How Aluminum Damages Your Brain

Analysis by Dr. Joseph Mercola Fact Checked

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January 23, 2023

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STORY AT-A-GLANCE

- Research has found a strong link between aluminum exposure and Alzheimer's disease. Patients with a genetic mutation that predisposes them to early onset of Alzheimer's and more aggressive disease have universally high aluminum content in their brains
- According to a British researcher, without aluminum in the brain, Alzheimer's does not develop
- When aluminum was first approved for use in vaccines, it was approved based on its efficacy. It was never actually tested for safety. It was simply assumed to be safe
- Aluminum has been shown to cause mitochondrial dysfunction and depletion of adenine-triphosphate (ATP), which sets the stage for virtually any chronic disease. Aluminum salts can increase levels of glial activation, inflammatory cytokines and amyloid precursor protein within the brain
- Recent research found the U.S. Centers for Disease Control and Prevention's vaccine schedule — when adjusted for bodyweight — exposes children to a level of aluminum that is 15.9 times higher than the recommended "safe" level

For years, I've warned that aluminum is a serious neurotoxic hazard involved in rising rates of autism and Alzheimer's disease (AD). I've also warned that vaccines are a significant source of such exposure, and may be one of the worst, since by injecting it, the aluminum bypasses your body's natural filtering and detoxification systems.

My comments above were one of the reasons the self-appointed global arbiter of fake news, NewsGuard, refused to give us "green" status as a site that follows "basic standards of accuracy and accountability." In other words, our reporting of aluminum hazards was deemed "fake news."

Not only were my earlier reports based on published science, but now we have yet another study,[1] published in the Journal of Alzheimer's Disease, strongly linking aluminum exposure to AD. As reported by SciTech Daily:[2]

> *"Researchers found significant amounts of aluminum content in brain tissue from donors with familial AD. The study also found a high degree of co-location with the amyloid-beta protein, which leads to early onset of the disease.*
>
> *'This is the second study confirming significantly high brain accumulation in familial Alzheimer's disease, but it is the first to demonstrate an unequivocal association between the location of aluminum and amyloid-beta in the disease.*
>
> *It shows that aluminum and amyloid-beta are intimately woven in the neuropathology,' explained lead investigator Christopher Exley, PhD, Birchall Centre, Lennard-Jones Laboratories, Keele University, Staffordshire, UK."*

The Association Between Aluminum and Amyloid-Beta

To gain a better understanding of the link between aluminum exposure and beta-amyloid generation, the researchers examined the brain tissue of donors diagnosed with familial Alzheimer's disease who also had a specific gene mutation known to increase levels of amyloid-beta, leading to early onset and more aggressive disease.

Aluminum levels were compared to controls with no neurological disease diagnosis. They found striking differences between these two groups. Donors with the genetic mutation had universally high aluminum content.

While all samples had some level of aluminum, 42% of the samples from those with familial Alzheimer's had "pathologically significant" aluminum levels, and the aluminum was primarily co-located with amyloid beta plaques. As reported by SciTech Daily:[3]

> *"The results strongly suggest that genetic predispositions known to increase amyloid-beta in brain tissue also predispose individuals to accumulate and retain aluminum in brain tissue ...*
>
> *'One could envisage increased amyloid-beta in brain tissue as a response to high levels of aluminum content, or that aluminum fosters the accumulation of amyloid-beta,' said Dr. Exley.*
>
> *'Either way, the new research confirms my resolve that within the normal lifespan of humans, there would not be any AD if there were no aluminum in the brain tissue. No aluminum, no AD.'"*

Aluminum Adjuvants Have Never Been Tested for Safety

Exley's conclusion deserves repeating: "No aluminum, no AD." Without aluminum, Alzheimer's doesn't develop. That's not fake news. This research provides conclusive evidence for concern, which means it would be foolish in the extreme to pretend that injecting infants and young children with aluminum-containing vaccines is harmless.

As revealed in my 2015 interview with Dr. Lucija Tomljenovic, featured in "How Vaccine Adjuvants Affect Your Brain," when aluminum was first approved for use in vaccines, some 95 years ago, it was approved based on its efficacy. It was never actually tested for safety.

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Even the total allowable limit was based on efficacy data, not safety data. They simply assumed it was safe. As noted by Tomljenovic in that interview:

> *"A document[4] from 2002 from the U.S. Food and Drug Administration (FDA) ... discussing the assessment of vaccine ingredients ... and testing specifically in animal models ... stated that the routine toxicity studies in animals with vaccine ingredients have not been conducted because it was assumed that these ingredients are safe.*
>
> *When I read that I was kind of pulling my hairs out [thinking] 'So, this is your indisputable evidence of safety?' These documents never made it to mainstream media. It's just a lie perpetuated over and over again; that we've been using these things for over nine decades and it's been proven safe. No, it's been ASSUMED safe."*

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Industry Propaganda and Political Interference

The propaganda responsible for hiding the dangers of aluminum was addressed in a 2014 review article[5] in the journal Frontiers of Neurology. In it, Exley (who also co-authored the featured Journal of Alzheimer's Disease study above) wrote:[6]

> *"The aluminum industry is a pillar of the developed and developing world and irrespective of the tyranny of human exposure to aluminum it cannot be challenged without significant consequences for businesses, economies, and governments ...*
>
> *There has been and there continues to be systematic attempts by the aluminum industry to suppress research on aluminum and human health.*
>
> *While independent research in this field is prevented the questions concerning human toxicity remain unanswered. Lack of required research does not equate to lack of biological effect or safety ...*
>
> *Herein, I will make the case that it is inevitable both today and in the future that an individual's exposure to aluminum is impacting upon their health and is already contributing to, if not causing, chronic diseases such as Alzheimer's disease."*

Exley points out that one of the most significant factors driving complacency about aluminum exposure is the aluminum industry's insistence that, since it's everywhere and found in virtually everybody,[7] it must be harmless if not essential — we just haven't figured out how it benefits us yet. However, no beneficial role of aluminum has ever been elucidated, and its presence is in no way evidence of benefit.

Why Aluminum Toxicity Flies Under the Radar

Exley also notes that aluminum is rarely acutely toxic, which adds to the complacency problem. Problems only arise once a certain threshold is reached, and even then, its role in disease is rarely if ever investigated.

Yet another factor that helps hide the influence of aluminum in disease is the fact that it acts on many different pathways and acts as a substitute for essential minerals, so aluminum toxicity doesn't have one specific hallmark.

> *"The potential for aluminum to interact with and to influence so many biochemical pathways means that the symptoms of its toxicity could be deficiency or sufficiency, agonistic or protagonistic, and any combination of these and other physiology-based events,"* Exley writes, adding:[8]
>
> *"For aluminum to play a significant role in any disease-related event some degree of toxicity threshold must have been achieved. Essentially, the rate of delivery of Al3+(aq) to target ligands must be sufficient to overcome the inherent robustness of systems that are under attack.*
>
> *In achieving this threshold either aluminum must accumulate over time within a particular compartment or possibly the administration of a single dose of aluminum could achieve such a threshold instantaneously.*
>
> *The latter is probably more unusual in human being's everyday exposure to aluminum except, for example, where aluminum is administered as an adjuvant in vaccination and allergy immunotherapy."*

Importantly, aluminum has the ability to cross the blood-brain-barrier, so any aluminum in the blood can be transported into the brain. "Indeed, aluminum is known to increase the leakiness of epithelial and endothelial barriers and in doing so could concomitantly increase the passage of aluminum from the blood to the brain," Exley writes.[9]

Biological Effects of Aluminum

Exley also points out aluminum can damage your brain function by:

- Adversely influencing neuronal function and survival
- Potentiating damaging redox activity
- Disrupting intracellular calcium signaling that systematically wears down cellular defenses
- Worsening the adverse effects of other heavy metals
- Influencing gene expression

A 2010 paper[10] also pointed out that aluminum salts "can increase levels of glial activation, inflammatory cytokines and amyloid precursor protein within the brain," and that "Both normal brain aging and to a greater extent, Alzheimer's disease are associated with elevated basal levels of markers for inflammation."

Similarly, a 2018 paper[11] in the Journal of Research in Medical Sciences cites research showing aluminum affects:

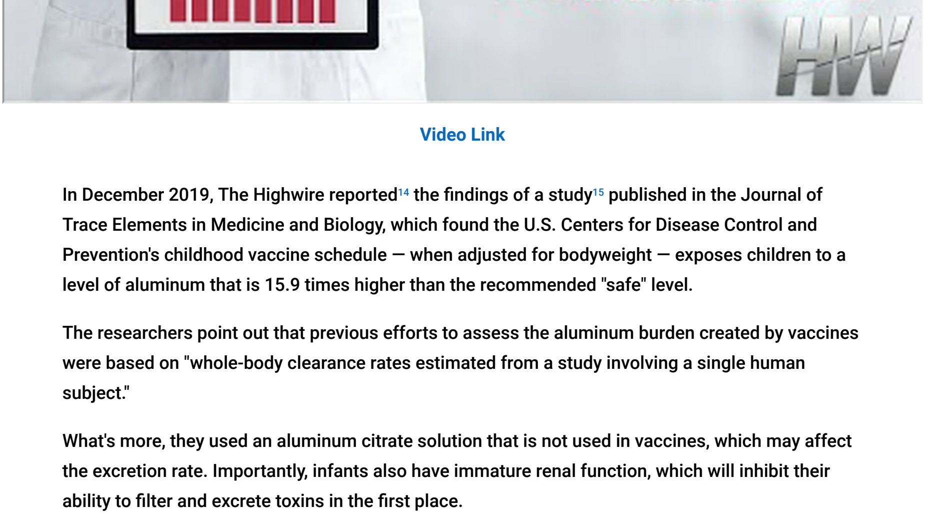
Axonal transport
Neurotransmitter synthesis
Synaptic transmission
Phosphorylation or de-phosphorylation of proteins
Protein degradation
Gene expression
Peroxidation
Inflammatory responses

When it comes to altering gene expression, aluminum has been shown to do this via many different routes and mechanisms, including by:[12]

Binding to histone-DNA complex
Inducing conformational changes of chromatin
Inducing topological changes of DNA
Decreasing expression of neurofilament
Decreasing expression of tubulin
Altering expression of neurofilament genes
Altering expression of amyloid precursor protein
Altering expression of neuron-specific enolase
Decreasing expression of transferrin receptor
Altering expression of RNA polymerase I
Altering expression of oxidative stress marker genes such as SOD1 and glutathione reductase
Altering expression of beta-APP secretase

Importantly, as noted in the Journal of Research in Medical Sciences, aluminum has been shown to "cause mitochondrial dysfunction and depletion of adenine-triphosphate (ATP),"[13] which sets the stage for virtually any chronic disease, not just neurodegenerative diseases.

Vaccine Schedule Overexposes Infants to Aluminum



Video Link

In December 2019, The Highwire reported[14] the findings of a study[15] published in the Journal of Trace Elements in Medicine and Biology, which found the U.S. Centers for Disease Control and Prevention's childhood vaccine schedule — when adjusted for bodyweight — exposes children to a level of aluminum that is 15.9 times higher than the recommended "safe" level.

The researchers point out that previous efforts to assess the aluminum burden created by vaccines were based on "whole-body clearance rates estimated from a study involving a single human subject."

What's more, they used an aluminum citrate solution that is not used in vaccines, which may affect the excretion rate. Importantly, infants also have immature renal function, which will inhibit their ability to filter and excrete toxins in the first place.

