

## **Aluminum schmaluminum**

Is the metallic crunch of aluminum foil a regular sound in your kitchen?

Do you use aluminum baking pans, pots, or utensils?

What about the baking powder in your favorite biscuits or the processed, quick-melting cheese in your omelets?

Do you roll on regular deodorant or antiperspirant?

If you can say yes to these, you might want to take a look at the aluminum in your life and see what you can do about reducing it.

Why?

Many studies over the past ten years have pointed to a connection between breast cancer, Alzheimer's disease, and aluminum. The need to protect your brain is vital!

Aluminum is everywhere...deodorants and antiperspirants, some vaccines, mint and peppermint teas, antacids, aspirin, bentonite clay, color additives, cosmetics, deodorant (even stones and crystals), tap water, pesticides, nasal sprays, toothpaste, and it is in pollution.

Hard to get away from it, you say? The key is minimizing your exposure where you can.

Here are a few simple tips:

- Never use aluminum foil directly on the food you are going to cook or eat, like wrapping meat and veggies in foil and roasting them on the grill.
- Look for pots and pans, cooking supplies, etc. labeled 'aluminum-free.'
- Shop for aluminum-free baking powder and other kitchen essentials, as well as personal care products, especially deodorant.
- Use aluminum-free deodorant/antiperspirant.
- Drink filtered water.

Better health is a process. Consider the steps you can take each day on your personal road to wellness!