

## **Ottawa Needs To End Fluoridation**

**Every time you drink a glass of Ottawa tap water as well as every gulp of any beverage and every bite of food prepared with tap water that you swallow, you are being medicated with fluoride from Ottawa's tap water: no follow up for side effects. You expose your skin to it whenever you wash.**

**How many people have already had their health affected from this medical cover-up (cancers, Alzheimer's, diabetes, DNA harm, thyroid problems, dental fluorosis, kidney failure, heart attacks, lowered IQ, fertility problems, etc)? Look here: <http://slweb.org/> for proof of harm.**

**Councillors are actually the ones in charge of the decision to fluoridate or not and are the only ones who will be held personally accountable under the law for choosing a chemical with contaminants AND carry the LIABILITY for the decision to keep adding it: this came into effect on January 1, 2013. <http://ffo-olf.org/> - <http://cof-cof.ca> - <http://fluoridealert.org/>**

Please write to your Councillor. Ask to get the city to stop adding this toxic waste into our water. It's wasteful, irresponsible, gives you tooth medicine without your consent and it doesn't even work. Come to the next meeting. Join the group.

To help us with our public awareness campaign, please donate to the cause. Make your cheque, bank draft or money order to Fluoridation-Free Ottawa and mail it to us c/o Terry St. Jean, Treasurer, 339 Templeton St. Ottawa, K1N 6X5. Any amount will help or \$5, \$10, \$20, \$50, \$100 or more.

You may also make a deposit directly to our Fluoridation-Free Ottawa bank account at any branch of TD Canada Trust. Get the account number from Terry.

Receipts for business purposes issued on request. Tax receipts not available: we can not get charitable status for tax purposes.

Contact the President, FFO-OLF, Rich.Hudon@ffo-olf.org

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