There is clear evidence that small amounts of fluoride, at or near levels added to US water supplies, present potential risks to the thyroid gland, according to the National Research Council’s (NRC) first-ever published review of the fluoride/thyroid literature.¹ Fluoride, in the form of silicofluorides, injected into two-thirds of US public water supplies, ostensibly to reduce tooth decay, was never safety-tested.²

“Many Americans are exposed to fluoride in the ranges associated with thyroid effects, especially for people with iodine deficiency,” says Kathleen Thiessen, PhD, co-author of the government-sponsored NRC report. “The recent decline in iodine intake in the US could contribute to increased toxicity of fluoride for some individuals...A low level of thyroid hormone can increase the risk of cardiac disease, high cholesterol, depression, and, in pregnant woman, decreased intelligence of offspring,” says Thiessen.³

Common thyroid symptoms include fatigue, weight gain, constipation, fuzzy thinking, low blood pressure, fluid retention, depression, body pain, slow reflexes, and more. It’s estimated that 59 million Americans have thyroid conditions.⁴ Robert Carton, PhD, an environmental scientist who worked for over 30 years for the US government, including managing risk assessments on high priority toxic chemicals, says “fluoride has detrimental effects on the thyroid gland of healthy males at 3.5 mg a day. With iodine deficiency, the effect level drops to 0.7 milligrams/day for an average male.”⁵ (The amount of fluoride in most water supplies is 1.0 mg/L.)

Among many others, the NRC Report cites human studies that show the following:

- fluoride concentrations in thyroids exceeding that found in other soft tissues except kidney;
- an association between endemic goiter and fluoride exposure or enamel fluorosis in human populations; and
- an adverse effect by fluoride on thyroid and parathyroid hormones, which affect bone health.

“If you have a thyroid problem, avoiding fluoride may be a good preventive health measure for you,” write Drs. Richard and Karilee Shames in Thyroid Power.⁶

Over 900 physicians, dentists, scientists, academics, and environmentalists urge Congress to stop water fluoridation until Congressional hearings are conducted. They cite new scientific evidence that fluoridation is ineffective and has serious health risks. (See http://www.fluorideaction.org/statement.august.2007.html.) Please sign the petition and Congressional letter (available at: http://www.fluorideaction.net/) to support these professionals. “Fluoride can harm bones, teeth, kidneys, the brain, and more,” says lawyer Paul Beeber, President, New York State Coalition Opposed to Fluoridation.

For more information, contact Paul Beeber, 516-433-8882; nyscof@aol.com or visit http://www.orgsites.com/ny/nyscof.

SOURCE: NYS Coalition Opposed to Fluoridation

¹ Fluoride in Drinking Water: A Scientific Review of EPA’s Standards, Committee on Fluoride in Drinking Water, Board on Environmental Studies and Toxicology, Division on Earth and Life Studies, National Research Council of the National Academies of Science. March 2006

² Thyroid Function: Fluoride exposure in humans is associated with elevated TSH concentrations, increased goiter prevalence, and altered T4 and T3 concentrations” (p. 262).

³ [The thyroid effects are associated with average fluoride intakes that] will be reached by persons with average exposures at fluoride concentrations of 1-4 mg/L in drinking water, especially the children” (p. 260).

⁴ Mary Shomon, About.com Thyroid editor. “Fat Fuzzy or Frazzled.” Available at: http://www.thyroid.about.com.


Other Resources
Fluoride/Thyroid Health Effects http://www.fluoridealert.org/health/thyroid
Sources of Fluoride http://www.fluoridealert.org/f-sources.htm
Sulfuryl Fluoride Pesticide Residues Allowed on Foods http://www.fluoridealert.org/pesticides/sulfuryl_ff. all. food.html
New York State Coalition Opposed to Fluoridation, Inc. P.O. Box 263 Old Bethpage, New York 11804 http://www.orgsites.com/ny/nyscof
Fluoridation News Releases http://tinyurl.com/6kqtu
Tooth Decay Crises in Fluoridated Areas http://www.fluoridenews.blogspot.com/
Fluoride Action Network http://www.fluoridealert.org/

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