



# Let Water Be Water

Ayesha Drouillard

# Comparing Apples to Oranges



**Calcium Fluoride**  $\text{CaF}_2$

- Naturally occurring
- Safe to hold with bare hands
- Sparingly soluble in neutral pH water
- Fluoride toxicity reduced by calcium
- LD 50 = oral rat, **4250** ppm

Source: REAGENTS, INC.--MSDS--CALCIUM FLUORIDE



**Hydrofluorosilicic Acid**  $\text{H}_2\text{SiF}_6$

- Man-made toxic waste product
- Highly corrosive liquid that legally requires full personal protective equipment to handle
- Fluoride toxicity increased by co-contaminants
- LD 100 = guinea pig, **80** ppm (2 % solution)

Source: Issuing date 06.07.2009 SOLVAY Chemicals

Each year, in Ontario alone, billions of litres, the equivalent of 840,000 Olympic-size pools contaminated with fluosilicates, are discharged into the environment. In Lake Ontario and the St. Lawrence River, the ambient level of fluoride is already double the level considered safe set as the standard in the Canadian Water Quality Guidelines (CWQG), i.e. 0.12 mg/L.

# Twisted Logic

PHARMACEUTICAL GRADE FLUORIDE  
Pea-sized amount of toothpaste = 0.225 mg F

WATER FLUORIDATED WITH TOXIC WASTE  
1 glass = 0.21 mg F



**NOT SAFE TO SWALLOW**



**SAFE TO SWALLOW?**

# ACCEPTABLE HARM?



mild



moderate



severe

"The claim that mild to moderate fluorosis is 'ONLY' a cosmetic issue is **MISLEADING.**

That level of fluorosis has permanently affected tooth structure,  
including the underlying dentin.

It is also associated with many other health effects."

# Viceroy's

***FILTER***  
**the Smoke!**



As your Dentist,  
I would recommend  
**VICEROYS**

Throughout time, we've been led to believe many products were safe and beneficial and later discovered they were **NOT**



**COCAINE**  
TOOTHACHE DROPS  
Cure!

**JOHN S-MANVILLE**  
**Asbestos**



It takes experience to do a good paint job. For the paint on a house is only 1/20th of an inch thick, and it needs to be skillfully applied to give real protection. Pictured here is one of the many things a good painter knows - how to lay paint at corners to protect the points where clap-boards join.

water, wear and w

large manufact  
the standby  
wives on ironin  
huge buildings a  
nerves in a sens  
the work of J-1  
hundreds of J-1  
to every avenue  
COMPANY

e Cities  
g's, Building Mat  
is, Waterproofin

er Plants Tr



s yo  
le

ice will  
artmen  
VEI

**PROTECT YOUR CHILDREN**  
Against Disease-Carrying Insects!



**TRIMZ DDT**  
**CHILDREN'S ROOM**  
WALLPAPER and Ceiling Paper

**KILLS FLIES, MOSQUITOS, ANTS**  
as well as moths, bedbugs, scabfish and other household pests after contact!  
MEDICAL SCIENCE KNOWS: DDT is safe, even on baby and carry disease breed  
against the disease...

need three  
ell what I'm  
because my  
d.  
ne starting  
g a durable  
ake the pur-  
ite lead.  
is used in

own house with. I can tell  
you what his answer will  
be—"white lead."  
So take it from an old lead  
miner, you can't beat a paint  
that's made from lead. And  
this is one case where the  
best is really the cheapest.

**LEAD INDUSTRIES ASSOCIATION**  
420 Lexington Avenue  
New York, N. Y.

*You're money ahead... when you use*  
**White Lead**

*According to repeated nationwide surveys,*  
**More Doctors**  
**Smoke CAMELS**  
than any other  
cigarette!



# Lifetime Impact of Fluoridation

(documented)

## Pro

- 1 less cavity,  
(maybe)



## Con

Increased risk of:

- arthritis at younger ages
- thyroid disease
- bone disease
- heart disease
- kidney disease
- diabetes
- irritable bowel conditions
- allergies
- chronic skin conditions
- chemical intolerances
- learning disabilities
- lead poisoning
- dementia
- crowns .....

