

My name is Kevin Fangrad. I graduated with an honors business degree from the Ivey Business School in 1987.

In 2009, I started finding information on the internet about the dangers of fluoride to health and the environment. Without being a scientist or health care professional it is difficult to properly evaluate. Who is telling the truth? Eventually, I came across the calculation that the amount of fluoride in the pea sized amount of toothpaste the manufacturers tell you not to swallow is the same amount you get from drinking a 0.3L of city water which we are told is healthy.

http://waterloowatch.com/Index_files/Swallow%20Don't%20Swallow%20-%20Which%20Fact%20Is%20True.pdf

This should set off alarm bells for any decision maker doing their due diligence. No experts or their opinions are needed – it is a calculation. Toothpaste manufacturers concerned about legal liability tell you not to swallow even the equivalent of 0.3L of city water. Why is the city not concerned when it continues to decide to deliberately add a toxic substance to our water slowly poisoning us and our environment?

In late 2009, I found out that I had developed another new cavity about 2 mm in diameter and depth. Despite the fluoride in the water and following official dental hygiene recommendations that are supposed to prevent tooth decay, every one of my molars has either a filling, crown, root canal or has had to be extracted. I have flossed and brushed with fluoridated toothpaste after every meal and before bed. I also came across information that claimed cavities could be cured with correct nutrition. All someone has to do is google “cure tooth decay” and you will find the website <http://www.curetoothdecay.com> and book “Cure Tooth Decay” by Ramiel Nagel. This book was first published 6 years ago. It is based on the decades old research of Canadian dentist Dr. Weston A. Price <http://www.westonaprice.org> . Primarily, the advice was vitamin K2, vitamin A, lots of extra vitamin D, restricted

carbohydrates and more animal fats. I stopped drinking city water and using fluoridated toothpaste. I bought non-fluoridated water and brushed with baking soda. Within about 4 months the cavity had healed! Why are dentists still not informing their patients that cavities can be healed instead of telling them they need to drill the tooth which does more damage and fill the hole with some toxic substance like mercury that they refer to as “silver”? Most of the \$16,500 I’ve spent on dental work since 2004 would have been unnecessary if health organizations told the truth about ideal nutrition.

My research and personal experience has led me to the conclusion that Health Canada and the Canadian Dental Association are wrong about the benefits and risks of fluoride and ideal nutrition. Fluoride has never seemed to prevent cavities for me and probably made my teeth more brittle resulting in broken teeth around fillings. In the last 2 years, since changing my diet and taking a few supplements, I have had no cavities or broken teeth. Cavities are a sign of nutritional deficiency. When the deficiency is corrected, the cavities will heal. Drilling permanently damages the teeth and results in a lifetime of expensive unnecessary treatment.

Health Canada and the Canadian Dental Association appear to be excellent at providing expensive on-going treatments but their record on prevention and cures is abysmal. More and more people are getting diet related diseases, degenerative diseases and cancers. This is probably due to all the chemicals in our water, food and environment that Health Canada and the Canadian Dental Association allow or recommend and poor nutritional advice. On January 17 the London Free Press reported that only one third of London’s healthcare workers have gotten flu shots.

<http://www.lfpress.com/news/london/2012/01/16/19252211.html>

Two thirds of London’s healthcare workers also think that Health Canada is wrong when it tells them what is safe and effective.



What to swallow?

Which fact is true?

A tube of fluoride toothpaste contains sodium fluoride (NaF).
 The label concentration shows 0.243% w/w (0.15% w/v fluoride ion).
 The fluoride ion (F-) is the active ingredient of concern.
 0.15% w/v of F- means that there is 0.15g of F- per 100mL of toothpaste. (100cc = 100mL)

Put another way each mL of toothpaste contains
 0.15g F- / 100mL of toothpaste = 0.0015g F-/mL of toothpaste

Convert g of F- to mg of F- using the conversion factor, 1000mg/g.
 0.0015g F-/mL of toothpaste / 1000mg/g = 1.5mg of F-/mL of toothpaste

Therefore, each mL of toothpaste contains **1.5mg of F-** as an active ingredient.

Pea-sized amount of toothpaste = 0.15g
 Toothpaste F- concentration = 1,500ppm
 1,500ppm = 1.5mg/g
 pea-sized toothpaste = 0.15g x 1.5mg F-/g = 0.225mg F-

1 glass of water = 0.3L (300 mL)
 F- concentration = 0.7mg/L (Health Canada; Canadian Drinking Water Guidelines)
 1 glass of water = 0.3L x 0.7mg/L = 0.21mg F-

0.225mg F- ~ 0.21mg F- is 93% the same amount of fluoride.
 Toothpaste warns, "Do not swallow, call poison control."
 Water fluoridation promoters declare, "Safe and effective."