Other studies[16] have used orally ingested aluminum to assess and defend safety limits for aluminum in vaccines. This is clearly an unwise comparison, as only 0.1% of orally ingested aluminum is absorbed and made bioavailable from the gastrointestinal tract.[17,18]

In the Journal of Trace Elements in Medicine and Biology study,[19] the researchers used several different models in an effort to estimate the expected acute and long-term whole-body accumulation of aluminum in children following one of the three possible vaccine schedules:

1. The CDC's childhood vaccine schedule as of 2019
2. The CDC's vaccine schedule modified to use low dose aluminum DTaP and aluminum-free Hib vaccines
3. Dr. Paul Thomas' "vaccine-friendly plan,"[20] which recommends giving only one aluminum-containing vaccine per visit (max two) and delaying certain vaccinations

The CDC's standard schedule resulted in the greatest expected aluminum burden in all model assumptions, while Thomas' schedule resulted in the lowest. According to the authors:[21]

> *"Medically, proper organ, cellular and body aluminum detoxification appears to be of ever-increasing importance: Aluminum has been found in the brains of patients with Parkinson's Disease, Alzheimer's disease, epilepsy, and autism.*
>
> *Evidence is growing that a host of chronic illnesses of unknown cause that are difficult to diagnose such as PANDAS/PANS, chronic fatigue syndrome may at least in part be due to vaccine aluminum intolerance.*
>
> *Aluminum compounds occur naturally in the environment and in food, but very little ingested aluminum is absorbed through the intestines. Total aluminum exposure is affected by the aluminum amount in individual vaccines and the timing of repeated vaccinations in the first two years of life.*
>
> *Dórea and Marques compared the expected levels of aluminum uptake into the body from intravenous and oral intake and concluded that human infants have higher exposure to aluminum from vaccination than from food, water, and formula.*
>
> *Our calculations confirm that for the CDC schedule, infants up to six months of life receive most of their metabolically available aluminum from vaccines.*
>
> *It should be expected that most aluminum retained in the body of infants comes from vaccinations combined with the levels of exposure from other exposures to manifest health risks from total exposure, making the timing and total aluminum content of different vaccine schedules an important consideration."*

CDC Vaccine Schedule Exceeds Aluminum Limit for Adults

As noted in the Journal of Trace Elements in Medicine and Biology study,[22] the "safety" limit for

aluminum is not weight dependent. The maximum safe limit is based on an adult, and the same limit is transposed to infants weighing a fraction of that.

Importantly, this study found that when multiple aluminum-containing vaccines are given together, as per the CDC schedule, the total aluminum dose ends up exceeding even the assumed safety limit for an adult.

> *"Adjusting the safe dose limit based on a child's weight at these ages therefore results in doses that far exceed the estimated safe limit of acute toxicity," the authors warn,[23] adding that "on all days of injection the safe limit for a child is exceeded for all three schedules; this points to acute toxicity ...*
>
> *The CDC schedule has the largest violation at 15.9 times the recommended safe level. This occurs at 2 months, when four recommended vaccinations containing aluminum are simultaneously administered.*
>
> *In addition, modeling the time to clear aluminum from the body using Priest's equation estimates that for this schedule a child will be over the safe level of aluminum in the body for 149 days from birth to 7 months, constituting about 70 % of days in this period. This points to chronic toxicity ...*
>
> *The modified CDC schedule assumes the same vaccinations at the same times as the CDC schedule, but like the Vaccine Friendly Plan it assumes a lower dose aluminum DTap vaccine, and also combines the ActHib (containing no Al) with low aluminum DTap or PVC13 so that the aluminum adjuvant in the aluminum containing vaccine (ACV) activates an immune response for the ActHib vaccine.*
>
> *This drops the maximum level of exposure to about 60 % of the original CDC plan with (from 15.9 to 9.3) and drops days above the estimated safe limit in the first 7 months from 70 % of days to 26 % and in the first 2 years from 24 % of days to 8 %.*
>
> *The Vaccine Friendly Plan schedule skips some vaccinations in the first two years (like HepB) and avoids giving more than two vaccinations containing aluminum together.*
>
> *The VFP thus further limits maximum exposure to approximately 25 % of the original CDC schedule (from 15.9 to 4.2) and drops days above the estimate limit in the first seven months from 70 % of days to 5 % and in the first two years from 24 % of days to 2 %."*

Aluminum Is a Proven Neurotoxin

The health hazards of aluminum are also addressed in a 2017 scientific review[24] published in the German journal, Deutsches Ärzteblatt International, which also reviews the threshold values associated with various types of exposure.

"Aluminum's neurotoxic effects in humans and its embryotoxic effects in animal models have been proven," the paper states, adding that while the acute toxicity of ingested aluminum is low, long-term exposure and buildup is associated with neurotoxic effects, resulting in disorientation, memory impairment and dementia. As noted in this paper:[25]

> *"In addition to inducing oxidative stress and binding to negatively charged membrane structures in neurons, aluminum is able to modify hippocampal calcium signal pathways that are crucial to neuronal plasticity and, hence, to memory. Cholinergic neurons are particularly susceptible to aluminum neurotoxicity, which affect synthesis of the neurotransmitter acetylcholine."*

Aluminum as a risk factor for neurological disorders is also detailed in a 2018 paper[26] in the Journal of Research in Medical Sciences. Here, the authors again note that "it is widely accepted that [aluminum] is a recognized neurotoxin, which could cause neurodegeneration." They also point out that aluminum "affects more than 200 important biological reactions and causes negative effects on [the] central nervous system."

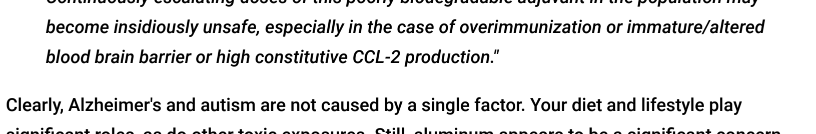
Aluminum Detected in Organs a Year After Vaccination

A 2013 study[27] shed important light on the vaccine adjuvant alum, a "nanocrystalline compound" that has been shown to spontaneously form "micron/submicron-sized agglomerates." According to this paper:

> *"Alum is occasionally detected within monocyte-lineage cells long after immunization in presumably susceptible individuals with systemic/neurologic manifestations or autoimmune (inflammatory) syndrome induced by adjuvants (ASIA) ...*
>
> *Intramuscular injection of alum-containing vaccine was associated with the appearance of aluminum deposits in distant organs, such as spleen and brain where they were still detected one year after injection ...*
>
> *Particles linearly accumulated in the brain up to the six-month endpoint; they were first found in perivascular CD11b+ cells and then in microglia and other neural cells ... Cerebral translocation was not observed after direct intravenous injection, but significantly increased in mice with chronically altered blood-brain-barrier ...*
>
> *Continuously escalating doses of this poorly biodegradable adjuvant in the population may become insidiously unsafe, especially in the case of overimmunization or immature/altered blood brain barrier or high constitutive CCL-2 production."*

Clearly, Alzheimer's and autism are not caused by a single factor. Your diet and lifestyle play significant roles, as do other toxic exposures. Still, aluminum appears to be a significant concern that cannot be overlooked, especially where vaccines are concerned. Can we really justify loading infants up with aluminum at doses that are toxic even to an adult?

To learn more about the factors that raise your risk for Alzheimer's and recommended prevention strategies, see "How Excess Iron Raises Your Risk for Alzheimer's," "Trans Fats Linked to Increased Risk for Alzheimer's," and "Lifestyle Factors Linked to Alzheimer's."



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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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SILICA!...Binds w aluminum...Many foods contain some while horsetail, bamboo shoots and Fiji water are good sources. Exley mentions silica though British studies spoke to aluminum toxicity 75 yrs ago. Mega C as well as all antioxidants/polyphenols reduce inflammation from all charge-killing metals and aid elimination. One would need to be demented not to notice the control of any and all information opposing military industrial practices and profits...duh.

Reply | Mark as Spam | Posted On 2/19/2020 7:31:02 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Thanks RANDALL. Professor Christopher Exley who studies the toxicity of aluminum in human health, as well as palliative solutions, explained in the documentary "Planète alu" broadcast on the TV channel Arte that silicon will be, according to him, a very promising alternative to Eliminate the aluminum present in our body. Professor Christopher EXLEY is a professor of inorganic biochemistry at the Birchall Center, Keele University, Staffordshire (United Kingdom), honorary professor at UHI, University of the Highlands and Islands, Millennium Institute, biologist, has a PhD in aluminum ecotoxicology . He is the undisputed world leader in the field of aluminum toxicity, nicknamed "Mr. Aluminum" by his companions.

"We have found a very interesting relationship in living beings, chemistry, silicon and aluminum. We have found in our research work that has been reflected in the film about fish, that silicon protects against the toxicity of aluminum. We have observed since then, that if we drink silicon-enriched mineral water, in fact, any mineral water with a considerable dose of silicon (more than 30mg / l) produces aluminum in our urine and we eliminate it through the urinary tract. Therefore, we are totally sure that one of the ways to protect against aluminum in our daily environment is to drink mineral water enriched in silicon. It is a simple and very effective method. " www.4emesinge.com/dossier-laluminium-le-scandale-sanitaire-quels-sont-..

Mark as Spam | Posted On 2/19/2020 8:03:18 AM
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forbiddenhealing
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Thanks Gui...The thing is that Exley expanded on a British study I heard about as a kid from my dad...No aluminum cookware, coffee pots, etc...I always recommend hair metal/mineral analysis so one knows where he stands because metal burdens and mineral balances are bottom line and can be addressed if one is made aware..just like soil tests for farm and garden...foundational/fundamental....unquestionable save liars and shills.

Mark as Spam | Posted On 2/19/2020 8:14:37 AM
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Guillermou
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Yes RANDALL. In the link there is an interview with Professor Christopher Exley, who comments that silicon is a very promising alternative to evacuate the aluminum present in our body, which comments what is reported in my comment`. Surely, RANDALL, you refer to the multiple works of Professor JD Birchall (1), Fasman (2) and Edith Carlicle (3) on the relations between aluminum and silicon:

1.1 The chemical composition of aluminum and silicon in relation to Alzheimer's disease. (February 1988) 1.2 Silicon and aluminum interactions in hemodialysis patients. (July 1998) 1.3 The role of silicic acid in renal excretion of aluminum. (May-June 1996) 2 - The presence of silicon in an amount equal to that of aluminum in the blood reverses the harmful effects of aluminum. (January 1995) 3 - Demonstration of the correlation between Alzheimer's disease and aluminum. And silicon protection against this disease. (1988)

Also the book "Aluminum and vaccines" by Jean Pilette, Doctor of Medicine. This book brings together an impressive amount of scientific studies (more than 1,700) on the effects of aluminum in our body. A bible for those who wish to document in depth on the subject, especially because there is a part reserved for the "treatment of aluminum poisoning" (Chapter XI).

Mark as Spam | Posted On 2/19/2020 10:49:25 AM
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mar6915
Joined On 8/2/2016 5:00:50 PM
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I read that flavonoids, such as quercetin and hesperidin, help prevent aluminum absorption. However, I found zero proof or studies on this, so I did not post it. Thanks for posting the silica, that was #1 when trying to find aluminum blockers. I got my hair analysis results this week. Did a different company this time for a variety .

Mark as Spam | Posted On 2/19/2020 10:51:48 AM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Organic silicon is one of the most important essential trace elements for the body, involving regenerative processes through the production of repair collagen and other basic molecules such as elastin. Also, it is key to provide the connective tissues with the necessary elasticity and consistency. With age, the assimilation of silicon through food is reduced. Therefore, providing a dose becomes necessary to maintain cellular function at optimal levels. Having an adequate concentration of this compound is essential for good health, to prevent 1, fragile bones and sensitive teeth. 2. Varicose veins and spider veins. 3. Hypertension and lack of flexibility in the arteries. 4. Pathologies of the nervous system. 5. Tachycardias and arrhythmias. 6. Feeling tired. 7. Senile dementia. www.organicfacts.net/health-benefits/minerals/health-benefits-of-silic.. .--

Small amounts of silica can also be obtained through the diet, including sources such as: Apples. Almonds Cabbages Carrots Cherries Cucumbers and other vegetable foods rich in fiber. Enough stomach acid is needed to convert dietary silica (orthosilicic acid) into its active form, and food sources only provide a small amount of silica, supplementation may be necessary to obtain sufficient amounts. Many supplements on the market come from horsetail extract, which is a concentrated source of natural silicon dioxide (orthosilicic acid). Other natural forms can be combined with integral mixtures of skin support or bioflavonoids, which are plant compounds that work together with silica in the synthesis of collagen. www.organicfacts.net/health-benefits/minerals/health-benefits-of-silic.. www.healthaid.co.uk/.../health-benefits-silica

Mark as Spam | Posted On 2/19/2020 11:01:35 AM
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Guillermou
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Yes, MAR, studies indicate that phenolic compounds play an important role in the prevention and treatment of neurodegenerative diseases associated with age. Among the neuroprotective actions of flavonoids in the diet, we highlight their potential to modulate cell signaling pathways, protect neurons against oxidative stress, inhibit nicotinamide oxidase adenine dinucleotide phosphate (NADPH), subsequently decrease the production of reactive species of oxygen and decrease proinflammatory transcription factors, as well as its ability to suppress neuroinflammation by reducing cytokine release.

