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## Give people the choice of which medicines they take

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Fluoride or no fluoride. This is not the question. In reality, the real question is, "Do we want our medicines to be delivered in our drinking water?"

Let me explain. Years ago, I installed a reverse osmosis filter on my drinking water tap, after much research on the subject. Recently I was informed by a chemistry guy that since the molecular size of fluoride and water are about the same, then you would take out the water along with the fluoride!

So it appears that once fluoride has been put into our water, it cannot be removed. This means also it can't be removed from our rivers and lakes and oceans! What effect will this have on wildlife and eventually on us?

Several European countries like Holland and France have removed fluoride from the public drinking water about 20 years ago. Instead, fluoride pills are issued free of charge to those folks who believe it to be helpful.

I no longer believe that fluoridated drinking water will help to prevent dental decay in kids.

My grandson has lived with fluoridation in Waterloo's water all his short life. At age 6, he has had extensive dental repairs done to the tune of \$3,000 worth of stainless steel caps. Maybe fluoride should go the same way as mercury fillings and be relegated to the history books as a bad idea?

In the past, I have always been able to choose which medicines to take. I have said no thanks to the birth control pill, Premarin and Vioxx, to name but a few. I have been very happy with these decisions, and at age 69 my health is great.

Please vote NO to fluoride in our drinking water and give me back my right to choose which medicines I put in my mouth!

**Jane Epp** *Waterloo*

**The Chronicle will publish the remainder of the election letters received on its website at [www.waterloochronicle.ca](http://www.waterloochronicle.ca)**

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