

WHAT CAN YOU DO?

-  Do the research and become better informed about how fluoridation affects you and your family.
-  Use products that do not contain added fluoride.
-  Pay attention to the ingredients in the water you drink.
-  Write a letter to the editor of the News Register.
-  Attend a City Council meeting and share your concern.
-  Join Mac Citizens for Safer Water.
-  Help spread the word by telling your friends and providing them with copies of this brochure!
-  Visit our website:

macsaferwater.wordpress.com



LETTER TO MCMINNVILLE CITIZENS

We invite you to attend an unbiased, science-based public forum on concerns relating to municipal fluoridation.

Featured speakers include two renowned Oregon dentists who will present arguments both for and against adding fluoride to city tap water. A question and answer session will follow.

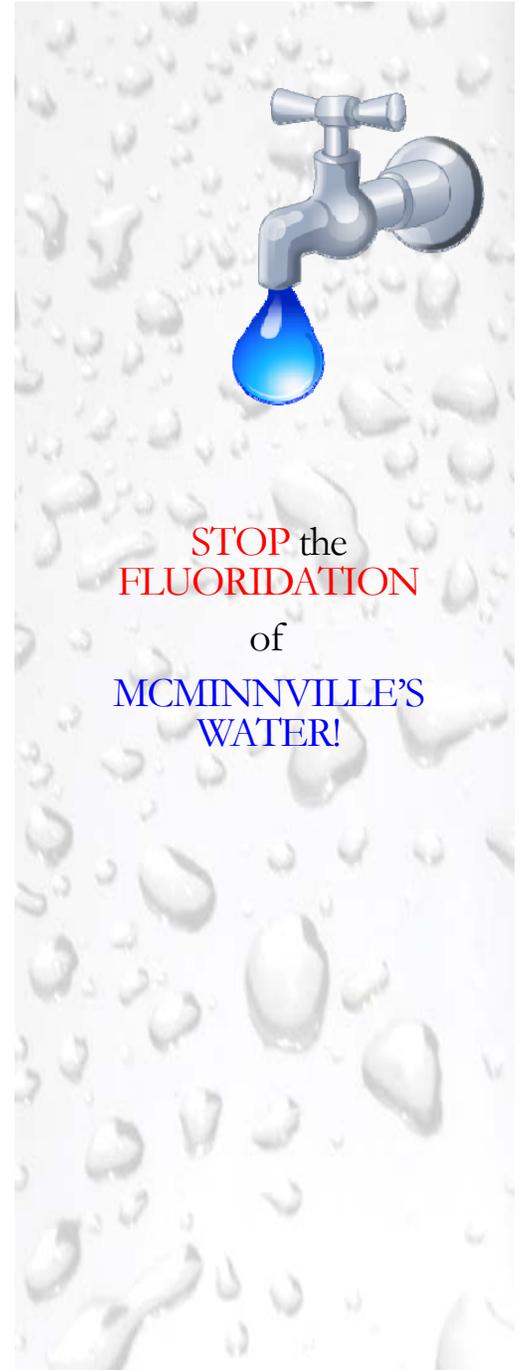
The forum will begin at 6:00 p.m. in the Carnegie Room at McMinnville Public Library on Thursday, November 4, 2010.



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HISTORY OF FLUORIDATION

It is time to stop the fluoridation of our water! 50 years ago, McMinnville voters asked the city to add fluoride to its water, which allowed the additive to flow into our homes.

There are two different types of fluoride: natural and waste-product.

Natural fluoride appears to be harmless. The idea of adding fluoride to water supplies began with the assumption that people living where fluoride occurred naturally in the water had fewer cavities than those living elsewhere.

Prior to 1945, the public regarded 'waste-product' fluoride as a pollutant. This type of fluoride destroyed crops and animals, and became the focus of many lawsuits against industries such as phosphate fertilizer and aluminum producers, whose waste products contained large quantities of fluoride.

Clever public relations campaigns transformed the perception of 'waste-product' fluoride from a pollutant to an essential nutrient necessary for producing healthy teeth. Based on poor science, this campaign proved a great success producing millions in sales of waste to water companies, but more importantly, it saved billions on environmental clean up.

The fluoride added to our city's water system is not a naturally occurring fluoride. It is the waste-product type and it is harmful when ingested.

There is no significant body of research to show that fluoridation of our water is safe.

SCIENCE-BASED FACTS ABOUT FLUORIDATED WATER

 In the largest U.S. study of fluoridation and tooth decay, United States Public Health Service dental records of over 39,000 school children, ages 5-17, from 84 areas around the United States showed that the number of decayed, missing, and filled teeth per child was virtually the same in fluoridated and non-fluoridated areas.

 Artificially fluoridated water inhibits enzyme systems, damages the immune system, contributes to calcification of soft tissues, worsens arthritis and causes dental fluorosis in children.

 Fluoride is a toxic waste and poison that accumulates in bone over the years; it is more poisonous than lead and just slightly less poisonous than arsenic.

 The American Medical Association links increased hip fracture rates to fluoride in the water.

 The November 2008 Journal of the American Dental Association stated "There is weak and inconsistent evidence that the use of fluoride supplements prevents dental caries in primary teeth."

WHAT ELSE SHOULD I KNOW?

 Fluoridation of McMinnville's water is wasteful. Residential use of city water totals approximately 2.4 million gallons per day. We use the rest to clean our cars, laundry, sidewalks, and to irrigate lawns and gardens. Commercial enterprises also consume fluoridated water conducting business, wasting thousands of dollars a year.

 In the 1940s, fluoridation levels were approximately 1 ppm based on assumptions that the total intake of fluoride would be 1 mg if one drank 4 glasses of water per day. A recent University of Iowa study found that 71 percent of more than 300 soft drinks contain 0.60 ppm fluoride. Toothpaste, beverages, processed food, fresh fruits and vegetables, vitamins and mineral supplements all contribute to our intake of fluoride. Today, the total amount of fluoride ingested per day is as great as 8 mg - eight times the optimum levels!

LEARN MORE BY VISITING:

SafeWaterOregon.org/fluoridation.html
fluoridealert.org
slweb.org/ftrcpossiblesymptoms.html
fluoridefreefairbanks.org
zerowasteamerica.org/Fluoride.htm
tuberos.com/Fluoride.html
purewatergazette.net/fluoride.htm
holisticmed.com/fluoride
[oregondental.org/i4a/pages/index.cfm?pag
eid=3375](http://oregondental.org/i4a/pages/index.cfm?pag
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[battery-rechargeable-charger.com/water-
filter-fluoride-poisoning-info.html](http://battery-rechargeable-charger.com/water-
filter-fluoride-poisoning-info.html)
fluorideneeds.blogspot.com/
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