In our systematic review, quercetin, rutin, silibinin, naringin, baicalein, hesperidin and anthocyanins, were the most studied flavonoids for the treatment of Parkinso disease (PD) and alhzeimer (AD). In general, they act to stop the progression of the disease, but in the reports included, Quercetin in particular has shown that quercetin attenuates aluminum-induced mitochondrial turgidity, crest loss and chromatin condensation. www.ncbi.nlm.nih.gov/.../PMC5971291 (2018) articles.mercola.com/sites/articles/archive/2019/08/26/eating-flavonoi.. (2019) articles.mercola.com/sites/articles/archive/2016/03/14/flavonoids-figh.. (2016) www.ncbi.nlm.nih.gov/.../26951456 (2016) www.hindawi.com/.../7043213 (2018)

These studies clearly informed that hesperidin and silibinin exert neuroprotective effects against cognitive impairment induced by aluminum chloride and neutrochemical changes. The improvement of cognitive impairment can be attributed to the impediment of oxidizing-nitrosative stress and inflammation in the hippocampus.link.springer.com/.../s12011-015-0375-7 (2015) www.tandfonline.com/.../1028415X.2016.1144846 (2017)

Mark as Spam | Posted On 2/19/2020 11:35:14 AM
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Guillermou
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Organic silicon is essential to assimilate minerals such as calcium, magnesium and phosphorus, as well as to perform the synthesis of vitamin D we can already get an idea of what a lack of this trace element would entail, since it would lead to a total lack of minerals to not be able to be metabolized, consequently causing a wide range of serious diseases. Ideally, try to eat these foods in raw since cooked at high temperatures lose a large part of their silicon content, leaving a minimum part, about 2%. The best time of the day to take silicon supplements is before meals, specifically about 15 minutes before and always on an empty stomach. The shots are distributed in two or three times throughout the day since this way a better assimilation is achieved. People who take supplements to combat heartburn should be cautious with long-term silicon consumption as it can favor the appearance of kidney stones.

Mark as Spam | Posted On 2/19/2020 1:54:37 PM
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Almond
Joined On 2/26/2008 4:23:33 PM
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Now, for the good news... very high concentrations of hops also have an anti-inflammatory effect. Certain specialty brews--ask your local knowledgeable liquor purveyor. I am not just talking about generic milquetoast Milwaukee slop.

Mark as Spam | Posted On 2/19/2020 3:25:32 PM
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Guillermou
Joined On 4/7/2015 8:47:48 AM
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Good reference, Almond. A glass of good wine in winter, and a craft beer cane in summer, good for health! Researchers at the Department of Food Science and Technology at the University of California, on the bioavailability of beer silio. "The brewing factors that influence silicon levels of beer have not been studied extensively," said Charles Bamforth, lead author of the study. "We have examined a wide range of beer styles for their silicon content and have also studied the impact of raw materials and the brewing process on the amounts of silicon, which enter must and beer."

Silicon is present in beer in the soluble form of orthosilicic acid (OSA), which produces 50% bioavailability, which greatly contributes beer to the intake of silicon in the Western diet. According to the National Institutes of Health (NIH), the silicon diet (Si), as a soluble OSA, can be important for the growth and development of bone and connective tissue, and beer seems to be an important contributor to the intake of Silicon. The study also tested 100 commercial beers for silicon content and categorized data according to beer style and source. The average silicon content of the beers in the sample was 15.5 to 56.5 mg / L.

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Guillermou
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Hops is basically used in the manufacture of beer, which is considered one of its raw materials, along with malt, water and yeast, providing it with its characteristic bitterness. In the beer industry, the female flowers of hops are used (it is actually an inflorescence), which are called cones Hops acid has a mild antibiotic effect against Gram-positive bacteria, and favors the activity of malting yeast. Hops have preservative properties, allowed brewers to make lighter beers, without the need to obtain high levels of alcohol to preserve it from bacterial infections.

Phenol composition: ascorbic, asparagine, gamma-aminobutyric, gamma-linoleic, neo-chlorogenic, p-coumaric (fruit) caffeine, chlorogenic, ferulic, hupulinic, isovaleric (plant) oleanolic, ursolic (stem). Essential acid rich in eugenol, humulene, limonene, farnesene, betafarnesene and myrcene. Hops have been traditionally used as a tranquilizer plant. In fact, one of the traditional remedies for falling asleep was to sleep on a pillow filled with the leaves of this plant. Subsequently, studies on the principles of hops have shown that it has more than 20 compounds against anxiety, insomnia and antic

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Eevee
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Thanks ! first post answering my obvious question, how to help the body eliminate aluminum...

Mark as Spam | Posted On 1/23/2023 5:41:45 AM
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MysticTuba
Joined On 5/28/2009 10:48:57 AM
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Fiji water has also been found to contain fluoride, which is itself an extremely toxic element. Those of us with FQAD (look it up) must avoid fluoride ingestion.

Mark as Spam | Posted On 1/23/2023 9:36:10 AM
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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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MysticTuba...There is a big difference between natural complexed flourides and the flouride ions/fluorosilicic acid dumped into drinking water....

Mark as Spam | Posted On 1/23/2023 10:16:16 AM
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SomeMo888
Joined On 7/17/2022 11:04:17 AM
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Hello Gui and Dr Randall, are you saying Fiji water has helpful silica? We only drink delivered Fiji water and are weighing getting a Tyent drinking water system. However will gladly stick to Fiji if it has the added benefit of cleaning aluminum from our 60yo selves who had all the recommended 1960's childhood vaccines which at least were much less then. Drinking water decisions are rife with land mines!

Mark as Spam | Posted On 1/23/2023 10:29:00 AM
Like Dislike

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rrealrose
Joined On 11/10/2011 8:59:01 AM
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Thanks everyone, Fiji water is for the US, there's another with high silica like Vulvic brand?? in the EU. And yet another brand in Asia/Pacific area. Keep in mind, Chris Exley has a new book out here: "Imagine you are an Aluminum Atom" - www.amazon.com/Imagine-You-Are-Aluminum-Atom/dp/1510762531/ref=sr_1_2?.. - and he's had at least one interview recently about what they found in actual brain analysis in their lab in 2016 and 2017.

Mark as Spam | Posted On 1/23/2023 11:56:57 AM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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This review reports the relationship between the effects of fluoride exposure and the pathogenesis of Alzheimer's disease, including combinations with aluminium, lead and pesticides. Fluoride readily crosses the blood-brain barrier. In the brain, fluoride affects cellular energy metabolism, synthesis of inflammatory factors, neurotransmitter metabolism, microglial activation, and expression of proteins involved in neuronal maturation. Studies report on fluoride-induced apoptosis and inflammation within the central nervous system. Fluoride can promote the synthesis of proinflammatory factors such as proinflammatory prostaglandins and cytokines, transcription factors, and proapoptotic proteins, as well as reduce the synthesis of antiapoptotic proteins.

In addition, fluoride has been shown to affect the expression and activity of enzymes involved in inflammation (eg, COX-2) and alter oxidative balance (ie, alter ROS levels, cause dysfunction in the activity and expression of SOD, CAT, GPx, GR, and GSH). Increased inflammation, stimulation of ROS synthesis with simultaneous impairment of antioxidant bioavailability, and modulation of apoptosis are common effects of fluoride and aluminum exposure.

Exposure to Al complexes can cause more severe alterations in neuronal metabolism than aluminum alone. An element with well-documented neurotoxicity is lead (Pb). The strength of the toxic properties of lead made this element rank among the most dangerous factors. Lead plays a key role during all phases of inflammation, modulating proinflammatory cytokines. The researchers reported that pre- and neonatal exposure to low concentrations of Pb can cause destruction of synapse structure, as well as changes in the expression of key synaptic proteins.

Mark as Spam | Posted On 1/23/2023 1:12:18 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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The mechanisms that determine the neurotoxicity of pesticides seem to be related to the same processes or alterations in cell metabolism as in the case of fluoride toxicity. The potential additive effect of pesticides and fluoride exposure must be taken into consideration. Unfortunately, no studies describing simultaneous exposure to fluoride and pesticides have been reported. Further research should be carried out on the co-influence of pesticides and fluoride on neurotoxicity and neurodegeneration. Currently, the appearance of neurodegenerative diseases is related to magnesium deficiency. Considering the mechanisms that lead to the onset of AD, it is quite possible that Mg deficiency may determine the onset and severity of AD after fluoride exposure.

Fluoride-induced oxidative stress and inflammation, as well as Mg deficiency, have been shown to have a stimulatory effect on the activity of a key enzyme involved in the transformation of APP to -amyloid. Furthermore, there is evidence recognizing Mg deficiency as the factor contributing to the initiation of neurogenic inflammation. A reduced Mg level can potentiate glutaminergic transmission, resulting in heightened excitotoxicity and potentiated inflammation-related signaling cascades www.mdpi.com/.../3965 (2018)

Mark as Spam | Posted On 1/23/2023 1:12:54 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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A study to assess the effects of stress on brain health was presented at the International Conference of the Alzheimer's Association in London. Researchers at the University of Wisconsin School of Medicine and Public Health evaluated data on 1,320 participants. The researchers found that each stressful event was equal to 1.5 years of brain aging in all participants, except African-Americans, where each stressful event was equal to 4 years of brain aging. Dr. Maria Carrillo, of the Alzheimer's Association, said: "Stressful events were throughout life: a variety of things you can imagine would be shocking and stressful. Dementia and brain health should be considered life-long problems, not just mid-life or end-of-life problems.

We have to start thinking about brain health from birth, if not before. " The link between Alzheimer's and stress is related to inflammation in the brain, making the brain more susceptible to health problems such as dementia. Stress can also lead to depression, a known risk factor for Alzheimer's and related forms of the disease. On the link the 27 stressful events of life have been linked to causing damage to the brain, which could lead to Alzheimer's. www.alzheimers.net/the-stressful-life-events-that-can-lead-to-alzheime..

Mark as Spam | Posted On 1/23/2023 1:16:10 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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In the process of eliminating aluminum from the body, we must ensure the correct level, especially those elements that are antagonistic to it. These include, for example, silicon. The ratio of zinc to copper is also very important. When correct, the body can effectively defend itself against the effects of this toxic element. Proteins called metallothioneins are responsible for this and require efficient methylation. In children who have methylation disorders (most children with autism and neurodevelopmental problems), metallothioneins do not work properly and therefore cannot properly adjust the zinc to copper ratio.

The correct ratio of these two elements allows the removal of heavy metals and aluminum from the body. The adequate amount of metallothioneins also determines the correct development of the immune system and the nervous system, as well as intestinal health. Metallothioneins are also involved in the production of hydrochloric acid in the stomach and affect the perception of the texture and flavor of food. Many children with eating disorders have impaired sensory integration and therefore do not perceive taste and texture correctly. This is related, among other things, to impaired methylation and the lack of production of the proper metallothioneins.

Studies conducted on hair samples to determine the correlation between mineral deficiencies and the body's toxic load showed a relationship between magnesium and zinc deficiency, and elevated levels of mercury and aluminum. Aluminum infamously ranks first among the toxic elements found in children's bodies. Various sources claim that 17% of autistic children tested have a problem with excess aluminum in the body. Actually, this percentage can be estimated at 90%. www.lifelinediag.eu/us/how-to-remove-aluminium-from-a-childs-body/

Mark as Spam | Posted On 1/23/2023 1:16:54 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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ALUMINUM EXPERT UNEARTHS LIKELY CAUSE OF ALZHEIMER'S Dr. Christopher Exley, PhD, FRSB (AKA "Mr. Aluminum"), chemist and expert in the field of aluminum, discusses his incredible discoveries on the devastating health effects of exposure to worlds' most abundant metal, and how academia is trying to shut his research down. rumble.com/v1xpfh8-aluminum-expert-unearths-likely-cause-of-alzheimers.. (11/28/2022)

Mark as Spam | Posted On 1/23/2023 1:17:26 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Aluminum (Al) is linked to many brain diseases, including Alzheimer's disease (AD), Parkinson's disease (PD), and multiple sclerosis (MS). Exposure to aluminum occurs primarily through the human environment, work, and diet. Dietary exposure to aluminum can be through food, food additives, water, and contamination of aluminum equipment/utensils. It has been reported that citrate can increase Al absorption if it is present in sufficient quantity in the gastrointestinal tract to compete with other binding ligands. for Al. Dietary calcium increases the rate and amount of Al absorption.

