

Hello Mr. Mayor and Councilors.

I asked to speak today because I so appreciate the freedom of choice we enjoy here in Canada . . . and I feel that part of that freedom is under threat right now.

If I want to ingest fluoride I can simply swallow some of my toothpaste.

I don't want to, so I spit it out.

If you decide to add fluoride to our water supply, you've taken that choice from me, and I don't consent to that.

The Canadian Dental association approves the use of mercury amalgams in fillings, yet Mercury is one of the most neurotoxic substances on earth.

For that reason, I choose not to have mercury amalgams used when I have a filling. I have that choice, and exercise it!

If you decide to add fluoride to our water supply, you'll have taken that freedom of choice from me. I don't consent to that!

After bypass surgery 3 years ago, I was prescribed 5 medications to be taken for the rest of my life. A brother in law had the same surgery 3 months before me, took all his meds, but died of complications a year and a half ago.

I took none of them - still don't . . . and though this purely anecdotal evidence that 'not' taking drugs was my best choice - at least I had a choice.

If you decide to add fluoride to my drinking water, you'll be taking away a choice I now have. I don't consent to that!

Medications are prescribed to treat a disease. Tooth decay is a disease. My doctor might prescribe a medication to me, but he'd never give me the same dose he'd give to a 1 year old child, yet that's what's being proposed by adding fluoride to 'everyone's drinking water.

I don't consent to that.

\* This is from a friend, Nirmala Chopra, widow of Dr. Shiv Chopra who passed last January. Like Shiv, Nirmala was a microbiologist, and worked 30 years for Health Canada. When I asked for her thoughts on artificial fluoridation being reintroduced to our drinking water, among many other critical comments on the practice, she said:

"John, why would I want to put something into my body that I don't need? Anything we put in our body, our body has to process. Processing takes energy, and I want all my body's energy to go into processing stuff it needs."

You, or my brother - or whoever? - may need extra fluoride in their diet, but to the best of my knowledge, I don't.

If you put it in my drinking water, you're forcing me to take a medication I don't believe in, and that's just wrong!

I don't consent to that!

Please consider that all people in our communities currently have a choice 'to ingest - or not to ingest' fluoride before making your decision to take that choice away.

Thank you