

## Aluminium Toxins

### Health effects of aluminum

Aluminum is one of the most widely used metals and also one of the most frequently found compounds in the earth's crust. Due to these facts, aluminum is commonly known as an innocent compound. But still, when one is exposed to high concentrations, it can cause health problems. The water-soluble form of aluminum causes the harmful effects, these particles are called ions. They are usually found in a solution of aluminum in combination with other ions, for instance as aluminum chlorine.

The uptake of aluminum can take place through food, through breathing and by skin contact. Long lasting uptakes of significant concentrations of aluminum can lead to serious health effects, such as:

- Damage to the central nervous system
- Dementia
- Loss of memory
- Listlessness
- Severe trembling

Aluminium is ridiculously common; a component of foil, cans and cookware, antacids, nasal spray and processed cheese. When aluminium enters your body, it's absorbed and can accumulate in the kidneys, brain, lungs, liver and thyroid. Aluminium exposure is common with some occupations like welding and mining. In these industries, vapours may be present and inhalation can result in a "super absorption" status. Aluminium is one of many toxic metals thought to cause brain problems. Alzheimer's and Parkinson's have been repeatedly examined for a relation to aluminium accumulation in the brain.

### These Products May Contain Aluminium:

- Antacids
- Anti-diarrhea Medication
- Antiperspirants
- Astringents
- Baking Powder
- Buffered Aspirin
- Cans
- Cookware
- Dentures
- Fireworks
- Fluoride
- Foil
- Hemorrhoid Medications
- Lipstick
- Nasal sprays
- Processed Cheese
- Toothpaste
- Vaccines
- Vaginal Douches