Among these reactions affected by Al, there are effective mechanisms on brain development, such as axonal transport, neurotransmitter synthesis, synaptic transmission, protein phosphorylation or dephosphorylation, protein degradation, gene expression, peroxidation, and inflammatory responses. Al can bind to the histone-DNA complex and induce chromatin conformational changes and induce DNA topological changes. Al can also alter gene expression by inducing decreased neurofilament and tubulin expression, altered gene expression, decreased transferrin receptor expression, altered RNA polymerase expression, altered expression of oxidative stress marker genes (SOD1, glutathione reductase, etc.).

In addition, Al causes mitochondrial dysfunction and adenine triphosphate (ATP) depletion. When it comes to toxins, aluminum is even more sinister. Dr. Stephenie Seneff has shown that aluminum, once it enters the extracellular space, completely changes the voltage in the cell walls (voltage-gated channels) and has a profound effect on the microstructure of that matrix. www.ncbi.nlm.nih.gov/.../PMC6040147 (2018) www.mdpi.com/.../htm (2020) www.ncbi.nlm.nih.gov/.../PMC4202242 (2014)

Mark as Spam | Posted On 1/23/2023 1:18:25 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Studies indicate that phenolic compounds play an important role in the prevention and treatment of age-associated neurodegenerative diseases. Among the neuroprotective actions of flavonoids in the diet, we highlight their potential to modulate cell signaling pathways, protect neurons against oxidative stress, inhibit nicotinamide adenine dinucleotide phosphate (NADPH) oxidase, and subsequently decrease the production of reactive species. of oxygen and decrease proinflammatory transcription factors, as well as their ability to suppress neuroinflammation by reducing cytokine release. In this systematic review, quercetin, rutin, silibinin, naringin, baicalein, hesperidin, and anthocyanins were the most studied flavonoids for the treatment of Parkinson's disease (PD) and Alzheimer's disease (AD).

In general, they act to arrest disease progression, but in the included reports, quercetin in particular has been shown to attenuate aluminum-induced mitochondrial turgor, cristae loss, and chromatin condensation. www.ncbi.nlm.nih.gov/.../PMC5971291 (2018) articles.mercola.com/sites/articles/archive/2019/08/26/eating-flavonoi.. (2019) articles.mercola.com/sites/articles/archive/2016/03/14/flavonoids-figh.. (2016) www.ncbi.nlm.nih.gov/.../26951456 (2016) www.hindawi.com/.../7043213 (2018) Ms

Mark as Spam | Posted On 1/23/2023 1:19:01 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Also consider the renal capacity for aluminum elimination, as a source of aluminum intake and entry into tissues and organs. Aluminum ingress depends on the geological environment and from aluminum items that come into contact with food and additives, cookware, vaccines, deodorants, as well as veterinary drugs, fertilizers, and air. Table 1 shows the major allowable secondary sources of aluminum that can lead to accumulation of aluminum in food. Plant-derived foods were more significant, and processed foods contained more aluminum than primary products. Consequently, food was considered to be increasingly contaminated by aluminum packaging.

Table 3. enveurope.springeropen.com/articles/10.1186/2190-4715-23-37/tables/1 enveurope.springeropen.com/articles/10.1186/2190-4715-23-37/tables/3 (table 3) europepmc.org/.../8235343 .----- Professor Christopher Exley, who studies the toxicity of aluminum in human health, as well as palliative solutions, explained in the documentary "Plante alu" broadcast on TV Arte that silicon will be, according to him, a very promising alternative for Eliminate the aluminum present in our body. People with Alzheimer's disease contain a high concentration of aluminum (10 to 30 times more aluminum than normal). www.4emesinge.com/dossier-laluminium-le-scandale-sanitaire-quels-sont-..

Mark as Spam | Posted On 1/23/2023 1:20:09 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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In the link there is an interview with Professor Christopher Exley, who comments that silicon is a very promising alternative to evacuate the aluminum present in our body, who comments on what was reported in my comment. 1.1 The chemical composition of aluminum and silicon in relation to Alzheimer's disease. 1.2 Silicon and aluminum interactions in hemodialysis patients. 1.3 The role of silicic acid in the renal excretion of aluminum. 2 - The presence of silicon in an amount equal to that of aluminum in the blood reverses the harmful effects of aluminum. 3 - Demonstration of the correlation between Alzheimer's disease and aluminum.

And silicon protection against this disease. Also the book "Aluminium and Vaccines" by Jean Pilette, Doctor of Medicine. This book brings together an impressive number of scientific studies (more than 1,700) on the effects of aluminum on our body. A bible for those who wish to document themselves in depth on the subject, especially since there is a part reserved for the "treatment of aluminum poisoning" (chapter XI). www.organicfacts.net/health-benefits/minerals/health-benefits-of-silic.. .--- www.healthaid.co.uk/.../health-benefits-silica .----

Mark as Spam | Posted On 1/23/2023 1:20:42 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Foods Higher in Silica: Apples, beer, beets, bell peppers, cherries, celery, corn, cucumbers, dandelions, cooked dry beans (chickpeas, kidney beans), eggplant, figs, fish, grapes, honey, seaweed, vegetables leafy (spinach, mustard greens, lettuce, endive), nettle, nuts and seeds (almonds, peanuts, flaxseeds), oranges, pumpkin, raisins, raw cabbage, root vegetables (beets, carrots, garlic, ginger, onion, potato, sweet) potatoes, fresh turmeric), seafood, soybeans, tofu, strawberries, tomatoes. The largest amount of silica is in the skin (shell). Silica is also present in the fiber in foods, examples: the fibers emanating from mangoes, the fibers in celery. Silicon present in food dissolves in the acidic environment of the stomach, becoming orthosilicon acid [Si(OH)4], which can then be absorbed.

The aging process is associated with an increase in gastric pH, which decreases the conversion capacity of Si from food into bioavailable forms. Organic silicon is essential to assimilate minerals such as calcium, magnesium and phosphorus, as well as to carry out the synthesis of vitamin D, we can already get an idea of what a lack of this trace element would mean, since it would lead to a total lack. of minerals as they cannot be metabolized, consequently causing a wide range of serious diseases. https://benefitsofsilica.com/

Mark as Spam | Posted On 1/23/2023 1:21:31 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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Also consider food based on the renal capacity for aluminum elimination, as a source of aluminum intake and entry into tissues and organs. The main content is the natural content of food caused by absorption from the geological environment during growth and is unavoidable for all practical purposes. The secondary content is the primary content plus any possible contamination from aluminum articles that come into contact with food and additives, as well as veterinary drugs, fertilizers and air. Table 1 shows the major allowable secondary sources of aluminum that can lead to accumulation of aluminum in food. enveurope.springeropen.com/articles/10.1186/2190-4715-23-37/tables/1 (7table 1) The aluminum consumed by humans in food is mainly through cereals, cheese and salt.

Herbs, spices, and tea are naturally high in aluminum. Nutrients are a significant course of aluminum in infants and young children. Its content in milk-based mixtures is more than ten times higher, and in soy-based mixtures up to several tens of times higher than that reported for breast milk. Aluminum compounds used as food additives are an additional source of this element in foods in many countries. Plant-derived foods were more significant, and processed foods contained more aluminum than primary products. Consequently, food was considered to be increasingly contaminated by aluminum packaging. Table 3.

Mark as Spam | Posted On 1/23/2023 1:22:38 PM
Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
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36% of the products that contained sugar and/or chocolate had aluminum concentrations between 10 and 50 mg kg -1 . Cocoa powders were found to have higher aluminum concentrations than almost all other foods tested. The mean aluminum concentration of the products was 165 mg kg -1 , the median value was 160 mg kg -1< The aluminum concentrations of the herbal teas analyzed were between 14 and 67 mg kg -1 (Table 3). The mean value of the concentrations was 40 mg kg -1 ; the median value was 45 mg kg -1 Certain containers (for example, for milk and dairy products, juices and other beverages) with aluminum should be avoided to prevent migration of heavy metals, additives from packaging materials and printing colors on food.

enveurope.springeropen.com/.../2190-4715-23-37 /tables/3 (table 3) europepmc.org/.../8235343 .----- bF25ZGSpdvkhUAqcrdp1ENmcPtxMiJ58zPyoTvPQwSGmBQ7Tss3at6IF4y6zW-GEFxJROvbDsrTkPn2IFAGUuYaAVH~pkPC07HZpSqaavg7uZH2iuE5HtzH188xMJFmQ__&Key-Pair-JLOHF4-APK-SL. sciendo.com/.../article-p20.xml .---- enveurope.springeropen.com/.../2190-4715-23-37

Mark as Spam | Posted On 1/23/2023 1:23:37 PM
Like Dislike

ChrisColes
Joined On 5/3/2009 2:40:01 AM
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An open letter to the British Broadcasting Corporation, the BBC. Dear sirs, a few months ago, I had sent to the then Director General of the BBC a bound set of copies of Dr. Joseph Mercola's work, such as, but not including this particular article. No one ever acknowledged receipt, no one came back to me, I did receive an auto email receipt of a comment, but without any related information. Are you doing your own research into the debate that Dr. Mercola has been presenting for the last 22 years? if not, why not? Investigative journalism requires complete independence; are you completely independent of outside influence? If you continue to refuse to accept the input of criticism of previously accepted knowledge; you break every tenet of the past history of the quality of output from the BBC, and, dare I suggest, you will, eventually, completely destroy the organisation itself. Please, think about that. Chris Coles. (Your science department knows precisely who I am).

Reply | Mark as Spam | Posted On 2/19/2020 1:47:09 AM
Like Dislike

Tiggy22
Joined On 4/20/2017 11:16:50 AM
Add as Friend | Send Message

Hi Chris, Thanks for at least TRYING to do something, about the " We only do what we want " BBC, Even though the great British public, have to pay for a licence, every year, even if they don't watch this station ! You are classed as a criminal, & hounded, if you don't pay ! As you will no doubt know, here in the UK, they're known by what the intials BBC stand for, The " BIASED BROADCASTING COMPANY " Rather fitting don't you think Chris ! All the best, to you, with this situation, but I wouldn't hold your breath any time soon, waiting for a reply !

Mark as Spam | Posted On 2/19/2020 4:19:41 AM
Like Dislike

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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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Chris...Easier to count the hairs on your dog than the lies of media...who don't care.

Mark as Spam | Posted On 2/19/2020 8:18:10 AM
Like Dislike

ChrisColes
Joined On 6/3/2009 2:40:01 AM
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Tiggy22 and any others. What people need to remember is that the BBC was the originator of every aspect of our broadcasting industry. They built it. Period! To ensure their competitors independence, they created the new long winding concept of the licence fee, under the proposal that every the new completely independent broadcaster for the United Kingdom, for everyone, every citizen, every single citizen, if they were going to recognising the BBC, and as an over 75 aged pensioner, I still pay my licence fee. Up to ~20 years ago during my travels, particularly within the USA and Europe, I kept coming into contact with individuals from Middle Eastern and Asian countries who both admired the BBC and wished to see the same quality in their own nations, but knew they never would see such. Today, the BBC completely betrays its legacy and has, VERY plainly, become classically captured by many outside interests, particularly major industrial groups and religious groups intent upon suppressing the truth about their own actions against others.

Agreed, what has gone wrong is that the BBC has become a captured broadcaster, where many once proud citizens now perceive that it has no real interest in protecting its once so admired independence, particularly employing truly independent journalists, and, as such, many do not have any interest in paying for a mouthpiece of what is a return to classic feudalism.

As of today, not even an acknowledgement of the receipt of my comment, and as such, the BBC is poised to become completely irrelevant and it will, if nothing is done to bring it back to its origins, self destruct, simply because it will become imperative that we the people replace it with new ones against others.

