

What You Never Expected to Hear About Water Fluoridation

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Imagine a drug being prescribed to the entire U.S. population with no consent and no way to track dosage or individual reactions, and without concern for some people's increased vulnerability to the drug. It sounds crazy, but that is exactly what is happening in the United States with water fluoridation.

Fluoride has been added to the U.S. water supply for over 50 years in order to prevent dental decay. Not only is the practice unsafe, which I will address later, it is also ineffective. Data compiled by the World Health Organization shows no difference in tooth decay in countries that use fluoridated water compared with countries that don't use fluoridated water.

Further, several additional studies have found that tooth decay rates do not increase when water fluoridation is stopped, and in some cases the rates even go down. The largest U.S. survey, conducted from 1986 to 1987, found that fluoridated water made no difference in tooth decay when measured in terms of DMFT (Decayed, Missing and Filled Teeth), and made a statistically insignificant difference (on about 0.5 percent of 128 tooth surfaces) when measured as DMFS (Decayed, Missing and Filled Teeth Surfaces).

When water fluoridation first began it was believed that fluoride had to be ingested for it to be effective. However, this has since changed and the dental community now almost unanimously believes that fluoride's benefits result from topical application, not when it is swallowed.

Despite fluorides apparent ineffectiveness, it is still used in the United States, but not without consequence. The fluoride that we ingest from the water supply and from a number of other sources such as toothpaste, mouthwashes, processed food, some vitamin tablets, and beverages like fruit juice, soda and tea is associated with a number of negative health effects. Consider that:

- Fluoride accumulates in the bones, making them brittle and more easily fractured, and in the pineal gland, which may inhibit the production of the hormone melatonin, which helps regulate the onset of puberty
- Fluoride damages tooth enamel (known as dental fluorosis) and may lower fertility rates

- Fluoride has been found to [increase the uptake of aluminum into the brain](#) and lead into blood
- Fluoride inhibits antibodies from forming in the blood
- Fluoride confuses the immune system, causing it to attack the body's tissues. This can increase the growth rate of tumors in people prone to cancer

Noting these and other health risks and the obvious ethical issue of medicating an entire population without their consent, many European countries have banned water fluoridation.

The U.S. National Research Council is now compiling a review of fluoride data, as about 10 years ago the group found significant gaps in the available data on fluoride safety and efficacy. However, it will likely be some time before water fluoridation is stopped in the United States.

For now you can protect yourself from fluoride by using only non-fluoride toothpaste and not receiving fluoride treatments from your dentist. Eating a [healthy diet](#) and avoiding processed foods will ensure that your teeth stay healthy naturally.

Of course it's also important to avoid drinking fluoridated water. Testing for tap water contaminants that can harm you and your family is one of the most crucial health steps you should take now, but knowing how and where to find a truly reliable source for that is not always easy. Therefore, I decided it was important for my team and me to do our due diligence on this issue and provide you with a solution you can trust--and afford.