

Public Testimony Jan 8 2014
To Washington State Board of Health

I am Olemara Peters, from Redmond.

Regarding water fluoridation:

I (for one) am made ill by use of fluoridated water -- even after normal "filtration" (which removes chlorine -- makes clear that the problem is fluoride).

I've spent 30 years finding consistently that

- I can relieve my system of the resulting ills, by weeks or months of stringent nutritional detox, and I can then stay clear of the ills for months at a time -- until
- they resume within minutes/hours of my drinking 1-2 glasses of fluoridated water, or soaking in a tub of it, or eating 1-2 meals cooked with it, or eating produce grown with it.
- These ills include: headache and "hayfever," degenerating into canker sores and sore throat and a severe "cold" (stubborn for weeks or months), GI-tract disruptions, muscle and joint pains, unstable musculoskeletal alignment, muscle cramps ("charlie horses"), insomnia, food intolerances (disassimilation)...
- These signals are extremely common in society -- witness the billions-of-dollars pharmaceuticals-"economy," largely made up of drugs to suppress them;
- therefore, it doesn't seem likely that my system is the only one using these signals as objections to this particularly-ubiquitous and hard-to-avoid toxicant.

I first spent 6 years approaching the problems as food-allergies/intolerances. Avoidance of most foods, or 5-day foods-rotation, and other preoccupying practices (including a complete food-diary for 4 years), did relieve the problems temporarily -- plus taught me stringent observation-skills. However, I continued to lose use of foods (eventually more than 90% of kinds). By contrast, once I got the fluoride piece in focus (in addition to appropriate biochemical rebuilding), I got back safe use of 80% of the foods within a few months. Since then, I've experienced countless times over, that the food-intolerances (cascade of cumulative disassimilations) are only an interim factor; the causal factor is fluoride exposure.

[OVER, PLEASE]

I had to learn this many times over, the hard way, because it was information I wasn't eager for. Avoiding fluoride, in this fluoride-soaked society, is preoccupying, expensive, disruptive, socially-isolating hard work. However, in the long run I learned that I'd rather stay able to eat safely. Every re-exposure costs me weeks or months of detox all over again, to get back my assimilation and foods-tolerances.

Most people -- even though their systems are raising similar fire-alarms (possibly about the same toxicant) -- haven't had the good fortune to learn these observation-skills and detox-resources in the first place; and, most people might be even less able to experience the difference (I certainly couldn't have done so) solely by staying out of additional fluoride-exposures for weeks or months -- most others wouldn't get enough feedback to stay on track (for the months of hard work it may take) till the feedback gets clearer. Since everyone accumulates at least 50% of each day's fluoride intake, the stored fluoride burden is enough to obscure the issue for much longer, without the observation-skills and focused nutritional support to help lighten the load.

Please, notify Washington's water districts that Washington's Board of Health has not determined water fluoridation to be safe.

Thank you.

Sincerely,



Olemara Peters
Washington Action for Safe Water
PO Box 222
Redmond, WA 98073

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