

The Alzheimer's Aluminum Connection

In 1982, I was a psychology major attending Georgia State University. One of my favorite professors told us, "If you don't want to get Alzheimer's, avoid aluminum. When the brains of Alzheimer's victims were studied post mortem, the one thing they all had in common was aluminum in their brain tissue. Don't drink from aluminum cans. Stop buying canned food. And stop cooking in aluminum pans."

I went home and threw out all of my aluminum pots and pans. I had quite a few. And I took the rest of his advice to heart. From that day forward, I bought drinks in glass bottles and avoided canned foods.

I always imagined the aluminum connection was common knowledge, at least in scientific circles. But in recent years, I discovered there was no general consensus regarding the aluminum, Alzheimer's connection. As a matter of fact, it seems to have been an issue of debate. But isn't that always the case when big business is involved? If we malign the aluminum soda can and all that canned food, if we stop wrapping our food in aluminum foil, businesses will lose a lot of money.

A quick internet search revealed the Alzheimer's Association's stance. Their website shows the following:

Myth 4: Drinking out of aluminum cans or cooking in aluminum pots and pans can lead to Alzheimer's disease.

Reality: During the 1960s and 1970s, aluminum emerged as a possible suspect in Alzheimer's. This suspicion led to concern about exposure to aluminum through everyday sources such as pots and pans, beverage cans, antacids, and antiperspirants.

Since then, studies have failed to confirm any role for aluminum in causing Alzheimer's. Experts today focus on other areas of research, and few believe that everyday sources of aluminum pose any threat.

And yet, recent studies have refuted the claim that there is no link between aluminum and Alzheimer's. Aluminum accumulates in the body. We are not only exposed through cans and cookware, we accumulate aluminum through cosmetics, antiperspirants, medications, and vaccines.

In Professor Chris Exley's article published by The Hippocratic Post he states, "In my view, the findings are unequivocal in their confirmation of a role for aluminum in some if not all Alzheimer's disease."

The following quotes reiterate what my professor told us in the 1980s.

We already know that the aluminum content of brain tissue in late-onset or sporadic Alzheimer's disease is significantly higher than is found in age-matched controls."

"Individuals who develop Alzheimer's disease in their late sixties and older also accumulate more aluminum in their brain tissue than individuals of the same age without the disease."

Why would the Alzheimer's Association say "...few believe that everyday sources of aluminum pose any threat."?

Professor Exley concludes, "We should take all possible precautions to reduce the accumulation of aluminum in our brain tissue through our everyday activities and we should start to do this as early in our lives as possible."

One thing is certain – aluminum is a neurotoxin that should not be injected into our children's bodies through dozens of vaccines. Check out *How To Detoxify and Heal From Vaccinations – For Adults and Children*.

Related Reading:

- *Are You Taking a Drug That May Cause Alzheimer's?*
- *Aluminum – The Silent, Pervasive, and Insidious Toxin Eroding Our Health*
- *Top 5 Foods that Detox Heavy Metals and Toxins – With Protocol*
- *Mercury Fillings, Root Canals, Cavitations – What You Need to Know*
- *Dangerously High Arsenic Levels Found in Rice*
- *How To Reduce the Arsenic in Your Rice by 80%*

Sources:

- *Strong evidence linking Aluminium and Alzheimer's – The Hippocratic Post*
- *Strong Evidence Linking Aluminum and Alzheimer's – The Vaccine Reaction*
- *Scientists Prove Link Between Aluminum and Early Onset Alzheimer's Disease – GreenMed Info*