

Is Fluoride Hurting Us?

5 years ago I voted to have un-natural fluoride removed from our water. I did not take making that decision lightly. Being here again is to reinforce my position.

Is fluoride hurting a portion of the population it is supposed to be helping young and elderly? Is fluoride hurting us?

I voted for the removal of fluoride from our water system because I have a hypothyroid.

There are now several studies presented in the “Environmental Health News” (<https://www.ehn.org/we-add-it-to-drinking-water-for-our-teeth-but-is-fluoride-hurting-us-2611193177.html?rebelltitem=1#rebelltitem1>) released in October of 2018 speaking to fluoride exposure mainly point of source drinking water to thyroid problems & ADHD. One of the studies was done in Canada and a second in Mexico where the practice of adding fluoride to drinking water is practiced.

These studies have direct links to thyroid function.....in particular under-active thyroid function or hypothyroidism which effect our endocrine.....it contributes to such things as fatigue, disrupted heart rates, depression, diabetes and metabolism function.

For those of us with the thyroid problem hypothyroidism, fluoride is harmful in varying amounts. It is present in our soil and water naturally and is present in such foods deemed supper food....broccoli, kale, spinach, cabbage, green tea.....we can control our intake by either elimination or restriction of. Fluoridated water that comes from the tap is not controllable. The recent release of the new Canadian Food Guide speaks to water being the best choice to serve with meals made up of more vegetables replacing juices and sugary drinks. Begs the question you add fluoride back into the water what do those of us who already have hypothyroidism drink and will we see an increase growth of those with this condition?

When I was pregnant my drink of choice was water because I had to cut down on my first choice of tea. Why do I say thisThe Mexico study is drawing links between the mothers transmission of fluoride through the placenta. My daughter has hypothyroidism.....her first born has ADHD, as well as seizures. Through my pregnancies I was prone to gestational diabetes. As I age, I am again having to face this issue..... So far, through diet which means increasing water. Not doing so will cause dehydration and more health issues.

In the Environmental Health News....October 18, 2018 report which links to several reports and studies.....the question remains to be answered by both Scientists, Doctors and Dentists... “is the fluoridation of our water supply the best way to deliver oral health benefits.....” “....it is no ‘one size’ fits all answer to this.”

There are still questions with regard to the type of fluoride we've used in our water and the increase in cancer.

From an oral health point of view.....I still hear my mother every time I visit the dentist...."I gave you straight teeth just holy".... My own children have had varying degrees of dental issues growing up and the benefit of fluoridated water.

Today there are so many more options for delivering fluoride to people of all socioeconomic classes rather than putting it in our watersystem.....of note is the fact that young children should not be ingesting fluoride and there are toothpastes just for them without.

I have long been an advocate of drinking tap water and not bottled and applauded the town of Tecumseh when they introduced water bottled filling station at town hall and in our recreation facilities. However.....

The question remains.....is fluoride hurting us? Until this question is answered, I would strongly suggest the town of Tecumseh not support the re-introduction of fluoride into the very water we pride ourselves as being better than bottled water.