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## Experience shows that fluoridation works

Re:

My five children grew up in Burlington, Thornhill and Waterloo. Fluoridation stated in their drinking water when they were little. They are now aged 40 to 50 with almost perfect teeth and no cavities.

My husband and I grew up before fluoridation and although our families followed the Canada Food Guide, seldom had candy or pop, and brushed our teeth after meals, thousands of dollars have been spent on our teeth. These years of expensive dental work haven't been necessary for our children.

My grandfather lived in an area with natural fluoridation in the water. He died at 76 with only three fillings and none of his teeth had cracked.

I wish I had been so lucky. I only have four teeth without fillings.

*Shirley Moar*

*Waterloo*

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