

# *The water, fluoride and thyroid connection*

## Fluoride and thyroid connection

<http://articles.mercola.com/sites/articles/archive/2011/08/13/fluoride-and-thyroid-dysfunction.aspx>

## Effect of fluoride on our health:

<http://articles.mercola.com/sites/articles/archive/2010/07/01/paul-connett-interview.aspx>

## Key take-away:

Avoid fluoride (in water and toothpaste) and chlorine as they block iodine receptors in the thyroid gland.

### **Fluoride**

Fluoride is part of a group of chemicals called halogens; other halogens include chlorine, iodine and bromine.

Fluoride is proven to create problems for the thyroid gland. It is very similar to iodine (which is essential in producing the T4 hormones), it is therefore able to displace iodine in the thyroid gland. The result is: less T3 and T4 production.

The United States is one of 7 countries in the world that still uses fluoride in the water. It's a highly controversial and intensely disputed topic. Removing fluoride from our lives will not compromise your dental health.

Sources of fluoride:

- Tap water. Get proper water filter (see below)
- Toothpaste. Pick fluoride-free tooth paste.
- Fluoride pesticides; are most common. Buy organic.
- Soft drinks and soda. Get kombucha.
- Some medications; like antidepressants including Prozac, Zoloft and Aropax.

### **Chlorine and bromine**

These two halogens also have disruptive effect on the thyroid gland and should be eliminated as much as possible.

Sources of chlorine:

- Tap water
- Disinfectants
- Bleach

## PCBs

Polychlorinated biphenyls (PCBs) are found in plastics such as water bottles, plastic containers and fish from polluted water. PCBs have become highly controversial lately as they are connected to cancers and seen as the cause for many immune disorders, elevated estrogen levels (which inhibit T4 production and conversion) and reproductive functions.

## Mercury

Mercury is a highly toxic substance that can enter the body via vapor inhalation, injection, ingestion and absorption through the skin.

There are three common ways to get mercury exposure:

- Occupational exposure; people who work with batteries, thermometer or barometers
- Fish consumption, especially large fish
- Mercury amalgam fillings

## Water filtration options:

- 1). Whole house system
- 2). Point of use (e.g. kitchen)
- 3). Shower head

## Water filter recommendations:

1. Clean Air Pure Water

[http://www.cleanairpurewater.com/water\\_equipment.html](http://www.cleanairpurewater.com/water_equipment.html) (Magdalena is using the Kitchen Defender)

- Whole house, shower and kitchen solutions
- Good pricing e.g. Kitchen Defender costs \$280
- Reduces fluoride, does not remove it completely
- Reverse Osmosis systems (for water coming from highly polluted river water)

2. CustomPure (Seattle-based company)

<http://www.custompure.com/MB-Series-W13C4.aspx> (\$580)

<http://www.custompure.com/Counter-Top-MB612-P2.aspx> (\$380)