Mark as Spam · Posted On : 2/19/2020 8:30:44 AM
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forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
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If the BBC or every American media outlet were legit, they would never stand for the torture of "fellow journalist" Julian Assange. And what's with impeach? The most absurd concept I know lines... We are worship celebrity, money and phony politicians. To me, media talking heads are pathetic douchebags, useful for laughter alone. The whole artificial narrative is an insult to the individual and any intelligent life.

Mark as Spam · Posted On : 2/19/2020 9:12:01 AM
Like · Dislike

jozzy60
Joined On 11/3/2009 10:36:53 AM
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Brilliant. They have to be a royal charter for fair and impartial on all matters, however no-one seems to be policing this. The last general election was clearly right wing biased. They are the most corrupt organisation in the world. Here in the UK, I for have condemned them on every occasion. For this I believe I have suffered the following happens to me very regularly. Don't ask me how they do this but I believe that they do. I have a Sweview box for TV stations here in the UK. However if I switch to either BBC1, BBC2 or BBC4 (arts and music mainly) the box will crash every 5 minutes on average.

All other channels do not crash, just these 3, which are the ONLY BBC channels on the Sweview system! Am I being paranoid? Maybe, but I think not. I too swore to the BBC condemning them for not being fair and impartial, I too got no reply and the head of the BBC was charged soon afterwards. This seems to be a regular thing at the Beeb, when they get mired down in complaints, the head of the BBC seems to get swapped, and all previous comments seem to end up in the bin, and a new era seems to begin. I for one hope that they get shut down asap.

The big laugh to me is that the conservative party are the ones who say that the BBC are targeting them, and they are the ones who seem to be threatening to shut them down. Nothing could be further from the truth. They are extremely right wing and support the conservative party more than anyone else. That whole scenario whole gets played out on an almost daily basis is there to make the sheeple who really are stupid think that they are being unfair to the conservative party and then you get stupid organisations like zeeks are sending petitions to parliament for the BBC. I think that they should be shut down first, but with this kind of propaganda, they will surely be shut down last and still be funded by the British people to the end. Tony Rookes Rev on YouTube try to let people know what they are up to but no-one is listening.

Mark as Spam · Posted On : 2/19/2020 9:51:08 AM
Like · Dislike

david48
Joined On 6/23/2009 1:10:06 AM
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Chris, Excellent letter to the BBC. It's unfortunate that you could not get anybody at that organization, to respond to your comment. It was presented in a respectful and considerate fashion, and worthy of a well-considered (and high integrity, self-respecting) response. Never mind all the other distractions and/or deflections. Good quality journalism is always important, no matter the nation and no matter the medium (digital, or otherwise, etc.)

Mark as Spam · Posted On : 1/23/2020 5:02:52 AM
Like · Dislike

Eevee
Joined On 5/7/2008 10:05:07 AM
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That would be like banging your head against a brick wall with the BBC (sik nickten here). .GBNews is doing a great job of reporting all sides of topical subjects including health the c19 products etc. their journalists and reporters are not afraid to report and invite professionals on both sides of the subject and question them properly then let the guests go head to head. It's been really refreshing to see this news channel develop and not just have the voices on the BBC opening out bige water and propaganda. Off topic but maybe of interest to commenters here on DAB website... I read Deep Vickers Permacultor book maybe 16 years ago... great to see Permacultor is catching on... www.champions4permaculture.com Eco search engine (https://www.ecosia.org/ Do CEO's have the same concerns as us? Interesting article... Here a great Monday everyone ! www.boardwalkfingerlake.com/blog/what-companies-do-you-most-admire?utm_c...

Mark as Spam · Posted On : 1/23/2020 5:31:24 AM
Like · Dislike

abc5680
Joined On 5/10/2009 12:36:00 AM
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Very interesting article, especially the contributions from Chris Exley PhD. I have heard that this scientist's research funding has been withdrawn, and I would guess that the published articles mentioned above probably contributed to his being funding? The criminality of those involved is astounding, but then these folk simply don't live by the same standards of humanity that the rest of us do, so I can understand why people find this stuff hard to believe for soul-corroded humans. I applaud Dr Exley for his courage and his work.

There appear to be 'toddling effects' with the toxicity of metals also, then the combination with fluoride and other toxins, pathogens and then also wi-fi and EMFs. It is almost as though the 'perfect storm' is being precipitated by design? I find it hard to believe that all of the "drugs" that are being pushed on us are supposed to work perfectly in tandem with such vile toxins and blood DNA, endocrine, nervous system function and cell function (mitochondrial function in particular). There is agenda here, MS. However, the ability of the human body is so marvellous that we are largely still standing, and we WILL discover the truth ..... it's coming.....!

Reply · Mark as Spam · Posted On : 2/19/2020 1:26:34 AM
Like · Dislike

Guillermou
Joined On 4/7/2015 8:47:49 AM
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Hi abc. Indeed, the pharmaceutical mafia funds Chris Exley to view funds. I also congratulate Professor Chris Exley of Keele University, for telling parents that aluminium in vaccines given to babies, such as whooping cough, and in the human papillomavirus vaccine that is given to adolescents, can cause 'severe and disabling' autism. The British academic was recently blocked from raising funds, after "protests by other scientists". Robert F Kennedy Jr. made a great post regarding the recent blockage on his social media platform, which is how I became aware of it.

"He who stifles free discussion secretly doubts what he professes to believe in is really true." - Wendel Phillips. GoFundMe today shut down Dr. Christopher Exley's crowd funding campaign to study aluminum in vaccines. Dr. Exley, the world's leading authority on aluminum toxicity argued the Pharma Cartel when his autopsies discovered astronomically high aluminum concentrations in the brains of children with autism.

His other studies link aluminum to Merck's Gardasil and other vaccines to dementia, Alzheimer's and autism. Exley joins a long list of scientists silenced for questioning the Vaccine Orthodoxy. While White House Republicans censor climate science at the EPA, congressional Democrats clamor for censorship of vaccine science. It's strange, to me, that these politicians don't understand that censorship is incompatible with democracy. Given purchase, censorship will spread virally until it infects and kills democracy. SCOTUS Justice Potter Stewart called censorship "the hallmark of an authoritarian regime." Heinrich Heine's observed, "Where they have burned books, they will, in the end, burn human beings."
www.collective-evolution.com/2019/04/09/worlds-leading-authority-on-al...

Mark as Spam · Posted On : 2/19/2020 2:08:06 AM
Like · Dislike

Guillermou
Joined On 4/7/2015 8:47:49 AM
Add as Friend · Send Message

Yes, Alex, environmental factors, including heavy metals are a great danger against neurodegenerative diseases.
www.sciencedirect.com/.../S0022328367000270 (2019) www.ncbi.nlm.nih.gov/.../PMC5870044 (2018). This review highlights research related to the impact that heavy metals, aluminum, arsenic, beryllium, cadmium, lead, mercury, nickel and radium have on human health. www.intechopen.com/books/cancer-causing-substances/he-ivy-metals-and-c... (2019)

... and also in the development of cancer. Various heavy metals, including arsenic, cadmium, uranium, lead, mercury, etc. and compounds containing heavy metals are toxic to humans and have been reported to induce mutations in the human genome, which leads to carcinogenesis. link.springer.com/.../978-3-319-96011-6_3 (2019)

Breast density is strongly related to breast cancer. The identification of associations between environmental exposures and density can elucidate relations with breast cancer. Metals and polycyclic aromatic hydrocarbons can influence breast density through oxidative stress or endocrine disruption. In this study to assess the association between metal and polycyclic aromatic hydrocarbon urinary concentrations of lead and cobalt were more likely to have dense breasts.

breast-cancer-research.biomedcentral.com/articles/10.1186/s13058-019-1... (2019) Study of Sisters (n = 50,884), cancer-free women. A wide range of metallic airborne toxins, both individually and simultaneously, is considered in a national sample of American women at risk of breast cancer. We found an increased risk of postmenopausal breast cancer by increasing exposure to metal toxins in ambient air, especially mercury, cadmium and lead. www.ncbi.nlm.nih.gov/.../PMC5634205 (2019)

Mark as Spam · Posted On : 2/19/2020 2:54:40 AM
Like · Dislike

standeybacker
Joined On 11/12/2012 3:21:46 AM
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hi abc - I'm not sure that we are 'still standing' - what I see is a decline as the resources are plundered and wasted - pollution is killing our ocean and the species die offs are now exponential - I could go on - but I feel I have said enough

Mark as Spam · Posted On : 2/19/2020 5:50:36 AM
Like · Dislike

Geyncann
Joined On 7/20/2013 8:36:35 AM
Add as Friend · Send Message

Aluminum hydroxide (in vaccines) is used in laboratory testing to create diabetes for study purposes. It destroys the islets of Langerhans (insulin secreting ducts) in the pancreas.

Reply · Mark as Spam · Posted On : 2/19/2020 6:39:22 AM
Like · Dislike

Guillermou
Joined On 4/7/2015 8:47:49 AM
Add as Friend · Send Message

Thank you, Geyncann. Consider in general toxic metals and diabetes. This study reports on the role of environmental chemicals to act as triggers or accelerators for the development of type 1 diabetes and type 2 diabetes. Chemicals can have direct toxic effects on insulin-producing beta cells or have immunomodulatory effects, alter hormonal levels, affect the microbiota or alter intestinal permeability. Epigenetic alterations induced by chemical substances that lead to altered gene expression probably www.linkedin.com/.../2089401 (2014)

Most artificial cord blood samples in children who then develop T1D higher concentrations of aluminum, mercury and arsenic were found more frequently in the umbilical cord blood of children who later develop T1D compared to what is found in non-diabetic controls These findings suggest that exposure to toxic metals during pregnancy could be one of several environmental factors that contribute to the disease process if confirmed in other studies.
www.ncbi.nlm.nih.gov/.../PMC5647082 (2019)

In this study, urinary levels of copper and zinc were positively associated with the risk of diabetes and hyperglycemia among cobe-oven workers. Urinary levels of manganese, barium and lead were also associated with an increased risk of hyperglycemia regardless of other traditional risk factors. www.sciencedirect.com/.../S0047484115300062 (2016)

Mark as Spam · Posted On : 2/19/2020 7:49:20 AM
Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend · Send Message

OK, folks, enough of pessimism... Just a reminder to take advantage of any sun breaks and beautiful spring days to get outdoors and appreciate the beauty of nature. Stretch your winter muscle and have fun! Just be glad to be alive. Here are February reminders... Seed swaps and seed catalogs. Start my standing water. Prune trees. Spring clean up. You still have time to plant a spring cover crop. Plant something fascinating and beautiful! Dig small. Pickled, fried, smoked. If you are bug you can get and freeze them until you have more time. Also, go fishing for whatever.

Cook up a storm for your friends and family. Share a jar of sprouts. Keep relating your canned goods and freezer food. Calculate your surplus fruit and consider turning it in to wine. Start a batch of mass media one cold season and one warm season. Invite the neighbors over for coffee or dessert. Maybe crack open a cover. Gather the family and pop popcorn. Put out a favorite board game. Monopoly or dominoes? Write a letter to a shut in. Catch up on home repairs, mending, sewing, etc. Open all the windows to air the house out. Put fresh sheets on beds. Then, throw another log on the fire. Enjoy the spring flowers. Count your blessings. Be happy

Reply · Mark as Spam · Posted On : 2/19/2020 1:56:07 AM
Like · Dislike

Tiggy22
Joined On 6/15/2011 11:16:50 AM
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Good morning Almond, I just love your positive comments, we need more of those. It would be so easy to listen to all the doom & gloom going on in this world, & to think thats all there is happening around us ! Its not, we have a BEAUTIFUL world, if only we got out there more, & enjoyed the good & free things it has to offer. My husband & myself, went out for a drive on Sunday, up to the beautiful, stunning & never capped Glen Coe mountains, in the highlands of Scotland. A couple of hours from us - here on the West coast. Im also getting my compost organised ready to plant my spinach, carrots, lettuce etc ! No matter what the weather throws at us, I always try to make it look as fresh as well ! So let's do as you say Almond (Except the " Meeting " bit, I hate seeing) & look for the things in life that make us feel uplifted... I have a saying on the bedroom wall EVERY DAY OF MY LIFE, GOOD THINGS HAPPEN TO ME, AND TODAY WILL BE A VERY GOOD DAY ! Have a great day everyone, & don't forget ....don't spread gloom, spread smiles x

Mark as Spam · Posted On : 2/19/2020 3:09:25 AM
Like · Dislike

designer56
Joined On 6/19/2006 3:02:25 PM
Add as Friend · Send Message

Make something with your own 2 hands. You now have a special keepsake to pass on to the next generation when you die.

