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## **ALUMINUM**

### **Alzheimer's and Parkinson's Disease.**

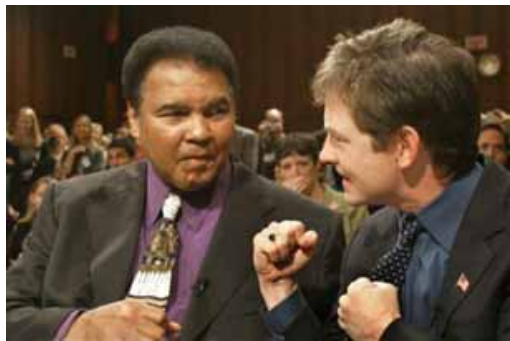
### **Detoxification is essential.**

How safe is your family and the products you use every day?

Do you have any family members with Alzheimer's or Parkinson's disease?

2016: 5.4 million Americans are living with Alzheimer's disease - now the 6th leading cause of death.

Heavy metals in the brain (60% fat) contribute to and possibly actually cause Alzheimer's. Two heavy metals that are very closely associated with Alzheimer's patients are Aluminum and Mercury, which can be found throughout many homes but are completely overlooked. Toxic levels of aluminum have also been associated with Parkinson's disease, various dementia's and bone diseases.



**Two beloved icons, Muhammad Ali and Michael J Fox both battle Parkinson's disease - Ali passed on in 2016.**

Sixty percent of patients admitted to nursing homes have Alzheimer's, and the number of Alzheimer's victims is projected to increase as much as eight-fold by the middle of the next century.

### **Sources of Aluminum.**

### **Remove these from your life!**

The Matrix - the world we live in - has become deadly. At every turn, there is danger. There is poison everywhere - in the air (chemtrails), the soil (pesticides), your food, your water, your cookware, and even your toothpaste and shampoo.

#### **Cookware:**

Many scientific resources as well as a leading Indian scientific authority warns that the use of aluminum cookware may contribute significantly to the development of Alzheimer's disease and other nervous disorders.

Aluminum cookware is now acknowledged as a very bad choice for cooking food in. Throw out your aluminum cookware asap. Anodized metal is also coated aluminum. **Glass cookware is best**, but if you use metal cookware, choose either **stainless steel or cast iron**. Most teflon coated pans are aluminum based but there are now stainless steel pans with non-stick surfaces. However, there are controversies about the health affects of non-stick materials and so, to be on the safe side, these should also be avoided.

#### **TIP:**

When purchasing cookware, take a magnet with you to the store to help identify steel cookware.

**Metal Cleaners** such as Ezy bright contain aluminum oxide 10-30%

#### **Medications:**

Aluminum is present in many popular over the counter and prescription medicines such as antacids, pain-killers and anti-diarrhea medicines.

Antacids can contain 200 milligrams or more of elemental aluminum in a single tablet - ten times more than the allegedly acceptable 20 milligrams per day. A very popular antacid, Amphojel, consists of aluminum hydroxide.

#### **Vaccinations:**

Aluminum is included in vaccines for both adults and children. Infants and babies do not have developed kidneys such as the level as an adult, therefore this neurotoxin cannot be said to have zero effect. Dr. Stephanie Seneff (amongst many others), states that "results provide strong evidence supporting a link between autism and the aluminum in vaccines."

*Read: [articles.mercola.com/sites/articles/archive/2015/03/31/aluminum-vaccines.aspx](http://articles.mercola.com/sites/articles/archive/2015/03/31/aluminum-vaccines.aspx)*

**Food:**

Aluminum is added as an emulsifying agent in many processed cheeses, especially those which are single sliced. It is found in cake mixes, self-rising flour, prepared doughs, waffles, nondairy creamers, pickles and in some brands of baking powder.

**Additives:** The following additives contain aluminum compounds - E173, E520, E521, E523 E541, E545, E554, E555 E556, E559, bauxite (Aluminum dioxide)

Baking powder: Some brands contain aluminum.

Cake mixes can contain various forms of aluminum.

Cheese: Especially single sliced processed cheese which can contain aluminum as an emulsifier.

Chocolate Mixes: Highly absorbable aluminum maltol is used in instant chocolate mixes.

Coffee Whiteners: Like Coffee-mate - Sodium Aluminosilicate.

Doughs: Some ready made doughs can contain it.

Flour: Self rising flour may contain aluminum.

Pickles can contain aluminum.



**Hollywood legend Charles Bronson died of Alzheimer's disease August 30th 2003.**

**Body Care Products:**

Aluminum lauryl sulfate is a common ingredient in many shampoos, while several anti dandruff shampoos, including Selsun-Blue, contain magnesium aluminum silicate. Aluminum is an active ingredient in most antiperspirants (aluminum chlorhydrate).

Shampoos: Aluminum lauryl sulfate.

Anti dandruff shampoos, including Selsun-Blue, contain magnesium aluminum silicate.

Toothpastes: Can contain bauxite (Aluminum dioxide) or aluminum salts and it may not be listed in the ingredients.

Tooth whitening products also may contain aluminum.

Antiperspirants: can contain aluminum chlorhydrate.

Colgate-Palmolive products do contain aluminum zirconium.

**Drinking Water:**

Drinking water in many countries contains high levels of aluminum. **Fluoride** added to drinking water becomes a deadly cocktail.

Fluoride has been observed to have synergistic effects on the toxicity of aluminum. Fluoride appears to allow aluminum to penetrate the blood-brain barrier.

**Protection:**

Aluminum is more likely to accumulate in the brains of people who are magnesium deficient. This includes a large percentage of Americans. Aluminum inactivates an enzyme that protects nerve cells. Malic acid can pull aluminum away from this enzyme, making a place for magnesium. Take Magnesium Malate or Magnesium with Malic Acid found abundantly in fruits such as apples. This may possibly create protection against Alzheimer's Disease.

**Foods that remove heavy metals naturally:**

Onions, Blue Green Algae, Garlic, Cilantro, Burdock, Bentonite (high grade), Carrot Juice and Green Tea.

Because it helps the body to rebuild nerve tissues, chlorella has become an excellent treatment option for those suffering from degenerative brain and nerve disorders.

**Carrot Juice:**

According to the American Journal of Clinical Nutrition, October 1985, **fresh carrot juice can pull heavy metals from fatty tissue** and discharge them from the system.

**Alzheimer's, Parkinson's and COCONUT OIL:**

Coconut oil has proven to have an incredible effect on Alzheimer's Disease.

1) Research and begin with [Dr. Mary Newport.pdf](#)