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Stupid, forgetful, Alzheimer's, MS, autoimmune diseases... caused by aluminum in water! Only those who protect themselves are protected!

Aluminum is now known as a nerve toxin. It damages the immune system and the genetic material of human cells. In many diseases, aluminum compounds are considered possible triggers or amplifiers of diseases, such as breast cancer, multiple sclerosis, allergic diseases, autism and many more. For some scientists, it is beyond any doubt: aluminum can cause Alzheimer's and does so, increasingly often. However, the publication of such studies is suppressed, as are the most renowned scientists in the field. Marion Schimmelpfennig mentions in her book "The Mineral Water & Beverage Mafia" several examples of how the influence of industry repeatedly avoids and prevents the disclosure of evidence about the harmfulness of aluminum. An "unforgettable" proof of the damaging effects of this toxic light metal came in 1988 from an incident at the English water treatment plant Camelford in Cornwall. Due to a mix-up, drinking water was contaminated with elevated aluminum sulfate levels. The population consumed the water, and afterward, very many cases of memory loss and Alzheimer's symptoms were registered. Prof. Judie Walton from the University of New South Wales in Sydney presented in 2014 twenty compelling pieces of evidence for the claim that aluminum actually triggers Alzheimer's disease. Even chronic intake of only small amounts is said to be sufficient. Prof. Chris Exley from Keele University in Staffordshire, England, is arguably the world's most experienced aluminum researcher. He says: "Aluminum is already as harmful to health as lead or asbestos. If we had more research funding, we could clarify just how harmful it really is." Nevertheless, the European Food Safety Authority (EFSA) considers a weekly intake (TWI) of 1 milligram per kilogram of body weight and week to be tolerable. Even this high value is, according to the findings of the expert group on food additives, exceeded in a significant proportion of the European population. Protective measures are not being implemented by official bodies despite this knowledge. With the exception of wine regulations, there are no limit values for aluminum in beverages. Wine must not contain more than eight milligrams per liter. However, many beverages and especially apple juices can contain significantly more aluminum, especially if they have been stored in aluminum barrels. The Bavarian State Office for Health and Food Safety had measured a

maximum value of 100 milligrams per liter in an apple juice. Aluminum is the most common metal in the Earth's crust and is now found significantly more in our bodies of water and thus also in cereals, fruit and vegetables than in the past. Aluminum in drinking water becomes particularly dangerous when the water is acidic, that is, has a low pH value and there is little magnesium, calcium and silicic acid involved. Reliable protection against aluminum accumulation in the body is therefore provided by a private water filter system. The other good news is that according to Prof. Exley, aluminum can be eliminated from the body with the help of silicic acid when used together with cold-pressed coconut oil. Additionally, calcium and magnesium should be taken and plenty of pure water should be consumed. More on the topic of clean water at: https://t.me/truuinfochannel

It's good.
to be truu.