

From: [delegations](#)
To: [Lydia Gerritsen](#)
Cc: [Cheryl Bandel](#)
Subject: FW: Written submission/delegation
Date: November 22, 2024 9:02:48 AM
Attachments: [Fluoride Immune Comprmsd.pdf](#)

Morning Lydia,

Please place this item on next week's Council Information Package.

Thanks!
Sarah

From: Monica Nikopoulos <mntnmom@yahoo.com>
Sent: Thursday, November 21, 2024 4:05 PM
To: Clerks <Clerks@durham.ca>; delegations <delegations@durham.ca>
Subject: Written submission/delegation

You don't often get email from mntnmom@yahoo.com. [Learn why this is important](#)

Good Day!

I have just submitted your online form for a delegation, which is written only, I will not be speaking. Attached is the pdf.

It is titled "Water Fluoridation Effects on the Immune Compromised and Unborn/Very Young" which is attached.

Please let me know if any further actions are required by me.

Thank you, Monica

Monica Nikopoulos
ROHP, RNCP, CHCP, PSW

WATER FLUORIDATION EFFECTS

ON THE

IMMUNE COMPROMISED

&

UNBORN / VERY YOUNG

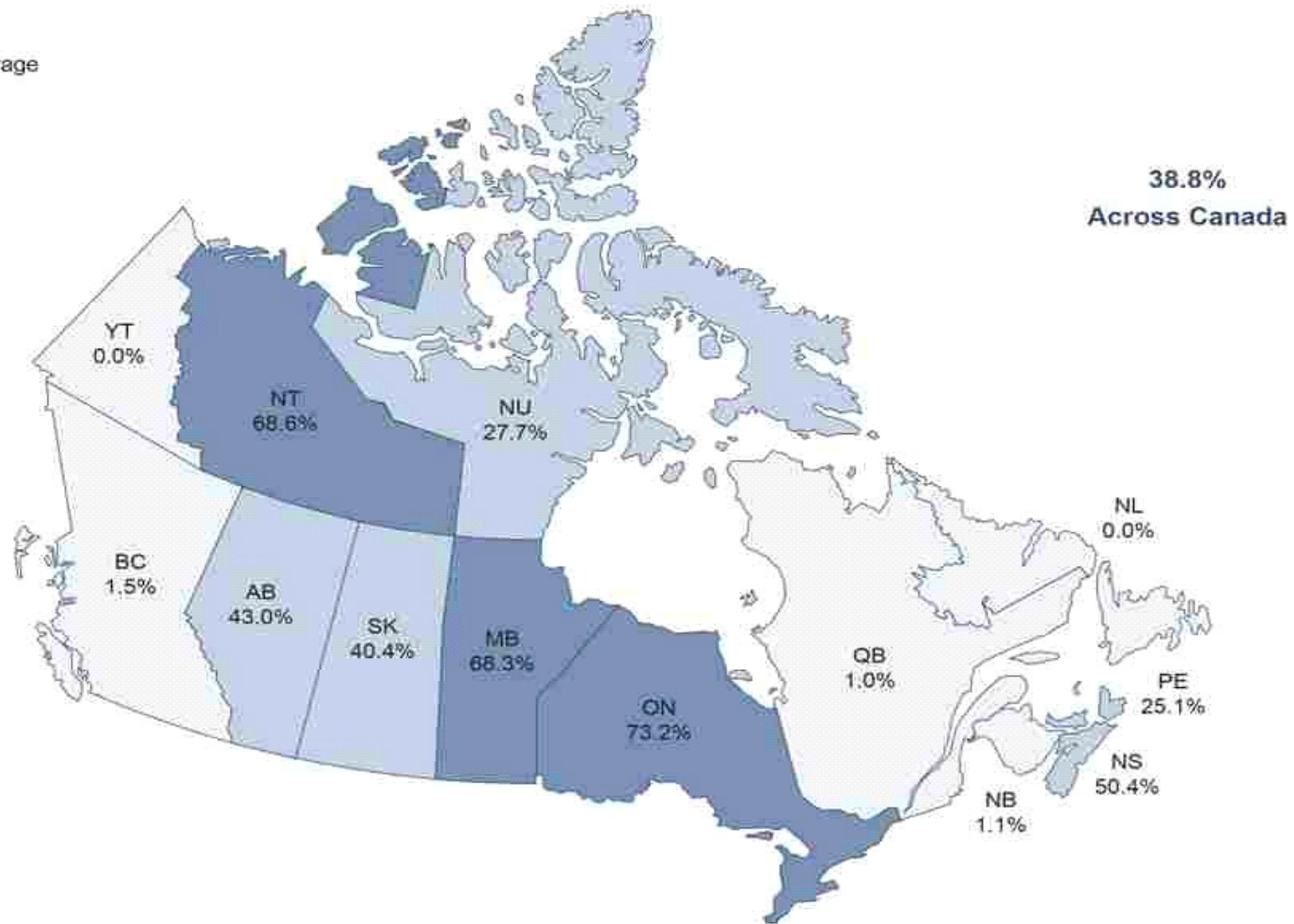
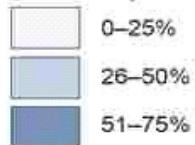
Throughout this presentation, “fluoride” (hydrofluosilicic acid) refers to fluoride that is artificially added to drinking water, NOT the naturally occurring, organic fluoride.