Mark as Spam · Posted On : 2/19/2020 5:37:58 AM
Like · Dislike

jeff6675
Joined On 3/8/2016 1:41:14 PM
Add as Friend · Send Message

I wish I was your neighbor!

Mark as Spam · Posted On : 1/23/2020 12:42:09 PM
Like · Dislike

juststreve
Joined On 1/10/2012 11:13:54 AM
Add as Friend · Send Message

Isn't this just daily. Aluminum soda, juice, beer cans, pots & pans, aluminum foil, adding to the food from vaccines. Any autistic kids I've had contact with at least gut issues, whether those gut issues existed before a dose of vaccines would just be a guess on my part. Either situation, leaky gut or a direct leaky gut deposit from vaccines bypass our natural defense system. Alzheimer's/dementia, not only have been linked to heavy metal sources of aluminum from all the above mentioned, but pots & pans coated with the non-stick toxins wearing out so we can get a dose of both to stick to tissues in our body. Having to deal with Alzheimer victims is exhausting to say the least. At this point it is hard to say they are victims. Some are pay needing to be sedated with a renewed full stubborn economic influences & those who are afraid to admit we have had it wrong for the last 9 decades so we won't make those changes. Get your food from organic/raw or as close to virgin sources as you can, and use porcelain cookware, glass plates & glasses.

Reply · Mark as Spam · Posted On : 2/19/2020 4:35:37 AM
Like · Dislike

Guillermou
Joined On 4/7/2015 8:47:49 AM
Add as Friend · Send Message

Yes, JUST, lesser health is also linked to overall health. The evidence highlights the connection of intestinal diseases with chronic and degenerative diseases. The skin has an area of about 2 m2, while the mucosa with that have the intestinal cells on its surface, our intestine has an average surface of between 400m2 and 600 m2. The the intestinal border of our body with the outside is between 200 and 300 times greater than the border of the skin. Stress, medications, such as anti-inflammatories, acetylsalicylic acid, antibiotics, antiviral, contraceptives, sedatives agents such as glyphosate, tobacco, alcohol, heavy metals or food surfactants, among others can be causes of increased permeability.

The consumption of aluminum, in other words, metal accumulated in our environment during the last century of industrialization, has shot up 350% since 1960 in industrialized countries. Dr. Guillaume Pinton de Chardonnet in the laboratory "Inserm UMR5 Inflammatory digestive diseases: pathophysiology and development of therapeutic objectives" shows that daily exposure to aluminum, in concentrations that are frequently found in the environment of industrialized countries, increases the intensity and the duration of intestinal inflammation in mice. It involves multiple mechanisms.

Aluminum increases the inflammatory response, weakens the digestive tract, making it more susceptible to bacteria and alterations of gut microbiota. It is now a very environmental risk factor for Crohn's disease and ulcerative colitis.
pdfs.semanticscholar.org/1922/bc2e43b5b07f0dc7cc5ce7241c4e4b5a5a3f08.pdf
journals.sagepub.com/.../JNN10231114000910 The student has pro-tumorigenic and proinflammatory action in intestinal epithelial cells. This study highlights several ways in which aluminum has a disturbing impact on intestinal epithelial cells.
www.sciencedirect.com/.../S0378517513300710

Mark as Spam · Posted On : 2/19/2020 5:27:05 AM
Like · Dislike

mar6915
Joined On 8/3/2010 5:50:50 PM
Add as Friend · Send Message

just - think about all the people that inject their children with vaccines, then pay for vaccines, take to the dentist get some mercury metal fillings, then give them soda's in cans to drink all day (as pop and drink drink drink beer out of cans, to be an example to their growing children) and....they believe it is safe because everybody does it, and its sold to them !

Mark as Spam · Posted On : 2/19/2020 10:36:46 AM
Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend · Send Message

OK, we I do not have this entirely figured out, yet, but I am sure there are some smart Mercolians who can add to this. A lot of research has been done on the toxicity or aluminum. (Also, heavy metals, etc.) This may go for the kitchen sink today. More may be going on here. Not that toxicity should be ignored. However, there may be other factors that increase the toxins harm to the human biome, esp. for

infants and young children's tiny bodies where brains may contain more water and their bodies struggle to detox burdens. We see this with cell phones, for example.

In addition to the toxicity of aluminum which can concentrate in the brain, consider the electrical conductivity of aluminum. The nervous system (brain, spinal cord, peripheral nerves) is a bio-electrical system. When charges are altered, this system no longer functions optimally as it should. The electrical effect also has magnetic implications. There is no one cause of toxic burden, but many causes are interrelated and have undesirable exponential effects. It is not surprising that when we see signs of social decline, chaos and civil disorder, they are accompanied by many aberrant forms of behavior linked to brain inflammation. It is difficult to have healthy minds with sick bodies.

Reply | Mark as Spam | Posted On 2/19/2020 12:58:08 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Yes, Almond, it is estimated that by 2050 there will be more than 1.5 billion people worldwide over 65 years of age. Aging affects organs and tissues and is associated with changes in cellular processes that contribute to dysfunctions. Aging and genetic predisposition are risk factors for the development of neurodegenerative disorders such as Alzheimer's disease. Also consider epigenetics, with food, environmental risk, lifestyle, and social environment, as relevant disease modifiers. As a result, we are exposed not only to essential metals for metabolic processes, such as iron, copper, zinc, manganese, etc., but also to toxic metals such as lead, aluminum, and cadmium, etc., which disturb the homeostasis of the metal at the cellular and organ levels. www.sciencedirect.com/.../S0022283619300270 (2019)

There is a large number of preclinics in vitro and in vivo that demonstrate the role of transition metals, such as copper, zinc and iron, both in the occurrence and in the progression of neurodegenerative disorders such as AD. In addition, there is strong evidence that these metals are also critically involved in cellular processes that mediate neuronal / brain health, with specific interactions in the key pathways responsible for functional outcomes such as learning and memory.
www.ncbi.nlm.nih.gov/.../PMC5870044 (2018) This review highlights research related to the impact that heavy metals, aluminum, arsenic, beryllium, cadmium, lead, mercury, nickel and radium have on human health.
www.intechopen.com/books/cancer-causing-substances/heavy-metals-and-ca.. (2019)

Mark as Spam | Posted On 2/19/2020 1:42:21 AM

Like Dislike

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mar6915
Joined On 8/2/2016 5:00:50 PM
Add as Friend | Send Message

@ Randy, cancer centers are a Big business, I see more of them going up then organic grocery stores. @caws- the first thing I did back in 2003, when puppies were dumped off on me, was to get their hair analyzed. I wondered how being so new to life they had such high aluminum in them. Also noticed when the older dogs, final analysis showed the aluminum spiked way high. They drank non fluoridated water. I believe now it was the vaccines.

Mark as Spam | Posted On 2/19/2020 11:02:25 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

Good insightful posts by all who commented. We must also remember our animals. Ironic that they seem to have more options than people. Also, consider this... If I take my-pet-to-a-vet, I can obtain the medical procedure of my choice (within limits of course), that we both agree on, if I am willing to pay. Not so with people and govt intervention.

Mark as Spam | Posted On 2/19/2020 12:33:00 PM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

I don't pretend to have all the answers, but I know intuitively and experientially that I feel better when I live more in harmony with nature, producing my own food and following the nature year and seasonal calendar. You don't need to overthink everything. May I make a political comment? It seems MIchael Bloomberg has alienated just about every group he needs to get elected... women, Mexicans, blacks, homosexuals, veterans, gun-owners, the elderly and sick, and most recently farmers. (Did I leave anyone out?) So, after his condescending remarks about farmers, I have a question for him. According to the United States Department of Agriculture (USDA) the average American farmer feeds approximately 155 people. If it is so easy, I wonder whether Michael Bloomberg could produce and preserve enough food to just feed himself for a year thru his own honest labor in a backyard garden--not fishing off a yacht with expensive gear. There is a big difference between talking and doing.

Reply | Mark as Spam | Posted On 2/19/2020 2:08:56 AM

Like Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
Add as Friend | Send Message

We once had a cat that was he smartest ever. She was eager to please and had a very clear vocabulary of over 3 dozen words--obeyed commands better a dog or most people's children--and could open doors. Most of her life, she was given glacial water. When we moved to a new residence, the first thing we did was let her out of her carrier and placed a bowl of tap water in front of her. She sniffed at the water, let out a shriek and crawled back into her carrier. ("I want to go back home!") That was when we realized that, if even the cat would not drink the water, as cats are known to drink out of a toilet, maybe we shouldn't either!

Mark as Spam | Posted On 2/19/2020 12:43:49 PM

Like Dislike

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mar4442
Joined On 10/14/2014 3:02:06 PM
Add as Friend | Send Message

All those who have read many of my other comments, this one is not much different. There is a systemic reason why the authorities are hell-bent on killing us--to prepare the entire planet for a one-world government. The Illuminati cannot control over 7 billion people, and the United Nations is the mouthpiece for the Illuminati, which is the only reason the U.N. exists, and has flexed its so-called muscle on the united States to ban guns, forcing building codes, which is one big reason why many people cannot have their own home--why--because part of the Communist Manifesto is to abolish privately owned property.

Despite the so-called "humanitarian" missions the U.N. performs, they are anti-Christian, which is why they allowed millions of Christians to be murdered, and some readers here might remember what they allowed in the Sudan. Bill Gates is a part of the one-world government agenda--why--in 1998 Bill Gates was invited to the Illuminati headquarter in Brussels, for which the locals provided him with a "pie-in-the-face," because the locals know who the are the Illuminati. In short, they told Bill to play ball or else, so he has been promoting worldwide vaccinations, and built the largest seed bank in Norway--non GMO--why--because once the population is cut in half, and the world government is established, all GMO crops will on longer be needed, because the One-World Government wants healthy slaves, not sick ones.

Reply | Mark as Spam | Posted On 2/19/2020 8:43:35 AM

Like Dislike

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moony77
Joined On 3/10/2021 4:20:02 PM
Add as Friend | Send Message

I couldn't agree with you more! At least since the Civil War and the Industrial Revolution, the US has lost its way from nature/GOD! The destruction of the family and the cancellation of the Creator from creation has taken place at breakneck speed. It's so difficult to witness the destruction of civilization but Jesus warns us, all of this must end and thankfully sooner than later to spare those that haven't fallen for the greatest of lies, that neither GOD nor evil exists. Must be a powerfully, strong delusion and spell placed on humanity, in the name of "progress!" Dear GOD, open the eyes and ears of your creation and bring on the LIGHT, in Jesus' almighty and powerful name, AMEN

Mark as Spam | Posted On 1/23/2023 8:58:52 AM

Like Dislike

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lovingMom2013
Joined On 4/24/2013 8:11:32 PM
Add as Friend | Send Message

Aluminum salts are added into the public water supply to remove sediments (?). Also I heard that Al nano-powder is sprayed over the cities in America. Climate engineering. On the top -vaccination. Brain is affected. North Americans get more stupid every year. I am not saying about Alz and cancer.

Reply | Mark as Spam | Posted On 2/19/2020 10:46:15 PM

Like Dislike

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warriormom
Joined On 10/2/2008 3:08:00 PM
Add as Friend | Send Message

So how do you best detoxify in order to rid the body of the aluminum? Would love to know! I also recently read that they are working on a new way to deliver vaccines, a patch, that won't require adjuvants. It seems to me that this is where we need to be putting our time, money, and energies instead of poisoning people!

Reply | Mark as Spam | Posted On 2/19/2020 4:22:46 AM

Like Dislike

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deanna125
Joined On 9/15/2010 2:10:37 PM
Add as Friend | Send Message

Vaccines are not needed. Money and time need to be put into educating parents on delayed cord cutting, breast feeding, healthy, clean eating, deadliness of sugar, round-up, pesticides, etc., sunshine and vitamin D, 5G and on and on. Vaccines are an idea whose time has come and gone. It is a failed idea and it's time to move on.

