

Water Fluoridation Basics

- All citizens have the right to safe, clean, un-medicated water. It is a human right.
- Fluoride is highly toxic, and it is not ethical to force a toxic substance on people. Water fluoridation denies a person's right of choice and informed consent.
- Fluoride is not necessary for a single body function.
- **Water is a basic human need.** Chemicals added to make water safe for human consumption is one thing. Chemicals or medicines added to treat the people drinking the water is very different.
- When medicine is delivered by water, there is no control of dose or **dosage** for a **drug**, no matter what the concentration.
- Babies get a much higher dose of toxic fluoride when formula is made from fluoridated water, which has as much as 200 times the amount of fluoride as mother's breast milk.
- There are better, proven, and safer ways to provide fluoride such as fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive **fluoride supplements**. **Published research shows that children living in regions without fluoridated water are already ingesting too much fluoride.** Toothpaste companies specifically offer non fluoridated toothpaste choices that are marketed as safe to swallow.
- Swallowing fluoride delivers it to the entire body- the brain and neurological system, the thyroid, bones, kidneys- and potentially causes harm to these and all organs and systems.
- Unfortunately, the poor, babies, children, elderly, chronically ill, and people of colour are most susceptible to side effects of fluoridation.
- Natural calcium fluoride is toxic, but it is found in small amounts in our rivers. However, what is commonly used for water fluoridation is a toxic substance from the industrial waste stacks in the USA and China.
- Over 97% of BC, Quebec and Europe are not fluoridated and enjoy dental health as good as or better than fluoridated areas. Less than 6% of the world is fluoridated, and less than 40% of Canada.
- Over 4,800 professionals globally have had the courage to **sign an open letter against fluoridation.**
- Fluorosis, or toxic damage to teeth from too much fluoride, has skyrocketed among teens in the heavily fluoridated USA, **particularly moderate to severe fluorosis**, costing thousands of dollars per patient to repair. Currently, **conventionally grown and processed foods and drinks contain significant amounts of fluoride.**
- Medicating your neighbours by plebiscite is a poor way to practice medicine.
- Calgary could follow the highly effective **Scottish Child Smile program as an alternative** to water fluoridation to make our kids much more healthy head to toe, not just their teeth.
- **99% of fluoridated water is not consumed and goes back into the environment unchecked.** The **tax dollars** saved from putting a toxic treatment in our water could be better utilized for more effective interventions.

**Fluoride Hearing
details on the back!**

This fall 2019, Calgary City Council will evaluate adding fluoride to our water.



TAKE ACTION

For more useful information, articles and videos

Sign our online petition:

<http://chnng.it/dG7MPbxDY5>



Visit our website:

<https://www.safewatercalgary.com>



LIKE our Facebook page "Safe Water Calgary":

<https://www.facebook.com/SafeWaterCalgary>



UPDATED
Fluoride Hearing
Oct 29, 2019

Public Hearing on Water Fluoridation

Please consider:

- Contacting Calgary Council and the Mayor to voice your concerns.
- Attending the **PUBLIC HEARING** on water fluoridation with us to be held at the **COUNCIL CHAMBERS OCTOBER 29** (subjected to change - register for updates) to speak 5 minutes or in support.

For all these quick actions, details to contact council, subscribing to our email registry, plus more ways to help, please visit: <https://www.safewatercalgary.com/action>



SAFE WATER
CALGARY