- Some countries began water fluoridation in 1945 citing dental cavities can be reduced by **up to 25%** based on 1942 data. This is the same era where lead in gasoline and paint, asbestos, aluminum and smoking were deemed safe for the public. Ontario began fluoridation around the same time.
- Most countries did not fluoridate their water at that time stating that:
 - it was “mass medication” with no informed consent
 - many water sources already contained naturally occurring fluoride
 - adding chemical fluoride would upset the natural balance of water sources and the ecosystem
 - farmed foods could acquire harmful fluoride levels
 - it's a known neurotoxin contributing to developmental issues esp. to the unborn & infants
 - the Precautionary Principal was used because of limited proof of efficacy & safety
- By the late 1990’s, many countries that fluoridated had either stopped or greatly reduced the amounts added to their drinking water because:
 - adverse health issues were being reported
 - education about dental hygiene was being promoted
 - toothpaste and mouthwashes contained fluoride
 - dentists provided topical fluoride treatments
 - better public education regarding causes of tooth decay targeting sugary drinks and foods (introduction of sugar alternatives)
 - most foods already contain fluoride, as it occurs naturally in water, rocks, air, plants and soil

- Currently, **only about 4-5.7% of the world population** have artificially fluoridated drinking water. Australia, USA and Canada have among the highest number of locations and populations using fluoridation. 98% of Europe does not fluoridate and never did.
- Ontario & Manitoba have the highest number of locations and populations for artificial fluoridation in Canada.
- Approx 170 Canadian communities fluoridate, 76 of these are in Ontario.
- The USA Federal Gov't recently announced that they advise to stop fluoridating all public water in 2025 citing health risks.

Legend

% Water Systems Coverage



SOME FLUORIDE FACTS

- Hydrofluosilicic acid (fluoride) is added to the drinking water based on the sole premise of dental benefits
- Government guidelines are set to a maximum of 1.5 mg/L
- The naturally occurring level of fluoride in Lake Ontario is **0.11 – 0.17** mg/L. Well water sources can be much lower or higher
- ON cities maintain added fluoride of 0.02 – 1.5 mg/L

- **Hydrofluosilicic acid is an industrial byproduct**, derived from phosphate fertilizer, hence it's cheap cost. Organic, naturally occurring fluoride found in rocks, plants, soil and water is **calcium fluoride**, which also contains magnesium, boron, chloride, sodium, potassium, calcium and other minerals to offset excessive fluoride imbalances in the environment and body.
- In 1945, it was believed that fluoridated water reduced cavities and large dental associations and a few governments still report this. Those reports have been proven to be flawed and outdated. **Recent data shows zero dental benefits from fluoridated water.** Topical applications is the ONLY way fluoride might benefit teeth.
- Many global conventional and holistic dentists do not use or recommend fluoride products because of the risks, especially for children under 8 years old, opting for proven safe and more effective methods.
- Data shows that tooth decay rates have declined just as rapidly in non-fluoridated countries because of better dental hygiene, oral health education and the awareness about sugary foods and drinks.
- Lead pipes with added fluoride react with each other causing **lead to leach into the water**. Some cities use orthophosphate (phosphoric acid) to help create a protective barrier to prevent metals from leaching into the water. Some orthophosphate is ingested causing it's own host of health issues, being absorbed in the stomach affecting blood, organs and immune systems.
- **MSDS (Material Safety Data Sheet)** (multiple MSDS sources)
(Hydrofluosilicic Acid (aka Fluorosilicic Acid, Fluosilicic Acid, Hexafluosilicic Acid)
“**Target Organs:** Skeletal structures, bone. Chronic inhalation and ingestion may cause chronic fluoride poisoning (fluorosis) characterized by weight loss, weakness, anemia, brittle bones, and stiff joints. Effects may be delayed. Chronic exposure to fluoride compounds may cause systemic toxicity. Inorganic fluorides can be harmful. Corrosive to metals, concrete and glass. Avoid discharge into drains, water courses or onto the ground. Do not discharge into lakes, streams, ponds or public waters.”