Mark as Spam | Posted On 2/19/2020 5:05:09 AM

Like Dislike

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stanleybecker
Joined On 11/12/2012 3:21:48 AM
Add as Friend | Send Message

hi warrior - what I find questionable in your post is your acceptance of the legitimacy of vaccinations - surely boosting the immune system through natural means such as diet and exercise and life long immunity through childhood infection of low threat diseases is better than autism and mutism and other horrifying sickening EFFECTS of man made vaccinations - can't you see the irony of Bill Gates who wants population reduction and yet propagandizes that vaccination is SAVING lives

Mark as Spam | Posted On 2/19/2020 5:45:09 AM

Like Dislike

Guillermou
Joined On 4/7/2015 8:47:48 AM
Add as Friend | Send Message

Hi warriormom, as you know, the fundamental thing is to eliminate vaccines and stimulate the immune system. Dr. Mercola has several articles to remove heavy metals. Among them: The Three Pillars of Heavy Metal Detoxification articles.mercola.com/sites/articles/archive/2016/06/19/heavy-metal-det.. How to Detox Heavy Metals to Help End Exhaustion and Chronic Fatigue articles.mercola.com/sites/articles/archive/2018/04/08/heavy-metal-det..

Mark as Spam | Posted On 2/19/2020 6:44:45 AM

Like Dislike

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caws
Joined On 1/12/2009 12:42:21 PM
Add as Friend | Send Message

According to Dr Russell Blaylock [neurosurgeon] author of Excitotoxins The Taste That Kills; aluminum is one of the most difficult metals to chelate out of the body. Much like fluorine it forms a nearly unbreakable bond and they are both synergistic along with Hg,Pb and Ar. Hg & Al are literally 100X more toxic in combo than separate. ALL ARE CUMULATIVE. Most of your artificial colors and flavorings are made with petroleum products and Al. There are DMPS,DMSA and EDTA for detoxing but Al & F are resistant . There has been some success with silica for F & Al, but tests of sweat from near infrared sauna have shown more metals leaving the body than any other way. This combined with lots of clean water and deep tissue massage saved my friend who was acutely pesticide poisoned and chronically Hg poisoned from her amalgams. Through all this you must do quantitative tests to make sure not to over tax eliminative system [liver ,kidneys,bowels] by going to fast.

Two of the most toxic vaccines are TETANUS [which is the ONLY one that contains BOTH Hg & Al along with formaldehyde[carcinogen] and has possible side effect of partial or complete vocal chord paralysis that may or may not be permanent. This happened to me. Tetanus is a bacteria not a virus so why are we still vaccinating for this?

The other WORSE case ssenario is when kids go off to college and are given Mennigococcal & Gardasil together. One has Hg & the other has AL making it 100X more toxic. Another update last year the CDC Vaccine Excipient Summary now has Flu & Shingles shots that contain POTASSIUM CHLORIDE [used to stop the heart in executions] and 11 MANDATED vaccines now contain ABORTED FETAL CELLS.

Mark as Spam | Posted On 2/19/2020 7:45:32 AM

Like Dislike

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mar6915
Joined On 8/2/2016 5:00:50 PM
Add as Friend | Send Message

@ caws, plus studies state we no longer are to be told to get tetanus every 10 years. Yet they are still doing that to people. 25 years it stays in us last I heard or 30.

Mark as Spam | Posted On 2/19/2020 10:38:00 AM

Like Dislike

Graviola
Joined On 6/20/2006 2:32:00 AM
Add as Friend | Send Message

Aluminum can be removed from the body by ingesting silicon, which is found in the herb: Horsetail.

Reply | Mark as Spam | Posted On 2/25/2021 4:10:39 PM

Like Dislike

NewlandsWanderer
Joined On 6/11/2015 6:59:28 AM
Add as Friend | Send Message

Well done Chris Coles for trying to get the BBC to listen to Dr Mercola. I have also tried to get them to look at independent research but to no avail. When you consider what happened to Dr Andrew Wakefield when he dared to suggest there was a link between vaccines and autism you can see that the forces of Big Pharma Big Media and Big Money are shaping their response. I think the BBC are too frightened to even acknowledge any research that challenges the accepted norm, and so are the majority of the public who are fed the same diet of half truths and shadowy assumptions.

Reply | Mark as Spam | Posted On 2/19/2020 5:17:49 AM

Like Dislike

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jezzy48
Joined On 7/13/2009 10:36:53 AM
Add as Friend | Send Message

No NewlandsWanderer, they are not frightened of anyone. They know what is what. They are the (UK) government propaganda department, the head of the BBC is always a mason. They deliberately won't tell you anything that will help you, instead they will do the exact opposite. I remember back around 2012 when Burzynski won his case finally against the FDA but 1 month to the date before that happened they showed the damning film of him supposedly harming people. When he won his case, they never printed any retraction. This happens all the time. Tony Rooke won his court case against them for being 'involved' in 911. They reported WTC building 7 as coming down 22 minutes before it actually did, and refused to give their source for this information. He took them to court as it is illegal to provide funds to terrorism in the UK. He won his case but this was never reported. As a result he no longer has to pay his TV license, the rest of us do that though. His film INCONTROVERTIBLE is on YouTube if anyone is interested, also sub to him and watch his other videos. The BBC are corrupt to their very core and will never change.

Mark as Spam | Posted On 2/19/2020 6:06:45 PM

Like Dislike

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dfo4961
Joined On 12/20/2020 5:00:03 PM
Add as Friend | Send Message

There was a known connection between aluminum and Alzheimer's back in the 70s. I remember people throwing out their aluminum cookware.

Reply | Mark as Spam | Posted On 1/23/2023 8:03:08 AM

Like Dislike

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axkershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend | Send Message

I remember an even earlier connection of aluminum with cancer in 1952. I was in 2nd grade. My stepfather sold Wearever door to door. Suddenly his sales plummeted. He was greeted with "No thanks. It causes cancer"

Mark as Spam | Posted On 1/23/2023 4:39:58 PM

Like Dislike

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bacchusp
Joined On 3/16/2015 10:34:33 PM
Add as Friend | Send Message

Thank you, Dr. Mercola, some very valuable insights. Before immunisation was undertaken children were all expected to overcome all childhood diseases with the help of good home nursing. Nearly all children were born through the birth canal and most were breastfed for at least six months. It was then considered important to have and overcome all childhood diseases. Most of us were able to play in the dirt and were in close association with cats, dogs, hens and ducks at least. there were no showers and we were bathed once a week. We grew up strong and healthy. To compare orally ingested substances with injected substances show a large degree of ignorance or gross duplicity, it certainly is not science. You mention assumption in relation to the safety of aluminium. Assume is ass u me, makes an ass of you and me. How much of science begins with an assumption followed by a hypothesis based on the assumption? Look at the mess we get into when business profits are more important than ethics and good sense!!

Reply | Mark as Spam | Posted On 2/19/2020 10:44:43 PM

Like Dislike

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nothingsound
Joined On 8/12/2018 9:47:47 AM
Add as Friend | Send Message

"Eating REAL food!" Did everyone hear that in the video with Dr. Paul? Real foods. We feed so many of our babies non real foods. Most do not read the labels. I know I have mentioned this before; but I am so thankful for my Daughter-in-law and how she takes care of my son and grandson. She is warrior and stands against so much of the mainstream. My grandson is fed healthy, at almost one year, he is a free-roaming baby within the house with his two four-legged brothers. Just recently I had quite the discussion on organic foods versus non-organic; was that ever interesting. So many people still believe that organic is a phase or not real science; for the life of me I do not know how they believe this. But I have come the conclusion you cannot change any one's mind unless they are open to the discussion. But I do have one question; Is polio eradicated? Thank you.

Reply | Mark as Spam | Posted On 2/19/2020 6:28:03 AM

Like Dislike

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stanleybecker
Joined On 11/12/2012 3:21:48 AM

Add as Friend | Send Message

hi nothingsound - " To date, there have been 94 wild poliovirus cases reported in 2019, compared to 33 in all of 2018. In addition, several African nations reported single cases of vaccine-derived polio: Chad, Benin, the Democratic Republic of the Congo, Ghana, Ethiopia, Togo, and Zambia. "

Mark as Spam | Posted On 2/19/2020 6:43:29 AM

Like | Dislike

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mar6915
Joined On 8/2/2016 5:00:50 PM
Add as Friend | Send Message

A vaccine-derived poliovirus is a strain of the weakened poliovirus that was initially included in oral polio vaccine and that has changed over time and behaves more like the wild or naturally occurring virus.

Mark as Spam | Posted On 2/19/2020 7:03:01 PM

Like | Dislike

HanneKoplev
Joined On 7/30/2013 1:15:23 AM
Add as Friend | Send Message

"Scientists at Europe's food safety watchdog have assessed the safety of aluminium from all sources in food and established a Tolerable Weekly Intake (TWI) of 1 milligram of aluminium per kilogram of body weight." A 12 year girl (the age where HPV-vaccine is given) waight about 40 kg, which gives a Tolerable Weekly Intake p 40 mg. Aluminium a week. The oral uptake is 0,1 %, which means a Tolerabel load at 0,040 mg aluminium a week, Gardasil 9.contains 0,5 mg aluminium, which is given as injection, which means all the amount of aluminium is getting into the body. Vaccination svarer til about 88 times "the daily tolerabel load" of aluminium! Or "the daily tolerabel load" of aluminium during 3 month. 2 vaccines means about half a year "the daily tolerabel load" of aluminium. And 3 vaccines means 3/4 year"the daily tolerabel load" of aluminium, Something wrong with injecting vaccines with aluminium-adjuvant into peoble?

Reply | Mark as Spam | Posted On 1/23/2023 1:02:23 PM

Like | Dislike

HealingMindN
Joined On 5/1/2007 5:34:02 PM
Add as Friend | Send Message

I recall asking a nurse at a sutter health clinic if there was aluminum in that flu vaccine; she outright lied and said "no" even though she had no idea about the list of adjuvants. I'm pretty sure they were instructed that way.

Reply | Mark as Spam | Posted On 1/23/2023 12:27:46 PM

Like | Dislike

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ghfinn
Joined On 2/9/2016 7:51:02 AM
Add as Friend | Send Message

I gave up scuba diving due to the majority of AL dive tanks. I had found out that the amount of AL attained in one dive was higher that that attained in a year of normal living. I also knew of the relation of AL & brain disease. I have thought of trying it again now that there are carbon tanks.

Reply | Mark as Spam | Posted On 1/23/2023 12:24:09 PM

Like | Dislike

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axkershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend | Send Message

Like most divers, I never thought of that. Al is so ubiquitous. Thanks for the jolt.

Mark as Spam | Posted On 1/23/2023 4:47:50 PM

Like | Dislike

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helpothers
Joined On 6/20/2006 7:28:13 AM
Add as Friend | Send Message

I was told years ago that I was a heavy metal collector after a heavy metals test. They said I needed to keep up on minerals so my body would be less likely to absorb heavy metals. I am not sure if this is true as this information is over 20 years old. My theory with it via the periodic table is that being up on certain elements would prevent the absorption of others - ie: being up in iodine might help prevent absorption of chlorine and flouride. Or having a good zinc status might lessen absorption of mercury or cadmium as they are in the same column of the periodic chart. Can anyone more chemically inclined weigh in? If my theory is at least partially right, then boron supplementation might help block aluminum. This could be a "the moon is made of cheese" kind of logic, but it seemed a simple explanation to me.

Reply | Mark as Spam | Posted On 1/23/2023 9:37:55 AM

Like | Dislike

Nlitnd1
Joined On 2/19/2020 6:25:20 AM
Add as Friend | Send Message

Is potassium alum that is in salt deordorants bad as well? They claim it has a much larger molecule that does not enter the blood stream. It still is aluminum though, so? It is hard to find a natural deodorant that works.

