

# Heavy Metals Anchor Alzheimer's In Your Brain

By: Rudy Silva

Heavy metals and aluminum are in every part of our environment and food. These elements are deadly and you will benefit if you are aware of what they do where they come from.

Brain tissue has an attraction for heavy metals such as lead, mercury, cadmium, and others. When heavy metals appear in the brain they can interfere with your natural brain chemistry. This interference, overtime, can accelerate the onset of dementia or Alzheimer's.

Aluminum is an element that has been associated with Alzheimer's. Aluminum has been found in high levels in people's brain that have died of Alzheimer's. The evidence points to aluminum been involved with Alzheimer's.

There is a lot of controversy about whether aluminum can bring on Alzheimer's. But because the Aluminum Industry is so powerful, it has blocked and campaigned against any reports that point to aluminum's involvement in dementia or Alzheimer's.

Here is a list of products that contain aluminum:

Antacids, aluminum wrap, pans, pot, rice cookers, small oven trays, soft drink cans, various food cans, toothpaste tubes, water, roll on deodorants,

Here is what heavy metals do:

Lead - makes you aggressive and hyperactive

Cadmium - makes you confused and aggressive

Mercury - gives you headaches, causes memory loss

Aluminum - is associated with dementia and Alzheimer's

Heavy metals come from air pollution, smoking, pesticides, fillings,.

Be aware of how heavy metals and aluminum get into your body, since they will end up in your brain and accumulate along your artery walls with cholesterol. Having loss of memory and other mental abilities is not result of aging. It is a result of poor diet and excess consumption of pollution and toxins.

Here is how to minimize heavy metal damage. Take a good electrolytic mineral supplement or eat a lot of fruits and vegetables since they contain a lot of minerals.

The good minerals compete to get absorb in your intestines with the heavy metals. Good minerals will get absorbed leaving behind the heavy metals. These heavy metals will then be excreted out of your body.

Also drinking a lemon and chlorophyll drink is helpful. Chlorophyll attaches to heavy metals and help to remove them from your body. Drink this every morning. Here's how to make this drink. Combine juice of one lemon, 8 oz of distilled water, and 1-2 oz of chlorophyll.

## About The Author:

Rudy Silva is a Natural Nutritionist. To learn more about the other nutrients you need to hold off signs of dementia or Alzheimer's go to <http://www.for--you.com/dementiaremedies>

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