

Hello,

I'm writing to you with my concerns in regards to the adding of fluoride to our water. I feel that our drinking water is the only thing we have left that is clean. We should not be putting anything in our drinking water. There is fluoride in toothpaste and other products, is that not enough? How much fluoride do we need?

[https://www.nofluoride.com/food\\_and\\_water.cfm](https://www.nofluoride.com/food_and_water.cfm)

We've been using toothpaste without fluoride and tooth oil (it's good for your gums, also helps if your teeth are sensitive) for many years. We also do 'oil pulling'. My dentist once asked me, "why don't you have any stains....?". I told him about oil pulling(:

<https://www.drstevenlin.com/benefits-of-coconut-oil-pulling/>

I only put a little of coconut oil on tip of spoon, once or twice a week, 5 to 10 minutes. It feels great!

Our Son, who is special need, only drinks water (that's a good thing), A LOT of water. If there is fluoride in our water, how much can he drink in a day without harming him??

I feel that this should be a choice. It will effect everyone differrently, good and bad.

Thank you for your consideration.

Angela Oliva