr. Krook told her he would need a bone to test for fluoride before he could give a firm diagnosis. Cathy protested "But the mare has been buried for over a week." "Dig her up." "I don't think I can do that emotionally", said Cathy with tears in her eyes. "You have to. Millions of people and animals are being poisoned by fluoride and the more evidence we can get to prove this the better" The next day Wayne took out a backhoe and dug up the mare. He excised a foreleg, which he sent to Dr. Krook. A month later, the Justuses received the veterinarian's report. *Baby Doe* had suffered from Chronic Fluoride Poisoning. The owners of two other dead horses that had been drinking fluoridated city water from Pagosa Springs also sent leg bones to Dr Krook and they received similar diagnoses. Cathy's remaining living

horses were also confirmed as suffering from '**Chronic Fluoride Poisoning**'.

Cathy tells me that Dr Krook has spent fifty years of his life studying how fluoride affects animals. Their joint paper "*Fluoride Poisoning of Horses From Artificially Fluoridated Drinking Water*" was peer reviewed and published in the Jan/March 2006 issue of *Fluoride*, the quarterly journal of the *International Society for Fluoride Research*.

A second paper reviewing allergic reactions of the Justus horses and improvement since the cessation of water fluoridation appeared in the April/June edition. (See [www.fluorideresearch.com](http://www.fluorideresearch.com))

Dr Krook has told Cathy that her horses are the first horses to be diagnosed with fluoride poisoning from fluoridated water. This is because vets and doctors are not taught to recognise the very varied signs of fluoride toxicity. Dr Krook has explained to Cathy how fluoride works insidiously at the cellular level. It inhibits enzymes, the chemical catalysts which underpin all cellular chemistry, including the energy-production mechanisms of the mitochondria. It also alters the mineralisation of collagen, bringing about changes to the bones and teeth. It hardens the soft tissue of cartilage, tendons and ligaments causing joint pain which is often diagnosed as arthritis.

## Pagosa Water and Sanitation Board voted unanimously to cease fluoridation

On 25th January 2005, the Pagosa Area Water and Sanitation District (PAWSD) allowed a group of forty local residents, headed by Wayne and Cathy Justus, to voice their concerns about the fluoridation of the area's water. Cathy told how she and Wayne had successfully raised Quarter Horses before their move to Pagosa Springs. Their horses, she said, were from long lines of champions and among the best in the world. Her voice breaking at times, she recalled all the tribulations of the previous fifteen years and how, after many vets had been unable to account for the horses' symptoms, Dr Krook had finally diagnosed Chronic Fluoride Poisoning caused by fluoridation of the local city water.

On March 29th 2005, the Board of PAWSD voted unanimously to cease

the fluoridation programme in Pagosa Springs. Cathy now gives talks to community groups about how fluoridation affected her horses and she addressed a fluoride conference in New York in July 2006.

In Cathy's words, "*People and animals die and the true cause and reason for that death is rarely known. Fluoridation is now in its sixtieth year. Chronic illnesses like cancer, Alzheimer's, thyroid problems, birth defects, reproductive problems and arthritis have grown in leaps and bounds since fluoridation started. Could there be a connection? From my experience in the last fifteen years — without a doubt.*"

National Pure Water Association was founded in 1960 by the late Lord Douglas of Barloch. NPWA opposes fluoridation on scientific grounds and also because it forces a medical intervention on whole populations, regardless of individual choice. This contravenes generally accepted principles of medical ethics and violates the European Convention on Human Rights.

Fluoridation to 1 part per million (1ppm) provides no control on any individual's fluoride intake, which depends on the amount of fluoridated water drunk plus the amount obtained from other sources such as beverages, toothpaste, toiletries, medications, anaesthetics, pesticide residues and air-pollution. A cumulative poison, fluoride builds up in the body throughout life.

Some people already receive more fluoride than is good for them e.g. babies whose formula feed is mixed with fluoridated water, children with dental fluorosis (mottled and stained teeth caused by fluoride), kidney patients, thyroid patients, allergy sufferers and the elderly. The Government's own York Review (September 2000) could find scant support for fluoridation in the scientific literature. We invite you to help us by becoming a member or by sending a donation. Membership is £15 p.a., Unwaged, £10, Families £18. Please send cheque payable to National Pure Water Association (and marked Membership or Donation) to:-  
Membership Secretary, NPWA,  
8, Harebell Close, Walnut Tree,  
Milton Keynes, MK7 7BA.

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