No matter which scientific studies you examine or which population trends you view, the rational conclusion is that fluoride's health dangers far outweigh the marginal dental benefits it *might* offer. Dental caries can be effectively prevented with means *other* than fluoridation, thereby **avoiding the adverse effects of fluoride.**

\* Non-organic fruits & veggies sprayed  
with fluoride-based pesticides

PHARMACEUTICAL  
DRUGS

# SO MANY SOURCES of FLUORIDE

TEFLON



MECHANICALLY  
SEPARATED  
CHICKEN



SEAFOOD

BEER

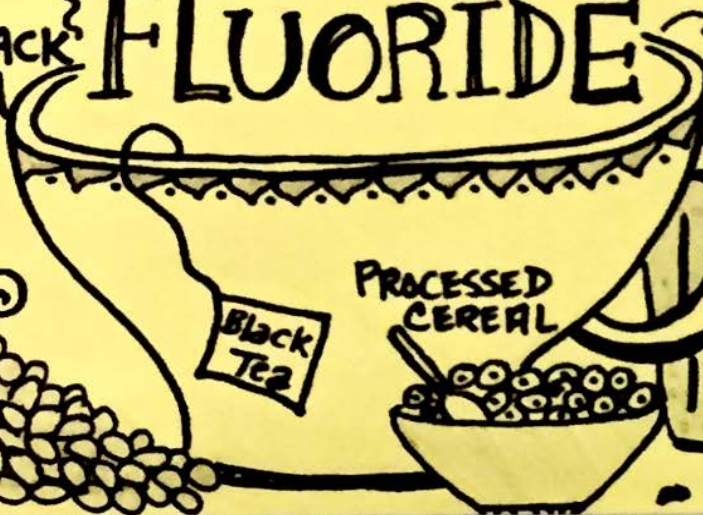


PROCESSED  
CEREAL



Black  
Tea

BLACK  
TEA



GRAPES



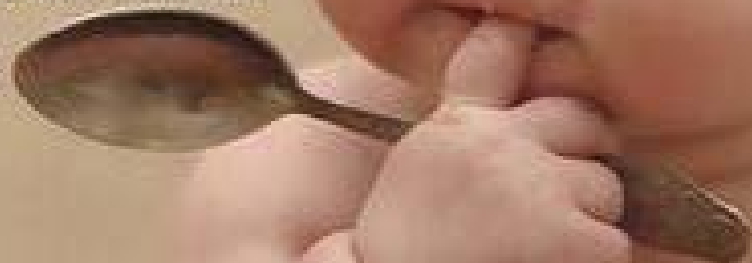
WINE



Health Canada's  
"adequate intake"  
of fluoride for  
babies is met  
drinking just  
1 tbsp. of 0.7 mg/L  
fluoridated water  
per day.

?

If mom's  
away that's  
not much  
tap water  
to mix my  
formula.



# Existing Warnings for Formula Fed Infants

National Research Council In March 2006, the National Research Council (NRC) cautioned that infants can fluoride-overdose via reconstituted baby formula. (2) The American Dental Association (ADA) passed this information on to its members in a November 2006 e-gram.

Vermont Department of Health: "The Vermont Department of Health recommends mixing powdered or concentrated baby formula with water that is fluoride-free, or contains very low levels of fluoride, for feeding infants under 12 months of age. Recent studies have discovered the possibility that infants in this age group may be consuming more fluoride than necessary."

New York State Department of Health: "Parents who are concerned about the risk of enamel fluorosis, can mix liquid concentrate or powdered infant formula with water that is fluoride free or contains low levels of fluoride. Examples are water that is labeled purified, demineralized, deionized, distilled or reverse osmosis filtered water."

California Dental Association: "Mixing powdered or liquid infant formula concentrate with fluoridated water on a regular basis for infants primarily fed in this way may increase the chance of a child's developing enamel fluorosis."according to the CDA's Feb 2010 Report, Oral Health During Pregnancyand Early Childhood: Evidence-Based Guidelines for Health Professionals. (Page 12)

Des Moines Water Works: Powdered or liquid concentrate infant formula can be mixed with water that is fluoride free or contains low levels of fluoride. These types of water are labeled as purified, demineralized, deionized, distilled or reverse osmosis filtered water.

American Dental Association- Evidence-based Infant Formula Chairside Guide: Recommendations for infants who consume reconstituted infant formula as the main source of nutrition: • Continue use of liquid or powdered concentrate infant formulas reconstituted with optimally fluoridated drinking water while being cognizant of the potential risk for enamel fluorosis. • Use ready-to-feed formula or liquid or powdered concentrate formula reconstituted with water that is either fluoride-free or has low concentrations of fluoride when the potential risk for enamel fluorosis is a concern. (This is not a complete list.)



**COULD YOUR  
DOG'S WATER  
GIVE HIM JOINT  
DISEASE?**



Until my tiny body  
and organs get  
un-fluoridated  
tap water, it's  
bottled water  
for my bowl.

COF-COF.ca



**TAP WATER FOR PETS**

tap water safety & the fuss about fluoride

Our pets are often smaller than us.  
It's easy for them to become  
overexposed!  
Especially when fluoride is also in  
their dog and cat foods.



