

*Below is a copy of two emails sent to the City Council regarding municipal fluoridation. I would like this to be part of the public record and I would like the mayor to read every word. This is an urgent matter and requires strong action from the mayor. I implore the mayor to personally review the literature that is linked below and make a special effort to understand the science that proves the fluoride is neuro-toxic. Furthermore, I encourage the mayor to consider that forced medication via a water supply is not appropriate in a country founded in Liberty.*

*Thank you.*

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**Monday, August 10, 2020 4:46 AM**

**From: Colleen Palmer**

**Sent To: the city council members individually -**

**<kstratton@spokanecity.org>; <mcathcart@spokanecity.org>; <bwilkinson@spokanecity.org>;  
<lkinnear@spokanecity.org>; <cmumm@spokanecity.org>; <kateburke@spokanecity.org>;  
<bbeggs@spokanecity.org>**

Spokane City Councilors,

I hope you are well. I saw in the Spokesman that there is an effort to fluoridate Spokane water...again.

In short my opinion: ABSOLUTELY NOT! This must not happen!

Fluoride is neuro-toxic, and the last thing our community needs is forced "medication" that will impair our brain function. A recent Canadian study has shown that fluoride affects brain development, actually lowering IQ to the magnitude of lead exposure.

<https://www.cnn.com/2019/08/19/health/fluoride-neurotoxin-canada-study/index.html>

Furthermore, according to \*former\* fluoridation advocate Colquhoun J. (1997), too much fluoride can damage the bones and the teeth, visually noted by mottling of the enamel.

<http://fluoridealert.org/articles/colquhoun/>

Dental caries are caused by lack of nutrition not lack of fluoride. This was known in 1928 when children under diabetic management, which involved insulin and dietary enhancement, had their dental caries rapidly heal. This was further researched by Dr. Weston A. Price in the 1930's. The text that Dr. Price wrote after over a decade of research observing people around the world, "Nutrition and Physical Degeneration", was a primary text for medical schools prior to WWII, before chemical pharmaceutical medicine took over the medical system. This textbook is still in print and this research continues at

<https://www.westonaprice.org/>.

Only 3% of Europe consumes fluoridated water with no noticeable differences in dental caries.

[http://fluoridealert.org/content/water\\_europe/](http://fluoridealert.org/content/water_europe/)

Not only should this effort to fluoridate the water in Spokane be dismissed, it should be shamed. The assumption that Dr. Elisabeth Warder, of CHAS dental draws that children's better teeth in Cheney is due to fluoridation is basely a statement of unscientific confirmation bias. Considering lack of nutrition and consumption of sugar can cause dental caries, one might want to investigate what the Cheney schools are feeding their children. A simple search brought me to this news report from February 2020 on the school lunch program in Cheney. <https://www.youtube.com/watch?v=mee6Qpl1m-Y> They serve fresh, real food, meat, vegetables, cheese and notably milk with \*no sugar added\*. Compare that to the deplorable food served in Spokane schools and the plastic bags of chocolate milk and I could come to a more plausible hypothesis as to why Spokane's children's teeth are worse off.

Our children do not lack fluoride, they lack nutrition.

Please put this issue to rest with your vehement opposition to forced medication in the form of fluoride in our water.

I request a response from you with a statement of your position.

Thank you,

Colleen Palmer

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**Friday, August 28, 2020 8:30 AM**

**From: Colleen Palmer**

**To:** <kstratton@spokanecity.org>; <mcathcart@spokanecity.org>; <bwilkerson@spokanecity.org>; <lkinnear@spokanecity.org>; <cmumm@spokanecity.org>; <kateburke@spokanecity.org>; <bbeggs@spokanecity.org>

**CC:** <citycouncil2@spokanecity.org>

Dear City Councilors,

Not one of you responded to my email regarding the neuro-toxicity of Fluoride. Are we no longer in a democratic republic? Do you only respond to large institutions and businesses and not the people you swore to represent?

(I have forwarded these emails to Mayor Nadine Woodward, in hopes that she will take a special interest in halting this effort to mass medicate the public via the water system.)

I have looked at your 2 page flyer regarding fluoride and I would like to refute every reason that you offer for fluoridation:

Quoting below from your document:

<https://static.spokanecity.org/documents/citycouncil/interest-items/2020/08/city-council-fluoride-faq.pdf>

### **"WHY DO THIS?"**

#### **"Protect public health –oral health is a fundamental aspect of health"**

Adding a medication to clean water does not "protect" health. The premise of your reasoning is false. Municipal water fluoridation does not protect oral health. Anyone who claims that to be true must present scientific evidence of that - which there is none. Furthermore, they must prove that it is safe, which they cannot.

