Aluminum

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The awareness of evidence regarding aluminum exposure and its negative effects on our bodies is growing. Researchers have been linking aluminum exposure to neurological disorders such as Alzheimers, Parkinsons, ADHD, and even cancer for years. In fact, "there has been a strong link between human exposure to aluminum and the incidence of Alzheimer's disease for half a century or more" says Chris Exley, PhD, of Keele University in England who has been studying the impact of aluminum on the human body since 1984.[1] Aluminum occurs naturally is the soil, water, and air but we are contributing to the load by manufacturing of aluminum products, power plants, pollution from industrialization, "chemtrails" from aircraft in the skies, and vaccines.

If significant aluminum load exceeds the body's capacity to eliminate it, it is deposited into various tissues that include bone, brain, liver, heart, spleen, and muscle.[2] And, humans living a modern lifestyle, can very easily reach these daily dose levels. Children and elderly people are the populations at greatest risk of exposure to potentially harmful levels. Dr. Chris Shaw, a neuroscientist and professor at the University of British Columbia explains in his studies regarding the aluminum that is in countless products we use every day since the Industrial Revolution; "We increasingly have this compound that was not part of any biochemical process on Earth, that can now only go and do havoc, which is exactly what it does. It causes all kinds of unusual biochemical reactions."[2] Side effects of chronic Aluminum exposure or toxicity are muscle weakness, confusion, speech problems, slow growth in children, brain diseases, and nervous system problems causing difficulty with voluntary and involuntary actions.

Where does it come from?

Aluminum contamination has been found in a number of products on the market to include foods and beverages, deodorants, cosmetics, and pharmaceuticals like antacids and buffered aspirin. Additional contamination occurs when food comes into contact with aluminum equipment. Cooking with aluminum foil dramatically increases your aluminum levels. According to a 2006 study, cooking meat in aluminum foil increased aluminum levels as follows:[3]

Red meats cooked in aluminum foil increased in aluminum by 89 to 378 percent.

Poultry increased by 76 to 214 percent.

Aluminum levels increased with higher cooking temperatures and longer cooking times

Vaccines are a primary source of aluminum that exposes children to the metal more now than ever. Children today are receiving 17 shots that contain aluminum, compared to 4 vaccines in the 1970s-1980s.[4] Common vaccines that contain aluminum are Hepatitis A, Hepatitis B, DTap, Pneumococcal HPV, and Hib but there are more. The worst part is that many children are receiving more than just one vaccine at a visit in which the concentration of the aluminum levels is greatly increased.

A study published in BMC (BioMed Central), a portfolio of high quality peer-reviewed journals, in 2013 concluded[5]:

"Alum has high neurotoxic potential, and planning administration of continuously escalating doses of this poorly biodegradable adjuvant in the population should be carefully evaluated by regulatory agencies since the compound may be insidiously unsafe... especially in the case of over-immunization or immature/altered blood brain barrier."

Following a typical injection, 59% of the aluminum content is excreted within the first five days, but 25% may be retained long term. In some children, the aluminum may have a 10-year half-life.[6] Injection of aluminum is different than ingestion. However…this topic deserves its own newsletter.

Intake of daily antacids and aspirin that contain Aluminum is the reason why elderly persons are more susceptible to aluminum intake at neurotoxic levels. Oral intake of 330 mg/kg/day or more results in decreased myelination of nerves in experimental animals, and even 230 mg/kg/day is enough to cause neurological damage.[6] Adults who take a buffered aspirin everyday as directed by their physician to reduce cardiovascular risk with an antacid are getting between 840 and 5,000 mg of aluminum-containing compounds per day![6]

Alzheimers

Very small amounts of aluminum are needed to produce neurotoxicity and is done so in increments of small amounts over a lifetime. The hypothesis that aluminum significantly contributes to Alzheimer's disease is built upon very solid experimental evidence and should not be dismissed.[7] Data combined from 37 studies involving 1227 participants was published as a meta-analysis in The Journal of the Alzheimer's Association. The studies examined autopsy's measuring amounts of aluminum in the brain, blood, and CSF. The conclusion of the report demonstrated that aluminum levels are significantly elevated in the brain, serum and CSF of patients with Alzheimer's disease.[8]

Getting rid of it
Actual absorption of Aluminum from ingestion is pretty low. Most aluminum ingested from food, water and drugs is excreted out by the kidneys into the urine but the brain, however is extremely sensitive to it. The problem is that neurons are very good at absorbing whatever aluminum does make it into the bloodstream.[5] The result over time is a gradual destruction of neural tissue.

There are many nutrients you can take to aid in removal of heavy metals:
Vitamin E
Vitamin C
Selenium
Turmeric
Milk Thistle
Chlorella

Try adding herbs to your foods like cilantro, parsley, curry, and garlic

It is also very important to test liver function, kidney function, and your immune status. Testing a comprehensive blood panel will not only cover all of these, but can also detect any major deficiencies or toxicities that could be affecting your body's ability to heal, repair, and detox. You can test your toxic element status by doing a hair and urine tests. Hair testing will help show what you are currently excreting. However, further investigation can be done by a urine test to determine if there are toxic elements you are NOT excreting. This is critical in that some people develop or have an impaired ability to efficiently eliminate aluminum and other heavy metals. Basically, the heavy metals are going in faster than they are being eliminated. Oral chelation agents can help assist the heavy metal elimination process.

There are some oral chelating agents that can be very effective and cause heavy metals to be quickly removed from the body. However, caution should be used: high doses of these products can have side effects such as upset stomach. Your SBN health professional can help guide you to efficiently and safely eliminate heavy metals. Using oral chelating agents should NEVER be done unless under supervision of your experienced healthcare provider. To find out more about heavy metals you may be exposed to and/or to see what other deficiencies exist, it is recommended to always get tested first. An individualized plan of action is important because not everyone's body excretes toxins at the same rate. There are many variables that can play into your body's healing rate. It is never too late to get started. Call us today to schedule a consultation with an experienced nutritionist to get tested!

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