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## Say 'No' to industrialgrade fluoride being added to your water

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In regards to the fluoride issue, Waterloo residents aren't being asked whether pharmaceutical-grade fluoride — like in toothpaste — reduces cavities.

They are, however, being asked whether industrial-grade fluoride — hydrofluorosilic acid — should be added to their drinking water.

Hydrofluorosilic acid 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 the industrialgrade "fluoride" is sold to cities by the aluminum, fertilizer, and phosphate industry so they can profit off the waste that accumulates in their smokestacks.

It also suggests that ingesting hydrofluorosilic acid can result in toxic chemicals accumulating in our bones, tissues and brain.

Fluoride itself is an endocrine disruptor that over time can harm thyroid glands, pineal glands and kidneys.

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 Waterloo residents can continue to topically apply fluoridated toothpaste, they should say "no" to industrial-grade hydrofluorosilic acid being added to their water and their bodies.

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