

My name is B.J. Hardick, I am a Doctor of Chiropractic, and I operate a practice here in London.

I come to speak to you, not as an expert on the science of fluoride, but as one who has supported and cared for thousands of Londoners who are moving in the direction of consuming foods and beverages that are as pure as possible. This is a growing passion for not just a limited number of activists, but a growing population of citizens looking to apply natural, environmentally and ecologically sound practices in their health and life. Unfortunately, the water provided to them by the City of London is not supportive of those practices.

As many of tonight's speakers are presenting, fluoridation of water was introduced in the 1940s to support the reduction of cavities in children. The decision-makers in the last century made the best decisions they could, with the information they had available, however the citizens of today are becoming more aware of what goes into their bodies. As you know, the city of Waterloo has recently removed fluoride from its water and much of this decision was based on growing public awareness of the following points.

1. The Gosselin clinical toxicology textbook indicates that while lead is "very toxic", and arsenic is "extremely toxic", fluoride is "very extremely toxic".
2. Water fluoridation was initially introduced on the basis that swallowing it was beneficial. It is now recognized that fluoride's benefit is through topical exposure, not ingestion.
3. Hydrofluorosilicic acid has been identified as a toxic chemical. It is labelled as a pollutant in the air, ground water, and natural water systems – yet we deliberately add it to our drinking water.

I personally have had staining of my teeth since my childhood – and all of my dentists have been very clear with me in their diagnosis of severe dental fluorosis, which is caused by ingestion of toxic levels of fluoride. As I have researched this through the years, I have only learned more about the negative impacts of excessive fluoride. My greatest concern is what this may have done to my bone and skeletal structure, and what sub-threshold levels of fluoride are doing to citizen's bodies as they add to those levels every day when they consume London water. According to Dr. Limeback, the Head of Preventive Dentistry at the University of Toronto, "it is illogical to assume that tooth enamel is the only tissue affected by low daily doses of fluoride ingestion." The documented health risks associated with fluoridation have already been presented tonight.

Regardless of one's position on the safety or efficacy of fluoride, the largest issue facing this panel today, which is incontestable, is that fluoridation of public water is mass-medicating without individual consent, and without medical oversight. Fluoride is not a mineral nutrient. It is the only substance added to our water for the purpose of acting as a medication.

As a doctor, I would never presume to make someone's choice for them when they are in my examining room – should the City of London make that choice for me and every other member

of this community?

Once this debate is over, dental associations and Health Units favouring fluoridation can and will continue to educate the community about what they feel are the medicinal benefits of fluoride. But in a free society, where we trust our citizens to make informed decisions, we only ask that you let us choose when, and how to use that information in the management of our health. There is no other medication that is mandated for all people. Should we as citizens choose fluoridation in individual cases, we can choose to use fluoridated toothpaste, mouthwash, and fluoride treatments at the dentist's office.

Striving to live a healthy, natural and organic lifestyle is a choice. Even conventional medicine is becoming educated on the benefits of that lifestyle, and what threatens it, especially in the things we consume. But what is the use of eating organic foods, breathing fresh air, cleaning up pollution, and building green homes, when toxic chemicals are forced into our bodies without consent?

City after city, and region after region are banning the addition of this poison into their water systems – allowing each and every one of us to take responsibility for our own choice of health options. Londoners have chosen this city as their home. We have chosen our mayor and the other leaders who shape our standard of living. Please, let London be a leader in progressive health care and allow your citizens to make their own choices for their health.