When you look at "impoverished" communities in the African bush or the remote regions of the Andes who do not have the "benefit" of a store stocked with white flour and sugar what you see are people with perfect, healthy teeth. Interestingly, this is also true in all of the animal kingdom. Human beings are not fluoride deficient. Furthermore, fluoride is not benign, nor is it a beneficial substance en masse, and one does not have to look very far to learn this information.

I implore you to stop following "authoritative sources" and instead utilize the facility of your own reading skills and logical brains to learn the truth about the scientifically proven toxicity of fluoride.

Why is there a push to fluoridate now? Who benefits from a population with damaged cognitive abilities? Is it that dumping an industrial waste into a water system is profitable for someone? How is it that only 3% of Europe is fluoridated and yet there is no scientifically observable changes in dental health?

Is it appropriate that in our Democratic Republic which values Liberty, that the people would be forcibly "medicated" in their water source with a substance that is a scientifically known neuro-toxin?

There is something very sinister at work in this effort and I sincerely hope that you all develop the wherewithal to see that whoever has coerced you to push this effort through has an agenda, and it is not healthy teeth. The blind spot of good people is that they cannot see evil when it is right in front of their noses.

#### **"The science is clear that this is a tremendously beneficial public health intervention and has been safely used across the country for 75 years"**

No, the science isn't clear that this is beneficial to the health of the public. But of course that is not what the above statement says.

It may indeed be a tremendously beneficial public health intervention if one's goal is to create a public with lowered IQ scores, and calcified pineal glands. This would tremendously benefit institutions who wish to create a public with lowered critical thinking abilities. It could also be beneficial for those who wish to convince the public that it is appropriate for the city to establish a paternalistic relationship with them, forcing upon their bodies medical interventions deemed necessary by an un-elected public health

authority. In my view, this is not an action of a benign force for good. This is an action with its roots in tyranny and the suppression of the human capacity.

Those of us who are good people, working to serve the good can be blind to the potential that there are a small few in power who do not serve the good of others. I understand the desire to improve the health of the public, however, your good intentions are being misplaced in an effort that is not scientifically shown to be beneficial to public health.

Look at the science:

JAMA Pediatrics weighs in on 2019 Canadian study - [http://fluoridealert.org/articles/jama\\_christakis/](http://fluoridealert.org/articles/jama_christakis/)

**"Spokane is the largest city in Washington that does not fluoridate its water; the cities of Cheney, Pullman, Yakima, Tacoma, Seattle, Ellensburg, and Fairchild Air Force Base all fluoridate their water"**

Only 3% of Europe Fluoridate their water. The statement above is simply not a good argument for doing anything. Full stop.

**"Community water fluoridation is recommended at 0.7 mg/L by the Washington Department of Health and the federal Department of Health and Human Services"**

Every body is different, some humans are deathly allergic to fluoride. It is inappropriate to dose everyone with a medication without first consulting with their doctor and obtaining a prescription. In my view, having a sound mind is of much higher value than the scientifically debatable outcome of fewer cavities. Healthy diets devoid of sugar and processed food can also reduce cavities, and have countless additional benefits. Should we not place our efforts there?

Mass medication via the water systems should have never been allowed in our Democratic Republic. It is a mistake to do it now, especially considering the undeniable evidence of cognitive harm that comes from this medication.

You have the power to simply say NO to this effort. Furthermore, you have the power to publicly announce that science shows fluoride causes cognitive damage as the prestigious JAMA pediatric journal has done. It is the right thing to do. It is the honest thing to do. It is the brave thing to do.

We have the ability, each one of us, to create a cleaner, healthier world. This is done by eliminating toxins, not introducing them to the water supply. The natural state of the human body is health. The best public health measures will be those that help humans remain human: through eating whole foods, living in supportive communities, and without exposure to toxins. We are not born medication deficient.

You have a choice. Will you support the true health of the people, or the health of the pharmaceutical / chemical industries?

Change the focus; Change the paradigm. Human beings are naturally healthy if given half a chance. Health does not come in the form of a medication. The health authorities are barking up the wrong tree and forcing us to do the same. Their tree happens to only benefit a small portion of the population with financial profit. We continue to spend more money on "health" care, but the population is less healthy. A "grant" of 3 million dollars to poison a city does not seem like a "service to others" effort.

You all have an opportunity right now to look away from their model and begin to think differently. Again, Human beings are naturally healthy. True public health efforts would focus on removing toxins from the environment, supporting community, and increasing the availability of traditional foods.

At this moment in time the most important question we must ask each other and ourselves is "who do you serve?".

Fluoride is not good for people. It is bad.

Bad things happen only because good people do not have the courage to do what they know is right.

Be brave. Do what is right. Say no to Fluoridation.

Sincerely,

Colleen Palmer