

**From:** Lisa Wilson <lisa.m.wilson@live.com>  
**Sent:** Sunday, March 9, 2025 11:31 AM  
**To:** Melissa Braga <MBraga@tewksbury-ma.gov>  
**Subject:** Remove fluoride from the water supply

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I am writing this letter to request that fluoride not be added to the town water supply. There is a ton of evidence that it is toxic to ingest and even to bath in. Much of the research can be found here: <https://fluoridealert.org/take-action/activist-toolkit/> .

The Cochrane Review concluded there wasn't enough evidence to determine that fluoridation helped change disparities in oral health across socio-economic status levels, or that stopping fluoridation would cause an increase in caries. They also concluded the majority of studies that have shown fluoridation to be effective were at least 44 years old and had shown a high level of bias.

<https://www.theguardian.com/society/2015/dec/25/fluoride-water-supply-benefit-unproved-tooth-decay>

The CDC (NHANES) reported a huge leap in dental fluorosis rates (damaged tooth enamel from fluoride over-exposure) which now effects the majority of U.S. teens.

<https://journals.sagepub.com/doi/abs/10.1177/2380084419830957>

In a meta-analysis, researchers from Harvard School of Public Health stated that fluoride may adversely affect cognitive development that should not be ignored. The lead author of the report stated, "Fluoride seems to fit in with lead, mercury, and other poisons that cause chemical brain drain"

<https://www.hsph.harvard.edu/news/features/fluoride-childrens-health-grandjean-choi/>

Large scale, government funded, peer-reviewed studies from York University demonstrated that pregnant women living in fluoridated communities across Canada had double the fluoride level in their urine than in non-fluoridated communities.

There are now five human studies linking these same levels of fluoride in urine to lower IQ and ADHD symptoms in offspring...one such study was published in JAMA Pediatrics.

<https://jamanetwork.com/journals/jamapediatrics/article-abstract/2748626>

Health Canada and the National Academies of Sciences are currently reviewing the association of Fluoride Exposure and Neurodevelopmental and Cognitive Health Effects while several other organizations like the Kidney Foundation and Alzheimer's Association have completely stopped endorsing artificial fluoridation. Based on all of this information, we need to remove fluoride from the water supply to protect the health of those who live in this town.

Thank you,  
Lisa Wilson