



## Should Fluoride Be Considered Safe?

by G. Bossik on October 19th, 2012 at 1:00 pm



Not everyone in Portland, Oregon, supports the idea of water fluoridation. That includes Clean Water Portland, an environmental political action committee.

The organization submitted over 43,000 signatures for a public referendum on whether fluoridation is right for Portland, according to an [article](#) from the newspaper, StatesmanJournal.com.

Clean Water Portland's [Web site](#) details the organization's objection to water fluoridation by the City of Portland.

"A broad spectrum of scientific studies in top scientific journals and from credible researchers show serious reasons to be concerned about fluoride's role in everything from decreased IQ in children to increased risks of bone fracture in the elderly," the organization states on its site.

One of those fluoride [studies](#) is entitled, *Developmental Fluoride Neurotoxicity: A Systematic Review and Meta-Analysis*.

Scientist Anna L. Choi and three colleagues performed the analysis by compiling data from twenty-seven published studies. The compiled results show that fluoride can harm the development of the nervous system in children.

"Thus, children in high fluoride areas had significantly lower IQ scores than those who lived in low fluoride areas," Choi and colleagues conclude in the analysis.

But what can you do to avoid or minimize your exposure to fluoride? You can use fluoride-free toothpaste and a defluoridation water filter.

Tom's of Maine, a manufacturer of natural products, makes fluoride-free toothpaste for [children and adults](#).

To remove fluoride from your drinking water, check out the filters that are available from [FilterWater.com](#) and [Pure Water Freedom](#).

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