

Alexandra Lowder

Subject: RE: testimony against fluoridating water

From: Eileen Wood <eileen.wood@firelinkllc.com>

Sent: Thursday, March 20, 2025 4:31 PM

To: Melissa Braga <MBraga@tewksbury-ma.gov>

Subject: testimony against fluoridating water

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To: Melissa Tavares Braga, Chris Janeczak, Susan Amato, and George Ferdinand

I am writing **in favor of removing fluoride** from the Tewksbury Water supply for many reasons that others have also cited, such as it being forced medicalization with each person ingesting wildly different amounts depending on how much they drink. Taking drugs or vitamins or other supplements and the amounts they take of each substance should be an individual's choice.

In addition, there is another concern which I don't think has been voiced yet. For the past 30 years, I have worked in the area of reproductive health. A growing number of my clients have been struggling with infertility and there is research* implicating fluoride in drinking water with sperm damage as well as other reproductive health issues. Some of the male fertility concerns connected with fluoride are:

- ~ decreased testosterone levels
- ~ decreased sperm quantity
- ~ reduced sperm motility
- ~ altered sperm morphology

Fluoride also impairs thyroid function which greatly affects female fertility, among other health issues.

Fluoride is a toxin and should never be ingested. However, if an individual wants to take it, that can be their choice. It is widely available at the stores and by prescription. The rest of us should not be forced into taking it when we simply want to have a drink of water, especially where it can also affect our ability for healthy reproduction. We are now also affecting the next generation.

*Sources for more information: <http://articles.mercola.com/sites/articles/archive/2013/10/29/fluoride-reproductive-health-dangers.aspx> and <https://pubmed.ncbi.nlm.nih.gov/35226278/> and <https://pubmed.ncbi.nlm.nih.gov/26840522/>

Thank you for giving me this opportunity to submit this testimony.

Eileen R. Wood

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