Aluminum-Containing Drinking Water - Accelerates Brain Aging

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In the 80s and 90s, aluminum was already identified according to the German Medical Journal (1) as a possible cause of Alzheimer's. However, the influential New York Alzheimer's researcher Henry Wisniewski crushed all researchers who claimed this connection. Only many years after his death (1999) did a new generation of scientists finally track down aluminum again. Outstanding researchers who point out the health damage caused by aluminum are still strongly suppressed today. One of the most well-known is Prof. Chris Exley, who was fired after 37 years of aluminum research after pointing out severe damage to children caused by aluminum, which is used as an adjuvant in vaccinations.

In 2015, a study from the University of California confirmed (2): "The origin of most age-related neurological disorders is generally unknown, but since they are largely not genetically determined, their development is likely triggered by unknown environmental factors. There is increasing and consistent evidence pointing to aluminum as such a significant influence. Evidence is presented that strengthens the likelihood that aluminum is a factor that accelerates brain aging. Such acceleration would inevitably increase the occurrence of age-related neurological diseases."

Aluminum is a very common component of the mineral composition of the Earth. It is not an essential element for life and is a rather inert mineral that does not want to react strongly or quickly. This is another reason why it was long considered not particularly hazardous to health. Aluminum-containing agents were therefore used in the preparation of many foods and even in the removal of organic particles from water.

In recent times, the lowering of the pH value of water bodies as a result of acid rain has caused aluminum-containing minerals to be converted into a more soluble form and thus to enter the drinking water resources of households (3). In this way, aluminum exposure in the human body has increased. Epidemiological (the science of the origin, spread, prevention, and social consequences of epidemics) and experimental findings suggest that aluminum is not as harmless as previously assumed, and that aluminum can contribute to the development and progression of Alzheimer's disease. The epidemiological data are supported by evidence

that aluminum exposure can lead to excessive inflammatory activity in the brain. An activation of the immune system that is not triggered by an infectious agent is typical for the aging brain and is further intensified in various neurodegenerative diseases.

(1) Medical Journal Archive, Morbus Alzheimer: New Momentum for the Aluminum Hypothesis after Years (2013)

(2) Even low aluminum concentrations can lead to behavioral and structural changes that are associated with Alzheimer's disease and age-related neurodegeneration. Environmental Toxicology Program, Center for Occupational and Environmental Health, Department of Medicine, University of California, Irvine, CA 92697-1830, USA

(3) Sources for the scientific foundation, such as how acid rain affects the chemistry of water bodies, including the mobilization of aluminum compounds into more soluble forms through the alteration of pH value. Driscoll, C. T., Lawrence, G. B., Bulger, A. J., Butler, T. J., Cronan, C. S., Eagar, C., ... & Yatsko, C. P. (2001). Acidic deposition in the northeastern United States: sources and inputs, ecosystem effects, and management strategies. Journal of Environmental Quality, 30(2), 325-338.

Here you will find effective measures to protect yourself from aluminum uptake through drinking water, as well as possible detoxification measures

It's good.
to be truu.