



Eliminating Aluminum Toxicity

“Alzheimer’s & other neurodegenerative conditions are linked to aluminum which enters the brain and accumulates in a semi-permanent manner.”

Over the years most of us have heard that Alzheimer's as well as other neurodegenerative conditions were linked to aluminum which is a very common element in the earth's crust. Later, we heard that mercury was another leading factor in neurodegeneration. Toxic metals are generally heavier and have a strong electrical charge hence they lodge in the receptor sites of cell membranes or intracellular organelle membranes. Because they are locked intracellularly, normal urine, blood or hair testing does not reveal their presence unless the exposure is ongoing. As a result, a chelating agent must be used for a few days to mobilize the metals and then assess them as they leave the body.

Recent studies using mass spectrometry have demonstrated that small



but considerable amounts of aluminum cross the blood brain barrier, enter into the brain, and accumulate in a semi-permanent manner. Therefore, aluminum can cause severe health problems in particular populations, including infants and elderly people.

Aluminum is not only in our environment but we are using it as a food additive. Aluminum is being used as a firming agent, anti-caking agent, a buffer,

neutralizing agent, emulsifying agent, leavening agent or texturizer. These additives are used in milk, processed cheese, yogurt, food tins, jams and jellies, baking sodas, sugars, cereals, flours, grains, and powdered or crystalline dessert products. Researchers tell us that we ingest 10 mg per day of this neurotoxin, yet people who take antacids are getting aluminum in the GRAM amounts if aluminum-containing pharmaceuticals products, such

This is a transcript from a “video magazine” we send out each week called the Wellness Minute, if you’re not getting our Wellness Minute videos each week, sign up at the front desk

as buffered analgesics and antacids are used.

Aluminum hydroxide is the most common aluminum salt used in antacids. In analgesics, aluminum is included to improve the dissolution of the active substance which is poorly soluble in the acidic environment of the stomach.

Aluminum may also be present in drinking-water owing to the use of aluminum salts as flocculants in the treatment of surface waters. And let's not forget the aluminum from cookware. The aluminum leaching from utensils and packaging was studied and evaluated to add between 2 and 4 mg of aluminum a day.

"Aluminum absorption through the GI tract is low but about 2% of aluminum entering the blood is retained within the body and accumulates with age. However, researchers tell us as much as 38% of ingested aluminum accumulates at the intestinal mucosa. Aluminum ingestion affects the regulation of the permeability, the microflora and the immune function of the intestine."

Let's add another layer of concern. Here is a quote from researchers questioning the safety of aluminum in vaccines. "The notion that aluminum in vaccines is safe appears to be widely accepted. Experimental research, however, clearly shows

that aluminum adjuvants have a potential to induce serious immunological disorders in humans. In particular, aluminum in adjuvant form carries a risk for autoimmunity, long-term brain inflammation and associated neurological complications and may thus have profound and widespread adverse health consequences."



So if aluminum is an established neurotoxin and it accumulates at the intestinal mucosa and affects gut permeability, AND a small, but a considerable amount of aluminum crosses the blood brain barrier, enters into the brain, and accumu-

lates in a semi-permanent manner, and since children and the elderly have the greatest risk, and children and the elderly are the ones targeted for increased immunizations, maybe we have a problem?

Maybe the three A's, aluminum, Alzheimer's and autism, have their connection through the gut? I think it's worth considering.

The good news is that your wellness clinician offers tests for aluminum as well as safe, natural therapies to chelate or eliminate aluminum.

If you are concerned or have a family history of neurodegeneration, have a conversation with your wellness professional about aluminum.