
Is it really safe?

Re: **Water Fluoridation 'scare tactics' condemned – Sept. 15 and Fluoride works for us – Sept. 30**

Some people attribute better teeth today to fluoridated drinking water. But a Statistics Canada study found no difference in children's oral health in Ontario, which has the highest fluoridation rate in Canada, as compared to Québec, where little fluoridation is done.

Better teeth have much to do with personal choices: nutrition and dental care. But fluoridation of drinking water is forced medication.

With fluoride added to our water, we lose control over the amount we receive. Someone who drinks more water will ingest more fluoride involuntarily. Is this still "safe?" Fluoride intake should be a personal choice.

Dentists believe that fluoride administered in drinking water is safe. Until recently, dentists also insisted that mercury fillings are harmless. Since dentists have no training in internal medicine, they cannot be experts on the risks of drinking fluoridated water.

Ingested with water, fluoride permeates the entire body. Why medicate the entire body when only the teeth surfaces benefit? Fluoride can cause unknown side effects that build up over time. In toxicological studies I have found in scientific journals at local university libraries, fluoride has been linked to cancer, premature aging, thyroid dysfunction, bone weakening, impaired neurological development, and other problems.

The effects of fluoride on the brain, particularly if combined with aluminum (present in our water from the alum used to treat surface water) are especially worrisome, as shown by some studies. Aluminum fluoride crosses the blood-brain barrier easily. What are the effects of a lifetime of exposure to trace amounts of this chemical? Some people, through genetics or for other reasons, are more sensitive to such chemicals. There is no such thing as a truly safe dosage for everyone.

The fluoride compound added to our water is actually waste from the fertilizer industry. Selling it to municipalities saves the industry big bucks for disposing of it as toxic waste. Is this the real incentive to fluoridate our water?

Fluoride could easily be provided in dropper bottles to those who really want it, thus leaving the water uncontaminated for the rest us. Please don't force me to drink fluoride that I don't want.

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