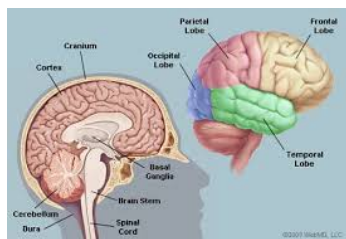


“The beauty of life is, while we cannot undo what is done, we can see it, understand it, learn from it and change so that every new moment is spent not in regret, guilt, fear or anger, but in wisdom, understanding and love.”

- **Jennifer Edwards**

I love this quote because it's a wonderful reminder that we can't change things we've experienced in the past. Hopefully, we can learn from them because they'll always be a part of who we are. We can also wake up to each new day and realize that life can truly be beautiful. As my dad would say, *“Yesterday is history, tomorrow is a mystery, today is a gift.”*

Protect Your Brain



I'll bet that almost every single one of us has been touched by Alzheimer's Disease ("AD") in some way. Perhaps you had a family member or a friend who has suffered or is suffering from it. Sadly, almost 45 million Americans will eventually come down with AD and right now, about 6.2 million people are living with it. Other than cancer, it's probably the scariest disease out there and it's no surprise that the criminals in Big Pharma want to capitalize on it. It's currently a \$300 **BILLION** per year industry and I can assure you, that number will only continue to increase.

For those of you have been following me for years, you know that I always talk about how it's important to treat the **CAUSE** of what makes people sick in order to help them get well. Most doctors today only treat the **SYMPTOMS**, which is what prescription medication does. It doesn't **HEAL** you. It attempts to address the symptoms of your disease rather than the disease itself. Unfortunately, these medications cause side effects, which often necessitates additional medication to treat those new symptoms. It's a vicious and endless circle that makes you a slave to the pharmaceutical industry....and your doctor, who continues to perpetuate this whole prescription nonsense. It makes me sick!

So if we're looking at the **CAUSE** of this horrible disease known as Alzheimer's, where do we start? I personally think it starts with a metal that's one of the most, if not **THE** most plentiful metal on the planet. You probably use it when you cook and it's most likely lurking in your deodorant and many other things, unless you know better. It's aluminum.

What exactly is aluminum? It's a light, but very strong metal that's used for and in all kinds of things...from planes to electronics, to appliances, to cars and to buildings to name just a few. These uses most likely aren't harmful to us. But what about some of the other products where aluminum is lurking? Aluminum is also found in things like pots and pans, deodorant, medicine, processed foods, make up and other products that we not only eat, but that we put onto our bodies. Did you know that aluminum is toxic? Most people are unaware of this very important fact. As a result, we're paying the price with our health.

The latest catch phrase these days seems to be: "Trust the science," whether it's based in fact or not. There was never any science that masks worked, yet we were told to wear them. But I digress. I'm simply saying this because "science" is finally starting to show that aluminum is a contributing cause of AD. The only reason I believe this "science" is because I've been doing my own research on this topic for years.

Why is aluminum a contributing cause? The reason is because it can actually pass through the blood-brain barrier. What is the blood-brain barrier? It's essentially a bunch of tightly packed cells in the brain's capillaries that keep dangerous and harmful substances (like aluminum) from entering the brain. At the same time, it also allows substances your brain needs, like water and oxygen, to pass through it.

Here's the problem. Aluminum is all around us and we're exposed to it every day. Since it's one of the few things that can get through the blood-brain barrier, aluminum can dangerously build up in the brain and lead to AD. So how do we protect ourselves? Here are some suggestions:

- **Get Rid of Aluminum Cookware:** Replace it with stainless steel, which is much safer. When you cook with aluminum pans, aluminum gets absorbed into food, especially foods with a lot of acid such as vinegar, lemons and tomatoes, to name just a few. Then we consume it.
- **Stop Cooking with Aluminum Foil:** Use parchment paper instead for the reason listed above.
- **Replace Your Deodorant:** Buy only ones that state they are "Aluminum Free". They're out there, but you have to look. Read labels. Remember, the ingredients in deodorant/anti-perspirant are designed to be absorbed into your skin. Once absorbed, they can and will travel to the brain.
- **Read Labels on Make-up and Hair-Care Products:** Many of them contain aluminum, which again, is absorbed into your skin.
- **Read Labels on Food Products:** Did you know that most baking powder contains aluminum? You can actually buy aluminum-free baking powder! Other products that include aluminum are items like pancake and cake mixes, self-rising flour and even processed cheese. Shop wisely and choose products you consume carefully.
- **Filter Your Water:** Some areas have very high levels of aluminum in drinking water, which is even more readily absorbed into the body. Each municipality tests its water at least annually and releases the information. Find out what the levels are in your area. I highly recommend a reverse osmosis water filter, which removes essentially all toxins and metals from your water. Plus, it makes it taste really good.....like water!
- **Toss the Antacids:** A majority of these contain aluminum hydroxide. By the way, your stomach needs acid to function properly, so use these carefully and sparingly. If you must take them, ensure they're aluminum free.

Here's another problem with aluminum: once it's absorbed, the kidneys don't do a good job of filtering and getting rid of it. Over time, that can cause it to accumulate in the body's tissues. The job of the kidneys is to filter toxins out of your body, but aluminum is a tough one to eliminate.

Please keep in mind that only a very small amount of aluminum is needed to be toxic to the brain. As aluminum accumulates, it causes cell death (apoptosis) in the brain. This can lead not only to a loss of brain power (cognitive function), but also to a reduction in brain size.

So now what? How do we get built-up aluminum out of our brains? The bad news is that we'll never get rid of all of it. But the good news is there are a couple of supplements that are good detoxifiers and will help:

- **Probiotics:** Find one that has strains of both lactobacillus and Bifidobacterium. These two in particular support detoxification and increase the good bacteria in the stomach.
- **Glutathione.** It's a good detoxifier and is also a fantastic antioxidant.
- **Silica:** This supplement binds to aluminum, which helps carry it out of the body when we urinate. Silica also helps strengthen teeth, hair, cartilage and tendons. High-silica water is a new hot item people are drinking to reduce their risk of AD.

Unfortunately, we probably can't completely undo all the damage that's already been done by aluminum. But fortunately, I've provided some simple steps we can start implementing now so it doesn't get worse. Please reach out with any questions.

Have a wonderful month.