

Water Fluoridation Basics

- **FREEDOM OF CHOICE**
All citizens have the right to safe, clean, and un-medicated water.
- **FLUORIDE IS HIGHLY TOXIC**
It is not ethical to force a toxic substance on people without informed consent.
- **FLUORIDE IS NOT NECESSARY FOR A SINGLE BODY FUNCTION**
Swallowing fluoride delivers it to the entire body with the potential to harm the brain, thyroid, bones, and kidneys.
- **NO CONTROL OF DOSE**
When medicine is delivered by public water, it is only possible to control the concentration, not the dose or dosage.
- **HARMFUL TO BABIES AND CHILDREN**
When pregnant mothers and babies drink fluoridated water, they get a much higher dose of toxic fluoride, causing damage to brains and other body systems.
- **NATURAL CALCIUM FLUORIDE IS HIGHLY TOXIC**
Fortunately, it is found in small amounts in our rivers. Sadly, what is used for water fluoridation is a toxic substance from the industrial waste stacks in the USA and China.
- **BETTER AND SAFER WAYS TO PROVIDE FLUORIDE**
Fluoridated toothpaste, rinses, mouthwashes, foams, varnishes, gels and inexpensive fluoride supplements.
- **THE MAJORITY OF THE WORLD IS NOT FLUORIDATED**
97% of Europe and 98% of BC and Quebec are not fluoridated. Less than 6% of the world is fluoridated, and less than 40% of Canada.
- **MANY PROFESSIONALS ARE AGAINST FLUORIDATION**
Almost 5,000 professionals worldwide have had the courage to sign an open letter against this outdated public health policy.
- **DAMAGE TO KID'S TEETH**
Fluorosis, the first visible sign of fluoride toxicity, is now affecting more than 50% of teens in the USA, and can cost thousands of dollars to repair.
- **HIGHLY EFFECTIVE PROGRAMS**
Programs such as "Scottish Child Smile" are much more effective than fluoridation for kid's health and teeth.
- **WASTE OF TAX DOLLARS**
Only 1% of fluoridated water is consumed. Over 90% goes back into the environment unchecked. This is a poor use of tax dollars, and harmful to the environment.

Fluoride Plebiscite
details on the back!

On October 18, Calgary Citizens will be asked to
vote on adding toxic fluoride to our city water.

Please vote NO!



TAKE ACTION

For more useful information, articles and videos:

Visit our website:

<https://www.safewatercalgary.com>



Sign our online petition:

<http://chnng.it/dG7MPbxDY5>



LIKE our Facebook page "Safe Water Calgary":

<https://www.facebook.com/SafeWaterCalgary>



Fluoride
Plebiscite

October 18, 2021

Public Plebiscite on Water Fluoridation

Please consider:

- **Contacting Calgary Council** and the Mayor to voice your concerns
- Commit to **vote NO** October 18

For these quick actions, details to contact City Council, subscribing to our email registry, plus more ways to help, please visit

<https://www.safewatercalgary.com/action>

