

**From:** Ayesha Drouillard

**Sent:** Sunday, February 03, 2019 3:47 PM

**To:** Saunders, Cathy <[csaunder@london.ca](mailto:csaunder@london.ca)>; CWC <[cwc@london.ca](mailto:cwc@london.ca)>

**Cc:** City of London, Mayor <[mayor@london.ca](mailto:mayor@london.ca)>; van Holst, Michael <[mvanholst@london.ca](mailto:mvanholst@london.ca)>; Lewis, Shawn <[slewis@london.ca](mailto:slewis@london.ca)>; Salih, Mo Mohamed <[msalih@london.ca](mailto:msalih@london.ca)>; Helmer, Jesse <[jhelmer@london.ca](mailto:jhelmer@london.ca)>; Cassidy, Maureen <[mcassidy@london.ca](mailto:mcassidy@london.ca)>; Squire, Phil <[psquire@london.ca](mailto:psquire@london.ca)>; Morgan, Josh <[joshmorgan@london.ca](mailto:joshmorgan@london.ca)>; Lehman, Steve <[slehman@london.ca](mailto:slehman@london.ca)>; Hopkins, Anna <[ahopkins@london.ca](mailto:ahopkins@london.ca)>; Van Meerbergen, Paul <[pvanmeerbergen@london.ca](mailto:pvanmeerbergen@london.ca)>; Turner, Stephen <[sturner@london.ca](mailto:sturner@london.ca)>; Peloza, Elizabeth <[epeloza@london.ca](mailto:epeloza@london.ca)>; Kayabaga, Arielle <[akayabaga@london.ca](mailto:akayabaga@london.ca)>; Hillier, Steven <[shillier@london.ca](mailto:shillier@london.ca)>

**Subject:** safe water- Attention Civic Works Committee

Dear Decision Makers,

I'm writing to you today mostly because I'm concerned for my parents who have been drinking fluoridated water, here in London, for over 35 years. I'm worried because the known effects of ingesting hydrofluorosilicic acid, a bio-accumulative toxin, are becoming apparent in their health.

I would like this correspondence to be on record, please add this letter to the agenda.

It's very sad, unfair and unnecessary. Did you know that Montreal and Vancouver have NEVER fluoridated? So many thriving, progressive and vibrant cities do NOT fluoridate their public water supply:

**We are in good company!**  
**Here are just some of the fabulous cities across the globe who choose water free of fluoride:**

<b>Vancouver</b>	<b>Montreal</b>	<b>Portland</b>
<b>Paris</b>	<b>Rome</b>	<b>Berlin</b>
<b>Venice</b>	<b>Athens</b>	<b>Reykjavik</b>
<b>Moscow</b>	<b>Brussels</b>	<b>Tokyo</b>
<b>Vienna</b>	<b>Budapest</b>	<b>Helsinki</b>
<b>Amsterdam</b>	<b>Geneva</b>	<b>Quebec City</b>
<b>Hong Kong</b>	<b>Niagara Falls</b>	<b>Oslo</b>
<b>Guelph</b>	<b>Thunder Bay</b>	<b>The Hague</b>

More and more communities are discontinuing fluoridation as they come to realize that no studies have proven that fluoride is safe for everyone, especially our infants, pregnant women, those with thyroid and kidney impairments, diabetics and people with compromised immune systems. Here are just some of those communities:

These are just some of the North American communities who have stopped adding fluoridation chemicals to their water since 1999:

Niagra Region, ON	Whitehorse, Yukon	West Elgin, ON
Portland, Oregon	Santa Fe, New Mexico	Quebec City, Quebec
Muskoka, ON	Okotos, Alberta	Tottenham, ON
Juneau, Alaska	Saint John, New Brunswick	Cobalt, ON
Moncton, New Brunswick	Amherstburg, ON	Lake of Bays, ON
Wichita, Kansas	Huntsville, ON	Dutton-Dunwich, ON
Waterloo, ON	Erie, Pennsylvania	Honolulu, Hawaii
Dryden, ON	Cornwall, ON	Orillia, ON
Salt Lake City, Utah	Parry Sound, ON	Dieppe, New Brunswick
Kirkland Lake, ON	Albany, New York	Santa Cruz, California
Spokane, Washington	Clearwater, Florida	Calgary, Alberta
Churchill, Manitoba	Santa Barbara, California	Flagstaff, Arizona

There have been no new fluoride schemes since 1999.

