

Should Your Municipality Fluoridate Your Municipal Water?

Fluoridation is the adding of fluoride to drinking water supplies as a medication, claimed to prevent tooth decay when swallowed.

A pea-sized amount of standard 0.243% w/w fluoridated toothpaste contains as much fluoride as 300 ml (10 oz) of municipal 0.8 mg/L (ppm) fluoridated tap water.

We are told not to swallow pharmaceutical grade fluoride in toothpaste, in mouth rinse, and at the dentist. Check your toothpaste warnings.



We are told not to reconstitute (mix) infant formula with fluoridated water.

Instead of pharmaceutical grade fluoride, our water is fluoridated with hydrofluorosilicic acid; an industrial toxic waste from phosphate fertilizer manufacturing, containing traces of lead, arsenic, and mercury.



Fluoridation Feed Station

Fluoride accumulates in our bodies over a lifetime, as do lead, arsenic and mercury. All are known toxins, all pose serious health hazards.

Most common home filtration systems will not adequately remove fluoride from drinking water.

Industry profits by selling hydrofluorosilicic acid to municipalities as a product, rather than paying

to properly neutralize and dispose of this known hazardous environmental pollutant. It costs thousands of dollars per ton to properly dispose of hydrofluorosilicic acid.

Promoters of fluoridation try to confuse the issue by saying that hydrofluorosilicic acid "breaks apart" in water. But they provide no evidence whatsoever that this makes it in any way less hazardous. What about hydrofluorosilicic acid's known co-contaminants arsenic, lead, and mercury... do they also disappear?

Typically, municipalities only drink about 1% to 2% of their treated water. The rest is used elsewhere. That is a lot of hydrofluorosilicic acid being dumped back into the environment. Sewage treatment does not remove fluoride, lead, arsenic, or mercury.

In 2009, a freedom of information request throughout Ontario's fluoridating communities turned up no science to prove that hydrofluorosilicic acid water fluoridation is either safe or effective. That's because controlled testing of hydrofluorosilicic acid has yet to be done.

Statistics Canada findings show water fluoridation makes little or no difference in reducing tooth decay. Local statistics show the same thing. Most of the world has rejected artificial water fluoridation. 98% of Europe does not fluoridate, yet their teeth are found to be as good, if not better, than ours.

Concentrated fluoride applied topically on tooth enamel works. Swallowing diluted fluoride in drinking water does not. Why add unnecessary chemicals into our clean drinking water? Why can't water just be water? When did we agree to medicating people through the drinking water system?

In 2001 Dentists at University of British Columbia and University of Iowa found tooth decay decreased significantly in over 5,000 Canadian children when fluoridation was shut off. This research was variable controlled, and alternative fluoride sources were not a factor.

Fluoride is not an essential nutrient. No bodily processes require it. If it were essential, why isn't a daily fluoride dose administered in one-a-day multi-vitamins?

The amount of drinking water consumed by individuals varies greatly. The more we drink, the more we medicate ourselves. How can we

control proper fluoride dose via drinking water, when all persons of varying age, body weight, and health predisposition receive uncontrolled amounts of fluoridated water from the tap, and through foods and drinks containing fluoridated water.

Water fluoridation is mass medication, without the individual's/patient's consent, and without individual/patient monitoring. It is unethical.



Friends and neighbours don't force-medicate each other. There is no dangerous disease epidemic being controlled to justify forced medication.

There are ways to receive individual fluoride treatment for those who want it, through toothpaste, mouth rinse and dental chair applications. Water fluoridation is unfounded, over-rated, and outdated.

The Ontario Dental Association promised to participate in three Waterloo, Ontario fluoridation debates during that city's 2010 fluoridation referendum – but only showed up for one. As an excuse, they said there is no debate about water fluoridation. The Ontario Dental Association has yet to provide science of any kind proving hydrofluorosilicic acid fluoridation is safe or effective. Why not? The public deserves scientific proof, not just opinions and endorsements.

Spending tax dollars to add industrial waste fluoride with known toxins into our drinking water doesn't make any sense.

Fluoridation is just not worth the risk!

Please join us in calling for an end to water fluoridation: COF-COF.ca

