

## Stay away from brain robbers...

No one wants a toxic brain!

Brain toxicity is a major factor in the development of neurodegenerative diseases, such as dementia, Parkinson's disease, and Alzheimer's disease.

And today, there is no shortage of neurotoxins in our air, food, water, and products.

What can you do about it?

Here are four of the major toxic substances you should remove from your family's lifestyle and diet.

- **Fluoride:** Fluoride's ability to damage the brain is one of the most active areas of fluoride research today. Over 300 studies have identified fluoride as a neurotoxin. Ditch the fluoride toothpaste.
- **Aspartame:** Toss this artificial sweetener. Study after study confirms that aspartame can damage the brain and central nervous system, as well as being cancer-causing.
- **Gluten:** Go gluten-free? With increasing recognition among medical professionals and the public alike that the health of the gut and brain are intimately connected, the idea that gluten can damage your brain is beginning to be taken more seriously.
- **Heavy Metals:** While heavy metal music is awesome, heavy metals in your body are not. Be sure to use a natural deodorant aluminum-free deodorant, avoid aluminum cans, and stop using aluminum cookware and aluminum foil. Never get "silver" fillings, and do not eat larger fish such as swordfish and tuna.