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## Glad to get a break from Waterloo's fluoridated water

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What a sigh of relief to read about getting a break from ingesting fluoride.

People need to educate themselves on the effects of fluoridation in our bodies.

Then and only then would they have a valid opinion on the true effects of putting fluoride into our bodies.

Where is the Waterloo Intelligence?

Brushing your teeth will prevent cavities.

There is something not quite right about being forced to ingest a harmful "chemical."

It should be a personal choice. If you would like to make fluoridation part of your diet, buy fluoride drops, or perhaps you could line up for some that the city may provide.

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