



# Wellness Minute

Health Information You Can Use On Your Path To Wellness

CONSIDER A TOXIC METAL DETOX

## Aluminum

### IN THE BRAIN

LEADS TO...

- ALZHEIMER'S
- AUTISM



## Aluminum In The Brain

**“Dr. Exley emphatically believes that with no aluminum in the brain, there would be no Alzheimer's disease in the normal lifetime of an individual.”**

If someone spent almost 40 years studying aluminum, has written over 200 scientific papers, and they had documentation showing major health concerns for you and your family, you would be interested right? Enter Christopher Exley PhD, also known by his colleagues as Mr. Aluminum. He's read almost every paper published since 1980 written on aluminum. In his new book, "Imagine you are an Aluminum Atom," he shares profound insights to our health and the health of those we love. As a scientist, he has studied more than 200 postmortem brains in a variety of human conditions. 100 of those were diagnosed with familial Alzheimer's and Alzheimer's of unspecified etiology. He found the brains of people diagnosed

with Alzheimer's to contain aluminum far greater than the average brain. And those with familial Alzheimer's to have the highest levels.

Next, he looked for the healthiest brains he could find. The brain bank in London supplied him with over 20 healthy postmortem brains of people ages 65-105, who did not suffer from cognitive or neurologic impairment. He found that aluminum was not present. Based on that research, Dr. Exley emphatically believes that with no aluminum in the brain, there would be no Alzheimer's disease in the normal lifetime of an individual.

That's a big statement and one worth pausing on. People without aluminum in their brains had

normal brain function. Whereas, people with elevated levels of aluminum suffered from severe cognitive impairment, Alzheimer's. You would think that since it is the 3rd most common element on the planet, right behind oxygen and silicon, it would serve some biological function. However, even though it is super reactive both chemically and biologically, aluminum has no biologic function in the human body. Biologically active aluminum is only toxic.

In fact, there is no historical evidence of aluminum being in any biologic tissue until we learned to mine it, smelt it, and use it. This began in 1889, when Charles Martin Hall invented a process of extracting aluminum metal from its

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.

ubiquitous ores of the earth's crust. That was the start of what he calls "the aluminum age". Aluminum is everywhere. Aluminum has become the most ubiquitous metal on the planet; baking powder, deodorants, sunscreens, cookware, antacids, rocket fuel, as an anti-caking agent in salt, pop cans, wire, and aluminum foil. Every piece of technology, from cell phones to automobiles, has aluminum in it. We could spend hours listing all the places we find aluminum. There is no such thing as healthy aluminum levels, yet according to Christopher Exley, it is in every cell in our body.

One of the forms of Alzheimer's disease is familial Alzheimer's, meaning that they appear to have a genetic predisposition and generally experience symptoms earlier in life. Professor Exley found the brains of people with familial Alzheimer's to have the greatest amount of aluminum in their brains. In other words, predisposition to Alzheimer's can be seen as a predisposition to aluminum accumulating in brain tissue.

Knowing that earlier reports suggested aluminum is present in autistic children, and that it should only be in older tissue which has accumulated aluminum over a period of decades, Dr. Exley wanted to see if he could identify it in autistic

brains. He contacted the UK brain bank for autism and was given 10 brains to test. 5 qualified for quantitative analysis where he could measure how much aluminum was present, but all ten qualified for their imaging method of detecting aluminum. When Dr Exley's team had the opportunity to examine the first brain, that of a deceased 15-year-old, the team was stunned. They found that there was significantly more aluminum in the brain of the autistic child than that of an 85-year-old Alzheimer patient.

He published a paper in the "Journal of Trace Elements in Medicine and Biology," titled *Aluminum in Brain Tissue in Autism*, where he makes the statement and asks an important question, "These are some of the highest values for aluminum in human brain tissue ever recorded, and one has to question why, for example, the aluminum content of the occipital lobe of a 15-year-old boy would be greater than an 85-year-old person with Alzheimer's? "

I certainly don't have all the answers, but I wanted make sure aluminum is on your radar and encourage you to aggressively look for ways it has crept into your body. Talk to your wellness professional and ask about natural supplements that can help reduce aluminum's toxic threat to your health.