

# Aluminum Exposure: What You Need to Know

## Where It's Found

- Tap water (from water treatment chemicals)
- Cookware, foil, and packaging
- Personal care products (e.g., deodorants)
- Vaccines (as aluminum-based adjuvants)
- Infant formula (especially soy-based)
- Antacids and buffered aspirin
- Metal joint implants

## Why It Matters

- Linked to brain fog, memory loss, Alzheimer's, Parkinson's, and autoimmune conditions
- Can cause bone pain, fatigue, anemia, and hormonal disruption
- Accumulates in brain, bones, liver, lungs, and takes years to eliminate
- Some studies link aluminum in deodorant to increased breast cancer risk

## What You Can Do

- Use a water filter that removes aluminum
- Choose aluminum-free deodorants
- Minimize aluminum-containing medications (consult your doctor)
- Drink silica-rich mineral water (e.g., Fiji) to help bind and excrete aluminum
- Test with 24-hour urine or serum aluminum levels, especially after silica water