

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fluoride in Drinking Water

By Alfred Jones

Fluoride in Drinking Water by Alfred Jones

Are there any benefits to be obtained from drinking water that has Fluoride added? Well, the jury seems to be out, and they have been out for a very long time, without producing a satisfactory answer as to whether it is beneficial or harmful.

Scientists have discovered that there is a Toxic interaction between Fluoride and Aluminium, which can lead to Alzheimer's Disease.

Others say that Fluoridation is a corrosive poison that will produce serious effects over the long term.

A large number of local authorities, worldwide have included Fluoride in the Cocktail that is called drinking water, for many years, whilst others have steered clear of inflicting this on the public, without their consent. Some authorities feel, that if parents want their children to have Fluoride, they can obtain tablets themselves, some authorities even provide them free, if they are required, as cost is not usually a problem, Fluoride is not an expensive chemical.

It is very difficult not to use Fluoride, as most brands of toothpaste contain this chemical, though if you read the labeling on products, you will find that there are a few around, that are free of Fluoride, perhaps this is what you should be looking out for if you put any value on your health, of course the choice is yours.

Fluoride is supposed to help prevent teeth problems in growing children, it appears from a number of reports that it makes very little difference to the state of childrens teeth, large numbers of Dentists are very much in favour of fluoride in the water.

Fluoride is, Hexafluorosilicic acid, a toxic industrial waste by-product, derived from Super-Phosphate, a fertiliser and Aluminium manufacturing.

It is a fact that Sodium silicofluoride (Fluoride) has never been registered anywhere in the world as "safe" for human beings.

It has been accepted scientifically and by some health and medical authorities that "Fluoridated drinking water, must not be used in the preparation of "Baby formula nutrition" because of the

Fluoride in Drinking Water

dangerously high potential, of children receiving a poisonous overdose.

International scientific studies have shown that there is very little difference, if any, between the incidence of decayed, missing or filled teeth in children, or adults living in Fluoridated, or non-Fluoridated areas.

Medical professionals and scientists are warning that water fluoridation has dangerous long term health consequences, yet we are still allowing authorities to force it upon our children.

Perhaps you should check out our Web Sites listed below, you will certainly learn a few things that will improve your health.

Need Content?

You may use this article at your Web Site or Newsletter, The only requirement is inclusion of the following sentence, "Article by Alfred Jones of

<http://www.sugarsr4u.com> and <http://www.rusweetenuf.com>

Learn about Glyconutrients, The Essential Sugars for Life".

Public Relations and Information Officer for:<http://www.sugarsr4u.com> and <http://www.rusweetenuf.com>

Should You Filter Your Drinking Water?

By John Gibb

The benefits of drinking water on a regular basis should be something that no one has to tell you. By now you should know that water is your body's best method of ridding itself of toxins that exist in foods you eat and your environment. When your body operates without sufficient water the amount of toxins can build up and result in infection or disease.

A message that is coupled with that of the benefits of drinking water is the quality of water. With the proliferation of bottled water, the message is that water from local water treatment plants is not safe. The contention is that these water supplies may contain elements that can affect health. The truth of this statement depends on where you live. Most people live in an area where the water is treated according to standards. If you live in a rural area or an undeveloped area, concerns of water quality are legitimate. To be absolutely sure, there are simple tests available that can tell you what contaminants, if any, exist in your water.

If tests reveal that your water is safe for drinking, there is no need for you to filter the water. Many people, however, will forego testing their water and buy a water filter because of the general thought that filtering drinking water results in water that is better tasting and healthier. Filtering your drinking water can help to make it more pleasant to consume, but it can make it less healthy for you. The concern that some experts have regarding bottled water is that it does not contain the minerals that are beneficial to good health. One of the most important elements in water that is beneficial to humans is fluoride. Since the best source of fluoride is drinking water, people who drink bottled water are at the

Fluoride in Drinking Water

greatest risk developing fluoride deficiency.

While all people need vitamins and minerals, children suffer the greatest risk of deficiency because these elements are crucial to their growth. Children who drink filtered water and subsequently develop a fluoride deficiency may experience tooth decay and bones that don't develop properly. In adults, fluoride deficiency can cause osteoporosis.

If you want to continue drinking bottled water, you may want to discuss fluoride supplements with your doctor. Supplements may not be acceptable for children so an option for them may be bottled water that is fluoridated.

To check out the supplement we take daily and highly recommend, be sure to check out

Nutrition supplements

John Gibb manages

The site dedicated to optimising health.



This Free E-Book has been brought to you by Natural-Aging.com.



100% Effective Natural Hormone Treatment

**Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**