These are just some of the North American communities who have stopped adding fluoridation chemicals to their water since 1999:

Niagara Region, ON	Whitehorse, Yukon	West Elgin, ON
Portland, Oregon	Santa Fe, New Mexico	Quebec City, Quebec
Muskoka, ON	Okotoks, Alberta	Tottenham, ON
Juneau, Alaska	Saint John, New Brunswick	Cobalt, ON
Moncton, New Brunswick	Amherstburg, ON	Lake of Bays, ON
Wichita, Kansas	Huntsville, ON	Dutton-Dunwich, ON
Waterloo, ON	Erie, Pennsylvania	Honolulu, Hawaii
Dryden, ON	Cornwall, ON	Orillia, ON
Salt Lake City, Utah	Parry Sound, ON	Dieppe, New Brunswick
Kirkland Lake, ON	Albany, New York	Santa Cruz, California
Spokane, Washington	Clearwater, Florida	Calgary, Alberta
Churchill, Manitoba	Santa Barbara, California	Flagstaff, Arizona

# Some of the Countries Who BAN or REJECT Water Fluoridation

Iceland

Austria

France

Italy

Germany

Sweden

Greece

Israel

Netherlands

Norway

Denmark

Switzerland

Finland

Estonia

Belgium

Croatia

Latvia

Hungary

Mexico

Luxembourg

China

We are in good company!

Here are just some of the fabulous cities across the globe who choose water free of fluoride:

Vancouver

Montreal

Portland

Paris

Rome

Berlin

Venice

Athens

Reykjavik

Moscow

Brussels

Tokyo

Vienna

Budapest

Helsinki

Amsterdam

Geneva

Quebec City

Hong Kong

Niagara Falls

Oslo

Guelph

Thunder Bay

The Hague

# Organizations Opposed to Fluoridation

- Council of Canadians
- Windsor on Watch (WOW)
- Great Lakes United
- Local 444 Environmental Committee
- Citizens Environmental Alliance (CEA)
- Windsor District Labour Council (WDLC) Environment Committee
- The Canadian Auto Workers Windsor Regional Environment Council (CAW WREC)
- The Green Party
- International Academy of Oral Medicine and Toxicology (IAOMT)
- Greenpeace International
- Physicians for Social Responsibility
- American Psychiatric Association
- American Chiropractic Association
- American Academy of Allergy and Immunology
- International Society of Doctors for the Environment
- Center for Health, Environment and Justice
- Environmental Health Foundation
- Science and Environmental Health Network
- The U.S. EPA Headquarters Union of Scientists
- Austria Water Department
- Danish Ministry of the Environment and Energy

\* (This is **not** a complete list)

# Experts Opposed to Water Fluoridation

- Hardy Limeback, PhD, DDS, Former President, Canadian Association of Dental Research
- Arvid Carlsson, Nobel Laureate for Physiology or Medicine, 2000
- Paul Connett, Ph.D. Chemistry
- Dr. David Kennedy, past president of International Academy of Oral Medicine and Toxicology (IAOMT)
- Kathleen M. Thiessen, PhD, Senior Scientist. SENES Oak Ridge, Inc.
- Theo Colborn, PhD, co-author, Our Stolen Future
- Ken Cook, President, Environmental Working Group (EWG)
- Sam Epstein, MD, author, “Politics of Cancer” and Chairman, Cancer Prevention Coalition
- Doug Everingham, former Federal Health Minister, Australia
- Lois Gibbs, Executive Director, Center for Health, Environment, and Justice, Goldman Prize Winner (1990), Falls Church, VA
- Robert Isaacson, PhD, Distinguished Professor of Psychology Emeritus, State University of New York at Binghamton
- William Marcus, PhD, Former chief toxicologist of the EPA Water Division, Boyds, MD
- Raul Montenegro, PhD, Right Livelihood Award 2004 (known as the Alternative Nobel Prize), President of FUNAM, Professor of Evolutionary Biology, National University of Cordoba, Argentina
- Robert F. Kennedy Jr.
- Erin Brockovich, consumer advocate and environmental activist
- Ralph Nader

(Not a complete list)

As stated by Dr. Peter Mansfield, a physician from the UK and advisory board member of the recent government review of fluoridation (*McDonagh et al 2000*):

“No physician in his right senses would prescribe for a person he has never met, whose medical history he does not know, a substance which is intended to create bodily change, with the advice: ‘Take as much as you like, but you will take it for the rest of your life because some children suffer from tooth decay. ‘ It is a preposterous notion.”