

In A Nutshell  
June 2020  
Aluminum

So, what can aluminum have to do with MS? Apparently people with MS and other neurological diseases have a significantly higher aluminum content in their brains than those with no known neurological impairment and no identifiable neurodegenerative disease, a recent study found. The research further supports a role of aluminum in the development of these brain conditions, and puts researchers closer to answer the question of how much aluminum is too much in the human brain.

Due to the increasing presence of aluminum in household appliances, cars, airplanes, cellphones, and even in food, medicine, and cosmetics, its presence in the human body is becoming inevitable.

Aluminum is a neurotoxic molecule that is not part of the metals normally found in the human body. But the body can accommodate certain aluminum levels through biochemical reactions that render the molecule inert, with the brain being a target tissue for aluminum accumulation.

Aluminum toxicity has been linked to Alzheimer's, Parkinson's, MS, chronic fatigue and other neurological or auto-immune diseases

An analysis was conducted that included 191 tissue samples from a control group and 91 donors who had a diagnosis of MS, Alzheimer's and autism. Aluminum content was significantly higher among these disease groups.

The data does not directly confirm a role for aluminum in each of these diseases, but "since there is no debate as to the neurotoxicity of aluminum in humans, such data do implicate aluminum in disease causes," the researchers concluded.

[https://multiplesclerosisnewstoday.com/ms-aluminum-content-brains-neurodegenerative-conditions-study/?utm\\_source=Multiple+Sclerosis&utm\\_campaign=03901c13e3-RSS\\_US\\_EMAIL\\_CAMPAIGN&utm\\_medium=email&utm\\_term=0\\_b5fb7a3dae-03901c13e3-71589013](https://multiplesclerosisnewstoday.com/ms-aluminum-content-brains-neurodegenerative-conditions-study/?utm_source=Multiple+Sclerosis&utm_campaign=03901c13e3-RSS_US_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_b5fb7a3dae-03901c13e3-71589013)

<https://dailyhealthpost.com/silica-mineral-water-to-remove-aluminum/>

## Just For Fun

Other common things made of aluminum like foil are bike frames, ladders, mail boxes, staples, nails, computer parts, golf clubs, sinks, faucets, screen door and window frames, patio furniture, pots, pans, gates, fencing, and car rims.

Mineral rich water is said to help eliminate aluminum from the body. One brand is Figi water and is available at Amazon. 12, 1.5 L cost \$27.36 with free shipping.

<https://www.hippocraticpost.com/nursing/why-everyone-should-drink-silicon-rich-mineral-water/>