

**Presentation to the SPC for Utilities and the Environment  
City of Calgary Council Chambers**

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Presented by: Susanna Niederer

Thank you for the opportunity to present before the U&E committee and, in essence, to City Council. My profound apologies for not attending in person. At this moment, I am most likely swimming under the waterfall in our ecoreserve in Costa Rica. However, you can be certain the committee and the process will be close to my mind and heart.

I expect there will be many passionate presenters on both sides of this contentious debate. I can assure you that none have researched and poured through the literature and press to the extent that Dr. Beck and I have.

I want to say that I believe in fluoride- it is just that we are using it absolutely wrong and dangerously. Fluoride, as admitted by most of the world including the often quoted Centre for Disease Control (CDC), works only topically. The humorous analogy often repeated is that we don't swallow our sunscreen so we shouldn't swallow fluoride either, particularly with all the inherent problems and associated dangers.

You will likely hear a lot from proponents today about the safety of fluoridation. I fail to understand how ingesting one of the most toxic substances on the planet without control of dose and without monitoring or follow-up, could EVER be considered safe. This defies the oath I have taken as a physician to do no harm to patients and humankind.

We have a small amount of natural CALCIUM fluoride in our Bow and Elbow River water supplies and many of us, including me, brush with pharmaceutical grade SODIUM fluoride. Hydrofluosilicic acid is scrubbed out the industrial smokestacks of the fertilizer and aluminum industries. Then, because it is so toxic and volatile, it is rigidly controlled and not allowed to be disposed of in our streams, rivers, lakes, oceans, air or land. The only place that industry has been allowed to dispose of this volatile waste, aside from toxic waste dumps, is in our otherwise pristine drinking water.

High level medical officials in Alberta Health Services have told me that they don't have to talk about dose or mass medication as fluoride is not a medication. Well, it does not naturally occur in the body and is not essential to bodily functions. And the Supreme Court of Canada, in 1958, ruled that fluoride is indeed a medication. Therefore, any ethical physician is bound to obtain informed consent, control dose, monitor effects, be vigilant for side effects, and follow up regularly. None, I repeat none of these are done by the City of Calgary, Alberta Health Services, or Health Canada.

A senior health official also was quoted on CBC National Radio recently as saying there is NO medical justification for MDs to tell patients not to take fluoride. That statement simply defies common sense, respect, responsibility, good medicine and the Precautionary Principle, which says if you are uncertain, don't do it. Harm is most certainly being done, slowly and insidiously, to the average citizen, but take a moment to think about those who cannot vote and often don't have a voice of their own- infants and small children, the elderly, thyroid and kidney patients, the poor.

This brings up another adage incessantly repeated - fluoridation is good for the poor. That is far from the truth. Very good studies show that it is poverty, not fluoridation, that makes it or breaks it for poor kids. There is no difference in parallel studies in groups of disadvantaged kids who are either fluoridated or not. And many graphs and studies from long term surveillance verify that it is better dental care, more brushing and flossing, fluoridated toothpaste, better diet with increased levels of calcium and other essential nutrients, that are causing the decline of dental decay in our world. The major non-fluoridated regions and countries have the same decline in cavities as major fluoridated areas such as Alberta and the USA.

Some quick points to finish:

- British Columbia and Europe are 95% and 98% unfluoridated. Their teeth are as good as ours in 75% fluoridated Alberta.
- A PhD Nobel Laureate recently called fluoridation the biggest fraud ever propagated against society.
- 7,000 scientists from the EPA have petitioned the US Congress to put a moratorium on fluoridation
- 3,300 professionals worldwide have signed onto a campaign to halt fluoridation
- Dr. Hardy Limeback, Head of Preventive Dentistry at University of Toronto, and Dr. John Colquhoun, former head of New Zealand's Dental Program, both changed from proponents to strong anti-fluoridationists in the 1990's
- The head of the often quoted UK Study strongly chastised those who were using their study to promote water fluoridation, as is so often done by fluoride proponents.

**PLEASE REMOVE THIS VOLATILE TOXIN FROM OUR DRINKING WATER!**

Thank you.

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