Reply | Mark as Spam | Posted On 2/19/2020 6:30:46 AM

Like | Dislike

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sandramarie108
Joined On 9/27/2021 2:34:28 PM
Add as Friend | Send Message

Efficacy in what way? More than likely there was other substances that could have been used as an adjunct. Aluminum is a metal and heavy metals are not good for the body/health. That could be considered common sense. To me what they did was clearly severe negligence, especially since they were using aluminum in so many vaccines and immunizations and requiring/pushing repeated injections.

Reply | Mark as Spam | Posted On 1/23/2023 6:37:40 PM

Like | Dislike

Meibao
Joined On 12/4/2007 4:35:26 PM
Add as Friend | Send Message

One thing no one mentioned is using Morton Salt that "Pours as it rains"....wanna know why? Read the label...they add aluminum silica to it. I always tell people to steer clear of that salt...it's poison! Don't use sea salt as it ALL has nano-particles of plastic in it. Himalayan salt is mined with slave labor (30 cents a day) and has a high carbon footprint to ship it. We have the best salt here...Redmonds Real Salt mined in Utah, unprocessed, unexposed to pollutants. It's full of beneficial minerals.

Reply | Mark as Spam | Posted On 1/23/2023 11:26:00 AM

Like | Dislike

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axkershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend | Send Message

I agree. Tastes great.

Mark as Spam | Posted On 1/23/2023 4:49:16 PM

Like | Dislike

TheFacts
Joined On 6/1/2014 10:50:27 AM
Add as Friend | Send Message

And... are they not spraying this stuff over so many cities as "chemtrails"? Here in Tucson, the spraying is REALLY heavy! Damned government!!

Reply | Mark as Spam | Posted On 1/23/2023 10:14:51 AM

Like | Dislike

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bose58
Joined On 1/22/2011 10:53:23 AM
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As a grandparent does anyone have suggestions for this issue as regards to young children and vaccines. I did not have my children vaccinated but this has gotten more and more difficult to do. Now in my state children can not attend school if they are not vaccinated and it is virtually impossible to find a Doctor who will help. My grandchildren are now on formula. Is there something that would mitigate the harmful effects of vaccines. My youngest is 6 months old. Thank you for your suggestions.

Reply | Mark as Spam | Posted On 1/23/2023 9:35:52 AM

Like | Dislike

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helpothers
Joined On 6/20/2006 7:28:13 AM
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I'd look to nvic.org and verify the law in your state. Lots of schools say children can not attend school if not vaccinated, but don't mention you can sign an exemption form. This was the case in AZ and I signed exemption forms so they could attend. If that isn't the case in your state, I would look for a naturopath and assuming you still have to have vaccines, maybe put them on a slower schedule to prevent toxicity. I wouldn't hesitate to look into your homeschool laws as well and make that an option. There are many more resources for homeschooling today than when I did it in the early 2000s.

Mark as Spam | Posted On 1/23/2023 9:46:22 AM

Like | Dislike

Longrunner
Joined On 4/17/2021 9:36:04 AM
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I would love to see a study done on the vaxxination rates and autism in Lancaster County Pa in the Amish community vs the general population.

Reply | Mark as Spam | Posted On 1/23/2023 9:35:27 AM

Like | Dislike

Randyfast
Joined On 5/6/2010 8:42:42 PM
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Talk about "flying under the radar"! You; and countless others continue to ignore the tons of bio-available nano aluminium particles falling from the sky, contained in the massive ongoing spraying operations in our skies. Amounts more than 1,000 times the acceptable level, have been found in the soil, water...plants are dying, trees are dying, insects and animals are dying, more species by the day! These numbers are from credible scientific data. I can see the trees dying, from the inside out - everywhere I look! Speaking of Weather Control/manipulation; after a couple of weeks of spring temperatures (+6 to +10 C) - in January, apparently we are in for very cold weather at least for the next couple of weeks (-10 to -12 C).

It's what Dane Wigington calls "Weather Whiplash". This is the #1 existential threat to humanity! I'm not minimizing all the other evils in the world but; if the geoengineers are allowed to continue, nothing else will matter. There is no sense even talking about 20-30 years from now. The biosphere collapse is already happening!

Reply | Mark as Spam | Posted On 1/23/2023 8:47:02 AM

Like | Dislike

TheBearRuns
Joined On 9/7/2021 7:50:11 AM
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THANK YOU Capt Forbidden for the silica solution and thank you Almond and Gui for the good news that beer is a good source for silica. I did a quick research and it is confirmed - beer is a very rich source of silicon!! As per a study published in PubMed "Silicon in beer and brewing" - pubmed.ncbi.nlm.nih.gov/20355113 .

Reply | Mark as Spam | Posted On 1/23/2023 7:37:24 AM

Like | Dislike

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moony77
Joined On 3/10/2021 4:20:02 PM
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Beer aka hops and grains are sprayed with glyphosate, as a desiccant. Also, non organic grape vineyards are loaded with glyphosate!

Mark as Spam | Posted On 1/23/2023 8:40:56 AM

Like | Dislike

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goatherd0
Joined On 9/28/2017 6:04:14 PM
Add as Friend | Send Message

GOD BLESS YOU for your continued effect of getting the facts out to the public.

Reply | Mark as Spam | Posted On 2/27/2020 8:03:51 AM

Like | Dislike

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mar6915
Joined On 8/2/2016 5:00:50 PM
Add as Friend | Send Message

Tomljenovic interview: Very informative

Reply | Mark as Spam | Posted On 2/19/2020 8:35:19 PM

Like | Dislike

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pigulla
Joined On 6/15/2016 10:52:59 PM
Add as Friend | Send Message

Doctor, could you please print all the ways and names to fool us on ALUMINUM. They can be sneaky as our foods too

Reply | Mark as Spam | Posted On 2/19/2020 5:17:45 PM

Like | Dislike

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mar6915
Joined On 8/2/2016 5:00:50 PM
Add as Friend | Send Message

the list would be too long. as far as foods go antacids and some buffered analgesics are the worst. Depends on your location as some areas are high in water. For a food list here is a sampler, don't forget most baking contains it due to the use of baking powder: dietgrail.com/aluminum-content-of-foods

Mark as Spam | Posted On 2/19/2020 7:27:08 PM

Like | Dislike

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annhan
Joined On 5/2/2015 12:32:30 PM
Add as Friend | Send Message

I have been using diatomaceous earth for family and pets. Is this a suitable substance for detoxing aluminium?

Reply | Mark as Spam | Posted On 2/19/2020 4:39:11 PM

Like | Dislike

MollyMalone
Joined On 2/27/2011 2:12:09 AM
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It seems possible: Diatomaceous earth is made from the fossilized remains of tiny, aquatic organisms called diatoms, whose skeletons are made of silica. Over a geologically long period of time diatoms accumulated in the sediment of rivers, streams, lakes, and oceans. Today, silica deposits are mined from these areas.   According to Kaayla T. Daniel, PhD, CCN and Galen D. Knight, PhD in their article "Mad as a Hatter" there is no better product to detox HEAVY METALS and RADIATION from your body than with Food Grade Diatomaceous Earth. I have heard Kaayla speak and I find her to be knowledgeable in these sorts of things, so it's worth a try.

To detoxify with diatomaceous earth, dissolve less than one teaspoon to one tablespoon for every 100 pounds of body weight in a glass of pure water and drink before bed over a period of months or years. Taken this way, its metal-binding capacity is unlikely to hinder the absorption of needed minerals such as calcium, magnesium and zinc, which we take in from our food at mealtimes or from supplements during the day. www.westonaprice.org/.../mad-as-a-hatter Kaayla Daniel, PhD, CCN And just for clarification: "Food Grade: This type contains 0.5–2% crystalline silica and is used as an insecticide and an anti-caking agent in the agricultural and food industries. It is approved for use by the EPA, USDA, and FDA. Food-grade diatomaceous earth is low in crystalline silica and considered safe for humans. The filter-grade type is high in crystalline silica and toxic to humans." www.healthline.com/nutrition/what-is-diatomaceous-earth#what-it-is

Mark as Spam | Posted On 2/20/2020 4:42:19 PM

Like | Dislike

NRiehl
Joined On 1/16/2013 7:44:37 PM
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Zero vaccines have been evaluated for their potential to cause cancer. On any vaccine insert, the Number 13 bullet point covers this. For example, the text from the Shingrix vaccine insert. 13 NONCLINICAL TOXICOLOGY 13.1 Carcinogenesis, Mutagenesis, Impairment of Fertility. SHINGRIX has not been evaluated for its carcinogenic or mutagenic potential. Vaccination of female rats with SHINGRIX had no effect on fertility [see Use in Specific Populations (8.1)] . In a male fertility study, rats were vaccinated with 0.1 mL of SHINGRIX (a single human dose is 0.5 mL) on 42, 28, and 1, 4 days prior to mating. There were no effects on male fertility. Find every vaccine insert at: www.fda.gov/vaccines-blood-biologics/vaccines/vaccines-licensed-use-un..

Reply | Mark as Spam | Posted On 2/19/2020 10:56:16 AM

Like | Dislike

Fer1910
Joined On 10/13/2015 7:23:23 AM
Add as Friend | Send Message

What about Aluminum Lake Food Coloring? Isn't that ingesting a form of aluminum that was never tested for safety?

Reply | Mark as Spam | Posted On 1/23/2023 5:00:26 AM

Like Dislike

david48
Joined On 8/25/2009 9:10:06 AM
Add as Friend | Send Message

I wonder if Iodine (or Iodide) supplements, taken in liquid form, regularly, might also be beneficial in reducing heavy metal toxicity, such as Aluminum? I believe it is helpful for reducing Fluoride and Bromide, in the body (and brain?), but I'm not sure about its effectiveness for other accumulated toxins -- that many of us have build up over the years in our body, thru living in such a toxic environment. I'd be grateful if anybody could tell me what harmful compounds that Iodine supplementation can help reduce in the body. In other words, if its toxin reducing capacity goes beyond "just" the Fluoride and Bromide. Thanks!

Reply | Mark as Spam | Posted On 1/23/2023 5:09:58 AM
Like Dislike

david48
Joined On 8/25/2009 9:10:06 AM
Add as Friend | Send Message

I tried to post the following Reply to forbidden healing's Original Post about SILICA -- but it somehow got "lost", or didn't take, in the system. So I am sending it again. Apologies if any repetition of my message inadvertently occurs! This might be a "beginner" type question, but I wonder if taking a Silica supplement (such as Dr Mercola's capsules of same) might have a beneficial effect on reducing stored-up (accumulated) aluminum that resides in us already. i.e., that is stored in our tissues already, and which over time might affect brain health.

Presently, I'm taking Dr. Mercola's Silica supplement in order to boost my body's collagen levels, and maybe thus also help with bone density and enhance connective tissue health. It would be good to know if that Silica (when I remember to take it), was *also* helping with reducing stored aluminum in the body (or brain). On a separate note, and in response to those commenting in this thread about the possible health benefits of Hops or Beer consumption, I think it could be important to consider that Dark Beer (the alcoholic beverage) is very high in Oxalates.

However, other beers may be lower in Oxalates. I'm not super well educated on Oxalates, so it could be worth double checking what I just said here -- with regard to beers and oxalates. For those who drink the substance regularly, this would be good to know about. It wouldn't pertain to me, individually; I just mention it here for the benefit of others. (Those who may find it a nice way to relax, for example.) It's good to know the oxalate content of anything we ingest.

Reply | Mark as Spam | Posted On 1/23/2023 5:18:25 AM
Like Dislike

Maritt
Joined On 12/14/2010 8:19:52 AM
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Gui stated (above) that Silica supplements should be taken on an empty stomach.

Mark as Spam | Posted On 1/23/2023 8:32:58 AM
Like Dislike

david48
Joined On 8/25/2009 9:10:06 AM
Add as Friend | Send Message

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Reply | Mark as Spam | Posted On 1/23/2023 4:54:19 AM
Like Dislike

lmoberoi
Joined On 3/7/2008 10:08:01 PM
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What is an effective method of detoxing Aluminum from Brain and body?

Reply | Mark as Spam | Posted On 1/23/2023 1:23:39 AM
Like Dislike

moony77
Joined On 3/10/2021 4:20:02 PM
Add as Friend | Send Message

Dr Russel Blaylock addresses this in "Health and Nutrition Secrets That Can Save Your Life."

Mark as Spam | Posted On 1/23/2023 8:45:12 AM
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