

From: Leigh Skinner
To: <coshita@oehha.ca.gov>
Date: 3/28/2009 9:08 AM
Subject: Fluoride

I am allergic to the industrial type fluoride. I was raised in Cook County north of Chicago. When I was a toddler, our area was fluoridated, and from that time forward I suffered health problems until I moved out of the area at the age of 21. At that time I moved to California, settling first in Los Angeles and eventually to San Diego where I live now. This city wasn't fluoridated then.

In 2008 San Diego began fluoridating its water supply. The fluoride molecule is so tiny that nothing but a whole house reverse osmosis filtering system can remove this chemical from the water. Being a condo dweller, this solution won't work for me as I can't convince enough other residents in my building to purchase the expensive equipment to filter the water. The other additives, like chlorine for instance, that are added to the water system can be easily removed by a simple shower head filter or sink filter.

Fluoride cannot. So I buy bottled water to drink, but when I shower, I still absorb some fluoride through the pores of my skin and breathe the steamy vapors.

However, I am not writing this to convince you that fluoride is a bad substance. I believe mass medication is bad public policy because everyone's body doesn't process it the same way, as for instance dialysis patients, babies, and those allergic to commercial fluoride, also known as hydrofluoric acid, are hurt by it. I am also allergic to penicillin, and I'd be upset, too, if it were added to the water system.

Numerous university studies have been done on fluoride, including Harvard's landmark study that links fluoride to cancer. The union of EPA scientists came out earlier this century against fluoride because in the last decade much more has been learned about the damage it does. They are calling for it to be halted until a full scale study of fluoridation can be done because such a study hasn't ever been done. I suggest that these scientists know more about this subject than your average dentist.

I implore the state of California to reconsider it's mandate to fluoridate this state. Allow Californians to choose whether they want fluoride by drinking fluoridated bottled water or using fluoride rinses. Leave the rest of us alone to ingest only what we want to ingest.

Leigh Skinner
San Diego

--- Scanned by M+ Guardian Messaging Firewall ---