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Check fluoride carefully

Re: **Waterloo's simple question — April 7**

The Record notes that Waterloo residents will soon be asked the following referendum question: Should the Region of Waterloo fluoridate your municipal water? Yes or No?

This question is misleading and ignores the type of fluoride being used: hydrofluorosilicic acid. Hydrofluorosilicic acid is industrial-grade fluoride that contains traces of arsenic, lead and radium, a substance one million times more radioactive than the same mass of uranium.

A 2005 article in the *Journal of American Physicians and Surgeons* (vol. 10:2) notes that hydrofluorosilicic acid is sold to cities by the aluminum, fertilizer, and phosphate industry to profit off waste that accumulates in their smokestacks. It notes that ingesting hydrofluorosilicic acid can result in toxic chemicals accumulating in our bones, tissues, and brain.

Dr. Hardy Limeback, head of preventive dentistry at the University of Toronto, opposes water fluoridation, stating that a lifetime of excessive fluoride ingestion will undoubtedly have detrimental effects on a number of biological systems in the body and it is illogical to assume that tooth enamel is the only tissue affected by low daily doses of fluoride ingestion.

While citizens will undoubtedly keep applying pharmacy-grade fluoride toothpaste to their teeth, they should say no to industrial-grade hydrofluorosilicic acid being added to their water and, consequently, their bodies.

Matt Tiessen

Waterloo

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