

# Rethinking Water Fluoridation

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## Is it Safe?

- The fluoride used in our drinking water is **not pharmaceutical-grade** sodium fluoride that is found in toothpaste.
- The chemical used is hydrofluorosilicic acid (HFSA) – a highly toxic, bio-accumulative **hazardous waste, wet-scrubbed from the smokestacks** of the fertilizer industry.
- It is contaminated with **heavy metals** and **radioactive material**.
- It is **more toxic than lead** and almost as toxic as arsenic.

## Is it Tested?

- There has **never been an independent study** proving fluoride, in any form, is safe or effective in preventing cavities.
- The studies cited to support fluoridation are invariably industry-funded and thus **subject to bias**.
- These industry-funded studies only test sodium fluoride, which itself is toxic and not proven effective. **HFSA is much more toxic**.

## Is it Widely Approved?

- Most **developed countries do NOT fluoridate** their water. In fact, 95% of the world drinks unfluoridated water.
- European countries discovered decades ago that water fluoridation was harmful; presently **97% of Western Europe is fluoride free**.
- Canadians are waking up to the **absurdity of adding toxic waste** to the water supply – more than 25 communities have terminated water fluoridation since 2010.

## Is it Effective?

- Even promoters of fluoridation say fluoride **works only topically, not by swallowing**. Do you drink sunscreen?
- There is **no difference** in decay rates between fluoridated and non-fluoridated countries.
- Vancouver, which has never fluoridated, has **equal or fewer cavities** than Toronto, which has fluoridated for decades.

## Is it Good for You?

- **Consuming fluoridated water during pregnancy** increases the frequency of pre-term births, low birth weight, Down's Syndrome and pregnancy anaemia.
- **36 studies** have linked fluoride with lowered IQ in children.
- A recent **Harvard study** links fluoride to increased rates of **bone cancer** (osteosarcoma) in adolescent males.
- **Other health effects** include arthritis (which may be a misdiagnosis for fluoride poisoning), cancer (bone, bladder and lung), dental and skeletal fluorosis, diabetes, endocrine disruption (pancreas, thyroid and pineal gland), increased rates of bone fracture (especially hip fracture amongst the elderly), and kidney disease. The list goes on.