Please watch this beautiful 20 minute informative short film, directed and produced by documentary filmmaker Jeremy Seifert:

<https://m.youtube.com/watch?v=2mUUrZJaHPU>

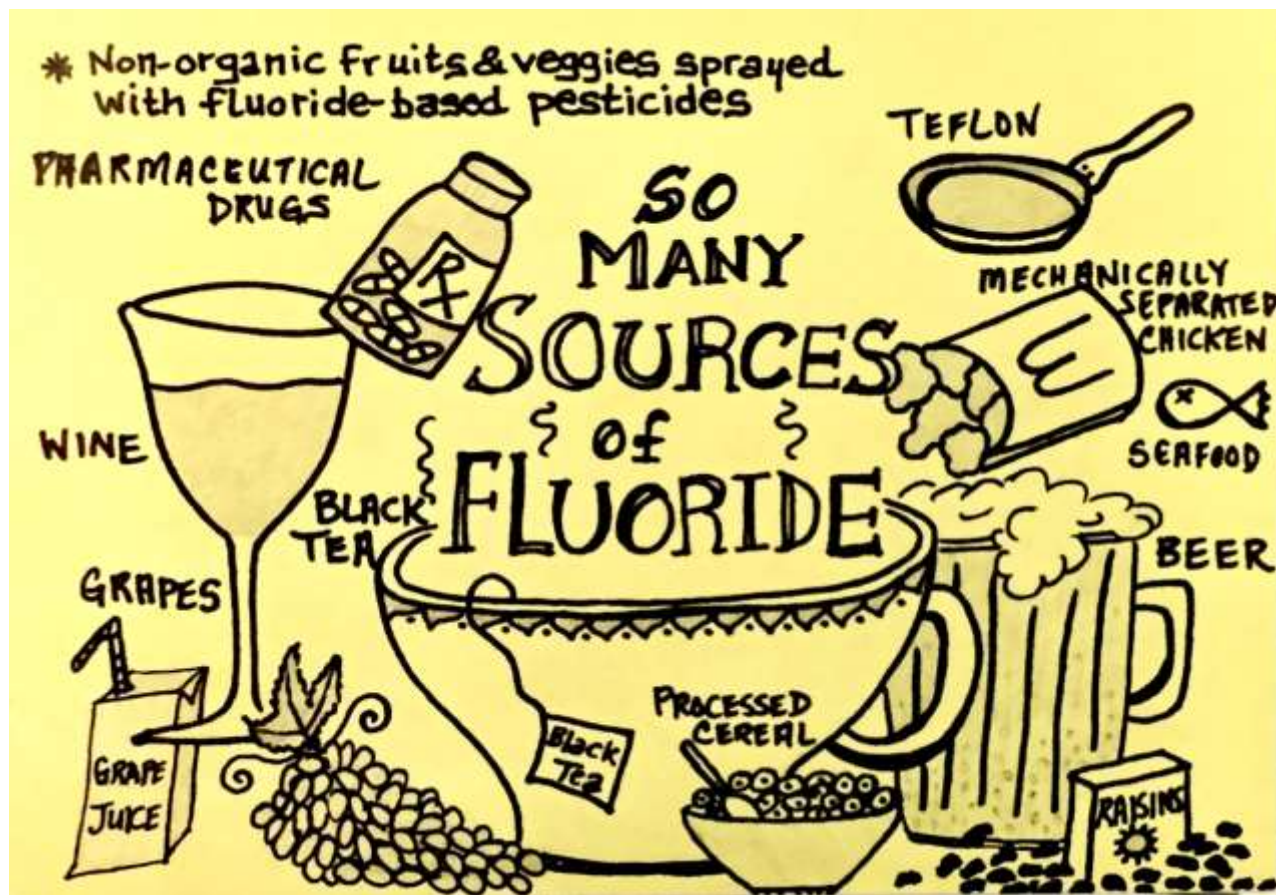
This is what the International Academy of Oral Medicine and Toxicology has to say about fluoridation:

<https://iaomt.org/resources/fluoride-facts/>

They provide scientific resources to support new levels of integrity and safety in healthcare. The work of IAOMT is crucial because there's an alarming lack of professional, policy maker, and public awareness about dangerous dental products that are harming humans and the environment on a massive scale.

Besides toothpaste, there are so many other sources of fluoride that it's hot hard to be overexposed, since dose is based on thirst and there is no individual monitoring.





It's so easy for formula-fed infants to be over-exposed. I hope each water bill will have a warning to warn parents and caregivers not to mix formula with fluoridated tapwater. They need to be aware that bottle fed babies are the most at risk. Fluoride cannot be boiled out, in fact, boiling only concentrates it.

- Babies bottle fed with fluoridated water receive a HUGE dose of fluoride compared to breast fed babies. Even if the mother is consuming fluoridated water, her body filters it out of her breastmilk.

Breastmilk contains 0.004 ppm, this means bottle fed babies receive roughly 200 times more fluoride than a breast fed baby. And babies do not even have teeth!

Is the city going to pay for safe water for low-income families who cannot breastfeed? All these places already have warnings:

National Research Council In March 2006, the National Research Council (NRC) cautioned that infants can fluoride-overdose via reconstituted baby formula. (2) The American Dental Association (ADA) passed this information on to its members in a November 2006 e-gram.

Vermont Department of Health:

“The Vermont Department of Health recommends mixing powdered or concentrated baby formula with water that is fluoride-free, or contains very low levels of fluoride, for feeding infants under 12 months of age. Recent studies have discovered the possibility that infants in this age group may be consuming more fluoride than necessary.”

