
From: Olemara Peters
Sent: 1/8/2024 1:58:07 PM
To: DOH WSBOH
Cc:
Subject: My Public Comments (corrected -- please delete previous, if practicable)

External Email

Dear Chair Hayes and Boardmembers,

Please help correct (in Washington's Code and laws) all instances of the meme "Water fluoridation is safe and effective." This statement has been built up into a self-referential echo chamber, whose walls are thickened by every repetition — e.g., as a basis for every pro-fluoridation testimony, and in intro summaries to fluoridation-related hearings; yet it's completely inaccurate, and this structural deepening of its influence is pernicious. Fluoridated water's harms and ineffectiveness are abundantly documented, and some of that documentation is conveniently accessible e.g. in the searchable databases

— <https://fluoridealert.org/studytracker/>

<<https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffluoridealert.org%2Fstudytracker%2Fsearch-by-studies>>

— <https://fluoridealert.org/issues/health/>

<<https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Ffluoridealert.org%2Fissues%2Fhealth-effects>>

(search by health effects)

and here's an example about ineffectiveness,

— https://www.researchgate.net/figure/Comparison-of-decline-in-dental-caries-in-fluoridated-and-non-fluoridated-countries_fig2_230607918#

<https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.researchgate.net%2Ffigure%2Fcomparison-of-decline-in-dental-caries-in-fluoridated-and-non-fluoridated-countries_fig2_230607918%23&data=05%7C02%7Cwsboh%40sbh.wa.gov%7C12a101094ca74a5fbac40>

<https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.researchgate.net%2Ffigure%2Fcomparison-of-decline-in-dental-caries-in-fluoridated-and-non-fluoridated-countries_fig2_230607918%23&data=05%7C02%7Cwsboh%40sbh.wa.gov%7C12a101094ca74a5fbac40>

For my part, consuming fluoridated water for even half a day — or foods grown or prepared with it — causes me ill-effects (including headache, hayfever —> respiratory infection, structural aches + pains, digestive, metabolic, immune — including a cumulative tailspin of of foods-intolerances) that take me laborious months of detox to climb back out of, all over again.

This connection took me 6 years of deprivations to track down in the first place (in the 70's), and I've relearned it the hard way, all too repeatedly, for over 40 years since — because (in society's current situation) fluoride exposures are hard work to avoid.

I've also found it necessary to carry a 3 days' emergency supply wherever I go — not practicable with public transport — so water fluoridation keeps me locked into using a car for all errands (not just bringing home the water supply) — so, it's no help to my reducing fossil-fuel use.

I can't grow a kitchen-garden, because — just as humans can't well excrete fluoride (we accumulate 50-80% of each day's F intake) — plants can't either — they accumulate it, in roots and leaves and fruit.

To supply my household with water that's safe for me/us, we have to drive an average of 80 miles/ mo, carry 3 gal (24 lb) jugs up 122 steps/ mo., spend avg. 16 people/ hrs./mo., over and above what using tapwater would cost us (if only we could use the tapwater; but meanwhile, we're still paying for the tapwater). ...and here I haven't even counted

- logistics of showers, hairwashing, etc. or
- the time spent obtaining and verifying unfluoridated sources of produce and prepared foods.

The signals my body uses to object to this toxicant are common ones in society (judging from the \$billions economy in pharmaceuticals to suppress them, evident on the shelves of any drugstore). It would be really surprising if a lot of other people's bodies aren't using the same signals to protest the same ubiquitous toxicant — only, people mostly never get clear enough of it to discover the connection, and society certainly doesn't help them do so!

Filtration doesn't remove fluoride (F-removal involves expensive, voluminous, high-maintenance technologies, comparable to desalination); so a lot of people think they're defluoridating their water when they're not.

Thinking of even just one of the many documented ill-effects — thyroid suppression (F used to be prescribed to combat hyperthyroid) — and thinking of all the other people's conscientious hard work for their and their family's health and fitness — with exercise <—> hydration, food-selection, kitchen-garden or P-Patch, etc. — the public health authorities'

- continued efforts to expand fluoridation, and
 - continued failure to provide accurate information,
- adds up to an unbelievable, monumental contempt for everybody's hard work. I'm sure that contempt isn't intentional, on the part of most public-office-holders — I'm sure most are actually unaware of the harms, are sincerely convinced of the "Fluoride is safe and effective" meme — are inside its echo chamber.

Thank you for your attention, and please, please! Wake up and help crack this echo chamber!

Sincerely,
Olemara Peters
PO Box 222, Redmond, WA 98073