

What is Fluoridation?



Fluoridation is the addition of fluoride to a substance meant to be consumed. It is done to increase our fluoride intake more than we might choose for ourselves or our children.

Water fluoridation means “addition of fluoride to the municipal drinking water supply”. It is preferred by public health officials because we cannot avoid getting at least some of the extra fluoride intended for us, every day. But it is not “fluoride” that is added to our water. It is a chemical called **hydrofluorosilicic acid** (HFSA).

HFSA is slowly pumped into the municipal water supply system using specialized equipment, at the treatment plant, after water has been made safe to drink. Hydrofluorosilicic acid contains inherent contaminants arsenic, lead and other toxins.

Not natural



Fluoride occurs naturally in rock and soil bound to other elements, and as fluoride ion dissolved from calcium fluoride in water. But the chemicals used to fluoridate municipal drinking water are not natural. They are man-made waste products of aluminum and fertilizer industries, called silicofluorides, inherently contaminated with arsenic, lead and other toxins. These are all diluted in the drinking water. Most provincial drinking water laws do not actually allow the addition of these diluted contaminants.

Not water treatment

Fluoridation is not like chlorination which is intended to kill germs in drinking water. Fluoridation does not kill germs on teeth.

Not fortification

Fluoridation is not like iodization of salt which is intended to prevent iodine deficiency; or fortification of flour with synthetic B vitamins to replace the essential nutrients destroyed by milling and refining. Fluoride is not a nutrient; fluoride deficiency disease does not exist.

Not like toothpaste

The chemical added in toothpaste is purified sodium fluoride, not industrial hazardous waste. Fluoride toothpaste should not be swallowed. It works topically when put on the surface of the teeth and then rinsed off and spit out.

Not like vaccination

Fluoridation is not like required vaccines for infectious diseases. Tooth decay is not contagious. Vaccines must be approved by Health Canada on the basis of proper scientific evidence of safety and effectiveness, administered by a licensed health professional and may only be given with informed consent. Fluoridation chemicals have never been scientifically evaluated or approved by any government agency as safe to swallow to treat or prevent dental disease.

Fluoridation is medication

Fluoridation is the use of the water supply to deliver a higher dose of fluoride than normal to the body, with intent to prevent and treat the disease of dental caries: in other words, *medication*. The Supreme Court of Canada found it to be "*compulsory preventative medication*", in 1957.

Most of us would object to being forced to take fluoride as medicine by the Board of Health. Indeed, we have Canadian Charter rights and UNESCO-declared human rights meant to protect us from medical treatment that is based on coercion, deception and/or non-consent.

Fluoridation is authoritarian paternalism

The practice of engineering preferred traits in successive generations of people "for the greater good" through authoritarian government policies that control health and behaviour was called "Eugenics".

Fluoridation is also said to be "for the greater good, especially children and the poor". Making you consume more fluoride in water than you may want is likewise done by your municipal government officials "for your own good" – even when harm, such as dental fluorosis in 10% to 40% of children, becomes obvious.

Increased fluoride intake from water fluoridation is *believed* – and this is a very important word, *believed* – to improve dental health in all ages across the whole population.

It is *believed* that if harm does occur, it is inconsequential and justified by benefit. It is also *believed* that if some are harmed more than others, the sacrifice of a smaller minority is acceptable even though it is done without the consent of that minority.

But, is this true?

Is this fair?

Is this right?

Fluoride accumulates in the body. It gradually displaces the minerals and proteins that make up our joints and bones. The earlier and greater the overdose, the sooner the damage is seen and felt. The fetus, growing child, and aged are most vulnerable to increased dosage and accumulation with reduced ability to excrete fluoride.



After decades of fluoridation in Canada, there is still no properly collected and evaluated scientific evidence to show that increased fluoride ingestion from tap water prevents tooth decay, or that hydrofluorosilicic acid is safe to consume in drinking water during pregnancy, childhood, or over a lifetime.

Most public health officials and politicians with authority for promoting fluoridation policy simply do not know anything about the actual chemicals being used to fluoridate water, their industrial origins, dose and toxicology – or the ethical and legal implications of what they are doing to impose their wishes upon the public.

We want to address this important issue, with your help.



[e-mail action@cof-cof.ca](mailto:action@cof-cof.ca)

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