

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

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Submitted by: Helen Mowat, *B.E., Dip.Ed.Ps., M.Ed*

**#1 SLIDE**

I am Helen Mowat. I am a mother, a professional educator and a concerned Calgarian. I have lived in Calgary for close to four (4) decades.

I was brought up and encouraged to be discerning and caring. I learned as a child to follow the Golden Rule of “Doing on to others; as you would have them do onto you.” I am a generalist and have a Master’s degree in “Education”.

I expect accountable, open, fair government. I also feel that unelected bureaucrats should not force decisions on the public based on questionable science.

**#2 SLIDE CRHA**

In the 1970s, I was a brainwashed Mom who and did not question “authority” or the “officials”. Calgary Regional Health Authority (CRHA) recommended children be given fluoride drops to help with tooth decay. In 1989, CRHA conducted an improper plebiscite, without giving citizens all the facts, and likewise in 1998 CRHA spent \$250,000 of taxpayers’ money promoting this unethical practice of poisoning and or medicating every Calgarian.

Reading history, I found out that fluoride was given to the masses in Germany during the Holocaust to keep the “prisoners” passive. It is also known that fluoride is a component in drugs like Prozac, etc.

**#SLIDE 3**

Since the 1950’s many knowledgeable and ethical Calgarians fought not to have this poison put in our drinking water because they understood history, they valued the rich resource of pure clean mountain water. Fluoride was kept out of Calgary drinking water in the 50s, 60s, 70s, with 6 plebiscites. Finally, the politicians made the banal decision to put this poison into our drinking water without legitimate science nor proper public consent in 1989 after a slim majority plebiscite, where only 17% of Calgarians voted. This was a scam and a racket right from the beginning. One has to ask who was promoting and profiting from it?

**#4 SLIDE**

. I would suggest you spend 5 minutes googling fluoride/harm and go to websites like:

- [www.fluoridealert.org](http://www.fluoridealert.org) [www.naturalnews.com](http://www.naturalnews.com) [www.drmercola.com](http://www.drmercola.com)

## **#5 SLIDE**

There are many Books and studies which present fluoride history and concerns:

- “the fluoride deception” – Christopher Bryson, 2004
- “The Hundred – Year Lie – How to Protect Yourself from the Chemicals That Are Destroying Your Health”. – Randall Fitzgerald, 2006
- “The Case Against Fluoride - How Hazardous Waste Ended Up in Our Drinking Water and the Bad Science and Powerful Politics that Keep it There – James Beck, Paul Connett, Spedding Micklem, 2010. Dr. Beck is a concerned Calgarian with credentials.

## **#6 SLIDE**

From a Calgary chronology understanding of the century debate about fluoride (October 4, 1998). I will highlight a couple of important facts:

1901: Dentist Frederick S. McKay discovers many of his patients have an unexplained, grotesque brown stains on their teeth. He reports his discovery to the Colorado State Dental Association.

1951: Calgary health officer, Dr. W.W. Hill urges city council to move cautiously on the question of adding fluoride to the city’s water supply. He says the advantages and disadvantages have not been fully determined.

1953: The American Dental Association declares that water fluoridation is, “the greatest step in preventive dentistry that has occurred during this century.”

1966: The Alberta government amends the public health act to permit a simple majority vote on fluoridation instead of the two-thirds majority previously required.

## **#6**

Today, there is no legitimate scientific proof that fluoride even helps topically with tooth decay. Many credible studies show that, it has deleterious affects on the skeletal system as it causes hip fractures and brittle bones etc. Other peer review studies show it lowers IQ, causes dental fluorosis, neurological problems and many other diseases i.e. thyroid problems and even cancer etc

## **#7 SLIDE**

Dr. Arvid Carlsson, won a Nobel Prize in Medicine in 2000 for his work on the brain (neurology), played a very prominent role in banning fluoridation in Sweden. Most of Europe is fluoride free since the mid 1970s.

## **#8 SLIDE**

Oppenheimer of Germany who played a key role in the invention of the atomic bomb quotes these words from a spiritual ancient text, “Now I am become Death, the destroyer of worlds.” Did you know that fluoride is one of the toxic chemicals still in North America. It was one of the toxic components evaluated for use in the production of the atomic bomb during World War 11.

### **#9 SLIDE**

Dr. Mercola states, “Water fluoridation is absurd and unethical because studies show **that this chemical can damage your brain, and your immune, gastrointestinal system and skeletal systems.** Fluoride is so dangerous that a family-size tube of fluoridated toothpaste is toxic enough to kill a 25-lb. child.

### **#10 – 11 SLIDE(s)**

As a Mom when I saw this picture of my son Craig, I was worried and concerned. I arranged an appointment at the Children’s Hospital to see a neurologist. Sadly, he didn’t make any connections and nor could he give me any answers to the problem. Take note of my son’s right leg and right hand in these two pictures. To me this does not seem normal. However, with whole mind thinking and a Mom’s intuition, I put the puzzle pieces together and feel it was because of the fluoride drops I gave him when he was a little boy. Today, I have learned to question what “officials”, “experts”, say because of many lived experiences.

Many historical atrocities have been conducted in the name of science. Today, I know that self-interest is more important to politicians, bureaucrats and corporations. My passion was teaching. Today as someone told me, “You just have a larger audience”.

### **#12 SLIDE**

This is a picture of the water pipes taken at the Bears paw water treatment centre showing caustic, corrosive toxic waste eating through the pipes. It is not a pretty sight.

### **# 13 SLIDE**

Why are Calgarians being deceived?

- I am not opposed to honest science, nor the use of the Scientific Method. However, common sense must always rule.
- In my opinion, the policy of fluoridation is based on SCIENTIFIC FRAUD and that its implementation is criminal.
- It is not effective, not safe, and unethical for unelected and elected officials to foist this hazardous waste upon Calgarians.
- Fluoride is available in toothpaste for those who want it. Dentists have no business prescribing outside of their offices. Unending plebiscites on health matters is ludicrous and improper.
- I trust that City Council will use common sense and stop fluoridation now.

*Helen Mowat, B.E., Dip.Ed.Ps., M.Ed – Leadership.*