

My understanding is that the Fluoride being added to our water has nothing to do with guaranteeing the safety of the water but, rather, ~~is~~ solely added because years ago someone convinced a group of people that it would improve the health of our teeth and it should be policy for the city to add it to the city water ad infinitum. I am here to challenge the validity of that policy.

I am 49 years old and have lived in London all my life. As a child, I lived in a household that was organic before most people even knew what organic was - a household where there were virtually no refined foods, no soft drinks and no candy or sugary treats. I went to the dentist regularly and I can remember getting dental checks at my elementary school. I was a pretty healthy kid. However, despite all these precautionary measures and the added "protection" of fluoride in our drinking water, I was not saved from developing cavities and I do not have a perfect beautiful smile. In fact, quite the opposite, my teeth developed fluorosis stains and I believe that the fluoride in the water was a major contributing factor. This is something that has made me a little self-conscious for as long as I can remember. So, if you were to ask me, and you have, Fluoride in the water ^{definitely,} has not worked for me.

So my first question is – Who's ego are you trying to protect if you decide to continue with this policy. Just because someone thought this was a good idea years ago doesn't mean that it actually is a good idea today. It seems an extreme example of hubris for members of the medical and scientific community to say that without exception, they know what the effects of fluoride will be on each and every very unique individual. They can't possibly know, and why should you, me and every other Londoner, be willing to blindly accept their recommendations when there appears to be a growing body of evidence to the contrary.

Let's take a moment to think about, lead based paint, asbestos insulation, nicotine in cigarettes, thalidomide and Vioxx. All of these substances were once thought to be safe or actually beneficial to humans but I doubt anyone who has had to deal with the tragic effects of these substances would still think they are a good idea today. Unless you can say without any shadow of a doubt, and by now I don't see how you can, that Fluoridated water will in no way have any negative effects on Londoners, I am asking you to agree that it is time to stop and weigh on the side of caution.

My second and more important question is how can you, the people who will decide whether to put Fluoride in the water or not, presume to make a choice about what I ingest? Would you be alright with the idea of force feeding me anything else? Even if I am willing to spend the extra monies to avoid eating or drinking the fluoridated water, I am still left with little choice but to bathe in it.

I should be able to decide if I want to consume or bathe in fluoridated water especially since I have already presented very visible physical signs fluoride damage by virtue of the fluorosis stains on my teeth. It seems like a pretty basic right to me.

I only want to have a choice and if someone else wants the fluoride, they can have a choice too by purchasing readily available fluoridated toothpaste.