

This is just one of the bigger concerns I have with the mass medication of the water supply.

Fluoride is a thyroid poison and because so many are so heavily exposed, the need for iodine supplementation is vastly increased. There are actually four halogens: iodine, bromine, fluorine, and chlorine. All these halogens use the same receptors in the body. Therefore if a person's diet is deficient in iodine the iodine receptors in the thyroid and stomach, for example, may fill up with bromine, which is common in grains, bleached flour, sodas, nuts, and oils as well as several plant foods. Iodine is depleted by bromine, which is used as a spray on fruits and vegetables, in baked goods, as a fumigant, and in Prozac, Paxil, and many other pharmaceutical drugs. Chlorine, fluorine, and fluoride are chemically related to iodine, and compete with it, blocking iodine receptors in the thyroid gland.