

To Whom it May Concern,

Our family has been very concerned about the upcoming decision about whether or not to add fluoride back into Windsor's drinking water. We are very strongly against this, as are many other citizens of Windsor.

Fluoride has been being added into drinking water for about 70 years now, and out of thousands of years of human history, this is barely any time at all. If, as the Windsor Essex Health Unit would have us to believe, fluoride is so essential to the health of our teeth, then what happened for those thousands of years of fluoride-free history? Did everyone's teeth rot and decay? If the answer is yes, then how did these generations eat and survive? How has the human race survived thus far? While there have been pockets of people in certain time periods that did have very poor teeth (I am thinking of the working classes in 19th century England) be assured that for the vast majority of people throughout the ages, their teeth were just fine without even a drop of fluoride being added to their water. In fact, there is reason to believe that past cultures had much better teeth than people today due to their excellent nutrition. Weston A. Price, a now-famous dentist in the early 20th century, travelled the world visiting several different isolated tribal groups. As a dentist, he was interested in the state of these people's teeth. What he found amazed him. These groups of people universally ate very nutrient-dense diets and as a result had extremely healthy teeth. Their teeth were white, clean, strong, and straight. They had very high levels of vitamin A and D in their diets and they never even brushed their teeth. Weston Price took what he learned and transferred it to his patients back home, with great results. More can be found in his book *Nutrition and Physical Degeneration*.

How fluoride came to be added into the water and believed to be good for teeth is a complex topic that I will not get into in this letter. Suffice it to say that hydrofluorosilicic acid (the main chemical in the fluoride that is added to water) is an industrial waste product from the fertilizer industry. Industrial companies used to dispose of hydrofluorosilicic acid in lakes and rivers, but this was made illegal when its toxicity was recognized. The companies which initially funded the research on the supposed benefits of fluoride in drinking-water were largely the very same industrial companies that have benefited from having a cheap way to dispose of this waste product (ie. through the water supply). For more information on this, "*Fluoride: Poison on Tap*" is a free documentary on Youtube. Before voting yes to water fluoridation, I urge you to watch this documentary.

### Dental Fluorosis



Mild fluorosis



Moderate fluorosis



Severe fluorosis

Not only is fluoride not beneficial to teeth, it can actually damage teeth. Fluorosis is a condition caused by heavy ingestion of fluoride, usually in a child's first eight years of life. It creates a mottled appearance to the teeth and can even produce small cavities in the face of the teeth. If fluoride is added into the drinking water of Windsor, Windsor children and babies will be at a much higher risk of fluorosis. Here is why: fluorosis is caused by a heavy intake of fluoride. If a person has a smaller body weight, such as a baby, an amount of fluoride that may have been safe for an adult will be dangerous for them. Many mothers feed their newborns with powdered formula, using tap water to reconstitute it. Newborn babies drink a high percentage of their body weight in liquid, which means that by adding fluoride to the drinking water, Windsor will be exposing newborn babies and infants to vast and uncontrolled dosages of fluoride. These babies could grow up to forever have weakened teeth as a result.

Is adding fluoride to drinking water even effective and efficient? Let's just say for the sake of argument that fluoride is indeed effective at strengthening teeth. Well, everyone agrees that the way fluoride strengthens teeth is through *topical* application to the teeth. Fluoride has no effect on the teeth once it has been swallowed. When a person drinks water with fluoride in it, the fluoride is in contact with their teeth for about one second before being swallowed. This is why the European Commission states that they will not add fluoride to Europe's water. Even apart from the possible risks, they are convinced it is an ineffective means of delivering any possible tooth-strengthening properties of fluoride. It would be much more effective to apply fluoride to the teeth topically through the use of fluorinated toothpaste than to subject everyone to the health risks of swallowing fluoride into their body at uncontrolled dosages and without their consent. Fluoride is unsafe to be swallowed. Look at the back of any fluorinated toothpaste and you will see instructions to call a poison control centre if any of the toothpaste is swallowed. It is therefore highly unsafe to drink fluorinated water.

Now let's look at this from a medical and human-rights angle. The fluoride that is added to drinking water is a drug, purported to strengthen the teeth. As a drug, it has potential side effects, and as a drug, there are dosages that are safe and dosages that are unsafe. This is why all other drugs need to be prescribed by a doctor and carefully mixed by a pharmacist. If I were to walk into a pharmacy, point at the wall of medicines and ask the pharmacist, "Which of these is safe to give to men, women, children and babies at random uncontrolled dosages without their consent and without the supervision of a doctor?", any pharmacist would gasp in shock and say, "None of them!!" Then why, I would ask the city of Windsor, is this even being considered being done to all the citizens of Windsor? This is horrendously irresponsible. Not only that, it is a violation of our basic human rights. Two basic human rights are these: the right to refuse medical treatment, and the right to informed consent. If you vote yes to adding fluoride into the drinking water, you are violating both of these human rights of the people of Windsor. Fluoride in drinking water is a form of medical treatment, administered without citizens' informed consent, and totally bypassing their right to refuse treatment. This is the equivalent of putting small amounts of Prozac into the water to help make people happier. How absurd! And yet that is what is being considered to be done with fluoride. Not only that, there is a sizeable percentage of

the population who actively oppose fluoride being added to their water. They are openly refusing this treatment! And yet, if it is added into the water, they will be forced to accept fluoride treatment against their will. There is no other drug that is forcibly given to people against their will. Why then, are we considering doing this with fluoride?

Signed,  
The Niven Family  
Windsor, Ontario