

## E-mail to Tecumseh and LaSalle city councilors

Feb. 4, 2019

I'm writing to ask that you oppose fluoridation.

I'm the former CEO of the Oregon American Cancer Society, and former founder and project director for the Oregon Physicians for Social Responsibility's Campaign for Safe Food.

For most of my life, I supported fluoridation, mainly because government authorities like the CDC and groups like the American Dental Association did. But ten years ago, I examined the scientific, historic and ethical arguments of both sides at the request of a friend. I was astonished to find fluoridation was minimally effective, if at all, and more importantly, posed significant health risks (please see the two attached one-pagers for information – neurotoxicity is just one of many harmful effects of fluoride – at levels in fluoridated water).

I changed my mind, and was so concerned that I became a volunteer after I retired in a worldwide movement to correct one of the biggest public health mistakes, however well-intended, I've ever seen.

I believe, as I hope you do, that truth is my authority, as opposed to authority being my truth. I can read. I can think. And I know the difference between truth and misinformation (or simply lack of information), once I've seen the unfiltered facts.

Some people may have told you that because you're not a medical professional, you're not qualified to make an independent decision on fluoridation and must accept the opinion of Health Canada, the CDC and the organizations that follow them. Please don't believe them – you have just as much capability to make a well-informed, self-reliant decision as anyone.

I'm not a medical professional either, but then, I don't need to be. And neither do you, to understand these fundamental truths:

Fluoride, intended to prevent cavities, is a drug, as defined by Health Canada, the FDA and any medical dictionary. Virtually all drugs have harmful side effects. Putting any drug in public drinking water, where there is no control over who ingests it, how much, for how long, with no warnings or protections against its harmful side effects, is unethical. *It takes away your right to informed consent over what drugs you put in your body. No other drug, anywhere in the world, is allowed to be put in drinking water. It makes absolutely no sense that fluoride – a known neurotoxin yet – would still be permissible.*

If people want fluoride, it's readily available and inexpensive in toothpaste and mouthwash. But no one should have the right to force anyone else to ingest a drug they don't want, taking away their choice. This is especially wrong for low-income families, who can't afford bottled water or expensive filters to avoid fluoride in the water. *They have no choice.*

We've witnessed the health harms and premature deaths of millions of people from substances like tobacco, DDT, asbestos, leaded gas and paint, and many others. All were determined safe by

government and other authorities, often for 50-60 years, before the scientific evidence against them became so overwhelming that they belatedly changed their minds. It's precisely the same story with fluoridation, as scientific evidence against it accumulates yearly.

The CDC called fluoridation one of the top ten public health achievements of the 20th century. But this was in 1999, long before hundreds of studies documenting its health risks and ineffectiveness. It's a clear warning sign that the other nine have been adopted by virtually every country, *but not fluoridation, which the vast majority of countries, cities and health organizations do not support. It's one of the most widely rejected practices in the world.*

Ninety-five percent of the world's people drink unfluoridated water. Out of 196 countries, only 24 fluoridate, and of those, only 10 for more than half their population. In Europe, only five out of 48 nations fluoridate at all, with many banning it based on ethical concerns of putting a drug in drinking water (<https://fluoridealert.org/content/europe-statements/>). Many that once fluoridated, like Germany, Sweden, the Netherlands and Finland have quit.

This isn't a blanket condemnation of Health Canada, CDC, or other government agencies that support fluoridation. They have a lot of good people and have done a lot of good things. But in this case, their outdated opinion is based far more on inertia than science (including several major Canadian studies in the past two years), which has been repeatedly ignored. Fluoridation has, unfortunately, become a sacred cow which urgently needs to be put out to pasture before more people are harmed.

You're responsible for making a decision affecting the health of every citizen in Tecumseh. A drug should be demonstrated both effective and safe before exposing the public to it. After ten years of intensive research, I'm very certain that fluoridated water is neither. You may not be as sure, but If there is any question in your mind, please choose reasonable precaution. Better safe than sorry.

You have the opportunity to be on the right side of history. Please embrace that opportunity and vote no on fluoridation.

Thank you.

Sincerely,

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