- In 2014, the Lancet medical journal classified fluoride, arsenic, lead and mercury as neurotoxins.

CURRENT HEALTH OF CANADIANS

Over the past 10 years, the health of North Americans has deteriorated exponentially.

Since 2021, all cause health disorders, in all ages, have increased by 20% above the mean average

- 1 in 2 people will develop cancer. Turbo cancers are now prevalent
- 31% of Ontarians have diabetes/pre diabetes, including youths (2023)
- 10% of Canadians have kidney disease, 50% requiring dialysis
- 25% of Canadians are affected by liver disease
- Over 20% of Canadians ages 12+ have heart disease (2021)
- 20% of Canadians ages 15+ have arthritis (2021)
- Almost 19% of Canadians have high blood pressure affecting ages 8 and up (2022)
- At least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime, including youths.
- 1 in 66 Canadian children have Autism (2022)
- 55% of Canadians use at least 1 prescription medication, 24% use 3 or more medications

- Over 80% of Ontarians have one or more of the above (and other) conditions. This means our ability to process and detoxify unwanted substances is greatly impaired resulting in a constant state of bodily dysfunction and ailments. Genetics, lifestyle, environment, medications, age, food & beverages, all play a huge factor in excreting excess fluoride.

- The unborn, infants, the immune compromised and the elderly are at a disproportionate risk of excessive fluoride accumulation resulting in health issues that worsen over time, promoting additional health conditions. The unborn, infants and children absorb fluoride more readily than adults, as their teeth and bones are rapidly forming and because of their small size.

LONG TERM EFFECTS OF ADDED FLUORIDE IN THE BODY

- Fluoride is not an essential nutrient but bio accumulates in more parts of the body than just teeth & bones causing/contributing to: arthritis, kidney and gall stones, pineal gland calcification (sleep disorders and emotional issues such as apathy, aggression and disregard for others), thyroid disease, Alzheimer like symptoms, bone cancer, IQ loss, skeletal fluorosis (bones become rigid and brittle causing bone fractures) , thyroid disease, blood glucose disregulation, neurodevelopmental and neurobehavioral disorders, ADD & ADHD
- 80% of our immune system is in the form of healthy gut bacteria. Fluoride destroys it.
- Studies show that our kidneys (and pineal) attract higher concentrations of fluoride leading to kidney damage resulting in high blood pressure. People with impaired kidneys need to consume more water than the average person therefore their fluoride retention is further exasperated.
- Immune compromised people commonly have weakened and impaired liver and kidney functioning preventing them from excreting fluoride efficiently. This leads to worsening of all disease symptoms, and creates additional diagnosis' and health challenges as time goes on.
- Fluoride creates iodine deficiencies affecting all hormones including energy metabolism, sleep, and weight
- When ingested, the mother passes fluoride through the placenta to the fetus and through breast feeding. The unborn and infants teeth are NOT at risk for cavities but retain fluoride putting them at a huge risk for neurodevelopmental issues, lower IQ, hormonal imbalances, skeletal fluorosis, as well as setting the stage for autoimmune disorders very early in life.
- Breastfed babies in fluoridated communities had 6.2 lower IQ points than children living in unfluoridated communities. Formula-fed children had 9.3 IQ points lower. The average IQ of people in Canada is about 100.
- In 2004 the CDC reported that 41% of kids aged 12-15 had some form of dental fluorosis. Ecotoxicology and Environmental Safety journal using the data from a 2015-16 survey stated the **“prevalence of dental fluorosis was 70% in U.S. children.”** (US and Canada have the same guidelines).
- World Health Org. statistics showed that many Canadians had dental fluorosis in 2004.
- When dental fluorosis is detected, the skeletal and bodily systems are already greatly compromised with adverse effects appearing sometimes decades later.

CONCLUSION

- Health Canada “Expert panel meeting on the health effects of fluoride in drinking water: Summary report” 2023, relies heavily on 1942 data, and states that current evidence to support adverse health effects is inconclusive or negligible, dental fluorosis is merely “cosmetic”.
- Health Canada still maintains the benefits of fluoridation in preventing dental cavities outweigh any potential health concerns (2007 review).
- Ontario is in the global minority that still fluoridate. Updated, unbiased, scientifically proven evidence shows that the risks of added fluoride outrank the ideology of “prevents less cavities”.
- Sept 24 2024, a U.S. federal judge ruled that water fluoridation at current U.S. levels poses an “unreasonable risk” of reduced IQ in children.
- The USA Federal Gov’t also recently announced that they advise to stop fluoridating all public water in 2025.

I ask Council to stop or pause water fluoridation immediately citing the Precautionary Principle, and to conform with the global health consensus that the risks of artificial fluoridation outweigh any potential dental benefits.

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