

Water Fluoridation and Hypothyroidism: Research Exposes How Water is Making us Depressed, Sick

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This article from our archives, first published by Natural News and Global Research in February 2015 addresses the ongoing debate on the dangers of water fluoridation.

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Adding to the evidence that backs many U.S. communities' decisions to [end water fluoridation](#), a recent study has found that fluoride within our water supply may be fueling thyroid issues experienced by millions of Americans, leading to depression and more.

After analyzing 98% of GP practices in England, the study found specifically that rates of hypothyroidism (an underactive thyroid) were 30% more likely in areas that fluoridated their water. In the study, it equated to approximately 15,000 needlessly suffering from the ailment.

As mentioned, hypothyroidism is an issue that affects millions - often without anyone knowing it. It's an issue that can lead to depression, weight gain, fatigue, aching muscles, weakness, and much more. While there are a number of causes of hypothyroidism, as well as numerous [hypothyroidism natural treatments](#), this recent study suggests that limiting fluoride ingestion is one many should consider.

The study abstract's [findings concluded](#):

"Findings We found that higher levels of fluoride in drinking water provide a useful contribution for predicting prevalence of hypothyroidism. We found that practices located in the West Midlands (a wholly fluoridated area) are nearly twice as likely to report high hypothyroidism prevalence in comparison to Greater Manchester (non-fluoridated area)"

Professor Stephen Peckham, of the University's Centre for Health Service Studies (CHSS), [said that](#) research was 'observational,' and thus no definitive conclusions should be drawn about cause and effect. He also notes how other sources of fluoride were not taken into account, such as toothpaste, food, or other drinks.

In the end, professor Peckham does say that a switch to other approaches to protecting tooth health should be considered.

You can Prevent Fluoridate Ingestion, and Prevent Any Potential Damage

In the guise of protecting and strengthening our teeth, the U.S. government has been

adding fluoride to public water supplies for decades. But due to health toxicity and health concerns, many communities have voted to end fluoridation locally. However, if your city hasn't made the shift yet, don't worry; you can still avoid ingesting this substance.

While helping to end water fluoridation is the most official way to end fluoride consumption, there are numerous measures you can take to not only avoid fluoride, but reverse the damage it might have done.

Start by investing in a high quality water filtration system that removes fluoride. The filter will note if it filters our fluoride or not, but if you don't want to look, you can't go wrong with a reverse osmosis system. Just be sure to add in some apple cider vinegar or Himalayan sea salt to re-mineralize the water.

Additionally, you can utilize selenium, tamarind, and especially iodine to combat fluoride exposure, A compound in the spice turmeric has even been [found to](#) attenuate neurotoxicity induced by fluoride, meaning that the spice turmeric can [prevent and even reverse damage](#) from exposure to toxic fluoride.

Tell us what you think about water fluoridation - have you fought for your right to drink clean water?

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