

Bedioui, Ida

From: A Terpstra [aliss@thomaidis.com]
Sent: Friday, July 04, 2008 12:15 PM
To: Bedioui, Ida
Subject: letter for inclusion in July 9 meeting on fluoridation

Dear Ida,
Would you please add this letter to the agenda for the July 9 meeting on fluoridation?
Thank you.
Aliss Terpstra
416-757-5933

July 4, 2008

32 Inniswood Drive
Toronto M1R 1E5

TO: Hamilton City Council and Board of Health

I am writing this letter in the hope that it will help you understand the unintended human cost of adding industrial waste fluoride to everyone's drinking water. Last October I had intended to depute in person but suffered an accidental fluoride exposure and became too ill to travel to Hamilton.

I was born in Grand Rapids, Michigan, artificially fluoridated since 1945 along with Brantford. I am from the first generation of humans purposely exposed from conception onward to industrial waste fluoride in drinking water, and by extension, the food supply. That amount of fluoride is ten to twenty times higher than nature would normally provide but is not accompanied by an increase in any nutrients that can protect us from fluoride's toxicity. My school age cohort was dropped from the Michigan follow-up studies because our cavity rate was worse than the pre-fluoridation cohort and that would have killed the program. So Dr. T. Dean just lied instead. We get awfully tired of being told that we had 70% fewer cavities when the real truth is that we had fewer erupted teeth to count. Our teeth erupted later because we were iodine-deficient from fluoride overdose. We actually had excessive cavities and deformed teeth compared to children in India and Africa.

That is the "science" on which Canadian cities like London, Hamilton and Toronto were persuaded to accept industrial waste in their water.

My teeth are brittle, full of fillings and I have lost seven to decay or malocclusion. Two of my three children had dental fluorosis, malocclusion and recurrent cavities. Swallowing industrial waste fluoride did not help our teeth. It's a sixty three year old lie.

I am hypersensitive to fluoride, like one to four percent of the general population. As a child I had chronic digestive problems caused by fluoride toxicity from our water and could not absorb nutrients well. My mother says that there were lots of children like me in Grand Rapids. Mothers were told it was "normal" for two year old children to have colic and chronic diarrhea.

My brother, mother and I developed signs and symptoms of chronic fluoride poisoning, with enlarged thyroid, arthritic pain, skin rash, headache, constant thirst and urination, mouth ulcers, low body temperature,

gastrointestinal problems, insomnia and mental depression. This syndrome came and went depending on where we lived or travelled and disappeared when we moved to a house with our own well.

As a young adult, the puzzling symptoms recurred dramatically when I moved to Toronto. A doctor diagnosed me with diabetes insipidus. I suffered for years thinking it was stress, chlorine in the water or diet. Yet I could eat the same food and drink water in Barrie or at a cottage, without getting a stomach ache, migraine, torturing thirst or fibromyalgia.

Like Cindy Mayor, I did not recover until I educated myself about fluoride, iodine and thyroid health and avoided my tap water. In 2006 I travelled to Holland where I was properly diagnosed by a world authority on fluoride poisoning, Dr. Hans Moolenburgh. I also needed thyroid medication and iodine supplementation. After several years of fluoride avoidance, I am now free of medication. However, if I drink fluoridated tap water, eat rice or noodles cooked in it, or have coffee made with it, my symptoms including diabetes insipidus return full force and limit function as well as my quality of life. This happens if I use fluoridated toothpaste, drink tea or beer, eat a hot dog, take a fluorinated antihistamine, or if the air pollution index is high. My body does not distinguish the fluoride that comes with good intentions from Public Health. It's toxic, no matter what the source.

My kidneys are not able to excrete fluoride well and I can't tolerate many common foods and prescription drugs including anesthetics. I am now at greater risk of sudden death if I ever need surgery or cancer treatment. My bones have accumulated too much fluoride and despite a lifetime of healthy exercise and diet, they are brittle. Now I am in the thirty percent of the population that must avoid fluoride for acquired medical reasons. The cost of bottled water and fluoride filter is an unfair financial burden to place on us. Hypothyroidism, osteoporosis and gastrointestinal malabsorption from increased fluoride intake are life-shortening conditions. A public policy that causes this level of suffering in up to thirty percent of people simply must be stopped.

As angry as I sometimes get at public health officials who deny that water fluoridation has any harmful effects, I would not wish these debilitating symptoms on any of them. I do wish, however, that I had legal power to force them to read the medical references and scientific literature that document chronic fluoride poisoning and hypersensitivity. Once you have seen the sober facts, integrity would likely guide you in the direction of making Hamilton water safe for everyone including hypersensitives like me.

Sincerely,

Aliss Terpstra CNP

Research Coordinator, Second Look - Fluoride Toxicity Research Collaborative www.SLweb.org