

Water Fluoridation in your Drinking Water

The pros of fluoridation in your water supply

Communities across the globe have reduced tooth decay and improved oral health among residents through water fluoridation, as reported by the Centre for Disease Control. In the U.S., this can be spotted today, especially in an age when many also have access to fluoride toothpaste. Beyond the documented health benefits, fluoridating drinking water:

- Is the most effective and widely used method of promoting dental health.
- Acts as an antibacterial, slowing down the growth of bacteria in the mouth.
- Continues to help prevent tooth decay in American children, 42% of children aged 2 to 11, and 91% of adults are still affected by dental caries (tooth decay and cavities), according to Today.
- Saves communities money they would otherwise be spending on dental care.
- Is not a medication; it's a natural ingredient found in groundwater, the oceans, and other natural resources.

The cons of fluoridation in your water supply

Despite the noted health benefits of fluoride, there have been questions and doubts raised as to its efficacy when put in drinking water. Some experts have even claimed that excessive fluoridated water can result in a host of negative outcomes, including:

- The onset of dental fluorosis or enamel fluorosis, a staining or breakdown of the teeth from excessive fluoride exposure. Although fluorosis is a cosmetic condition and does not cause any serious physical problems, the National Institutes of Mental Health has suggested that fluoride-damaged teeth can lead to psychological and behavioral problems.
- Some dentists and experts stress that fluoride must be applied topically to be effective for oral health.
- Water fluoridation of all levels has been linked to bone fractures and other health issues. Medical News Today reports low thyroid functions, fatigue, weight gain, and irregular bowel function could be exacerbated by consuming too much fluoride.
- There is no controlled usage, meaning people who drink lots of water, therefore, are exposed to lots of fluorides.
- Many suggest adding fluoride to our water supply is an unethical practice of mass medication for Americans who cannot choose or give consent. Currently, there exists no medication or supplement that is physically tolerated universally by populations, and fluoride is no different.