<http://healthvermont.gov/news/2006/120806fluoride.aspx>

#### New York State Department of Health

“Parents who are concerned about the risk of enamel fluorosis, can mix liquid concentrate or powdered infant formula with water that is fluoride free or contains low levels of fluoride. Examples are water that is labeled purified, demineralized, deionized, distilled or reverse osmosis filtered water.”

[http://www.health.ny.gov/prevention/dental/fluoride\\_guidance\\_during\\_infancy.htm](http://www.health.ny.gov/prevention/dental/fluoride_guidance_during_infancy.htm)

#### California Dental Association

“...mixing powdered or liquid infant formula concentrate with fluoridated water on a regular basis for infants primarily fed in this way may increase the chance of a child’s developing enamel fluorosis,”

according to the CDA’s Feb 2010 Report, Oral Health During Pregnancy and Early Childhood: Evidence-Based Guidelines for Health Professionals. [http://www.cdafoundation.org/library/docs/poh\\_guidelines.pdf](http://www.cdafoundation.org/library/docs/poh_guidelines.pdf)  
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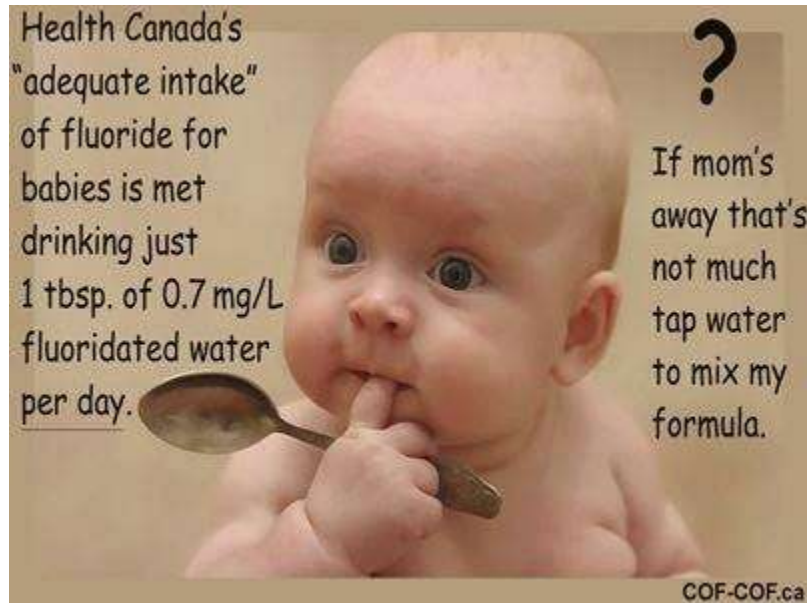
#### Des Moines Water Works

Powdered or liquid concentrate infant formula can be mixed with water that is fluoride free or contains low levels of fluoride. These types of water are labeled as purified, demineralized, deionized, distilled or reverse osmosis filtered water. <http://www.dmww.com/upl/documents/water-quality/lab-reports/fact-sheets/fluoride.pdf>

#### American Dental Association\_Evidence-based\_Infant\_Formula\_Chairside\_Guide.

Recommendations for infants who consume reconstituted infant formula as the main source of nutrition: • Continue use of liquid or powdered concentrate infant formulas reconstituted with optimally fluoridated drinking water while being cognizant of the potential risk for enamel

fluorosis. • Use ready-to-feed formula or liquid or powdered concentrate formula reconstituted with water that is either fluoride-free or has low concentrations of fluoride when the potential risk for enamel fluorosis is a concern. [http://ebd.ada.org/contentdocs/ADA\\_Evidence-based\\_Infant\\_Formula\\_Chairside\\_Guide.pdf](http://ebd.ada.org/contentdocs/ADA_Evidence-based_Infant_Formula_Chairside_Guide.pdf)



Our pets already get fluoride from dog and cat food. The Environmental Working Group put out a paper in 2009 revealing high levels in various brands of pet foods. Also having it in their drinking water is too much. Does your pet suffer from symptoms of arthritis? Studies link fluoride overexposure to skeletal fluorosis (over-accumulation of fluoride in the bones) and osteosarcoma (bone cancer). Let's protect our fur-babies!

<https://vitalanimal.com/fluoride/>

<https://www.ewg.org/research/dog-food-comparison-shows-high-fluoride-levels>



Please consider this very important decision carefully and do not be misled by the questionable claims of your perceived health authorities who's job is to promote and endorse fluoridation. They are NOT toxicology or environmental experts. My family does NOT consent to this violation of our human rights to safe water. This has been going on for too long, we know better now, and you have the power to finally stop this nonsense.

Thank you for your time,  
Respectfully,

The Saleem Family



As stated by Dr. Peter Mansfield, a physician from the UK and advisory board member of the recent government review of fluoridation (*McDonagh et al 2000*):

“No physician in his right senses would prescribe for a person he has never met, whose medical history he does not know, a substance which is intended to create bodily change, with the advice: ‘Take as much as you like, but you will take it for the rest of your life because some children suffer from tooth decay. ‘ It is a preposterous notion.”