



# FOILING ALUMINUM

*Reducing the health hazards posed by Earth's most abundant metal*

BY DEIRDRE IMUS

**O**f all the potentially harmful chemicals swirling around in the atmosphere, one of the most well known is aluminum. Most people are familiar with aluminum foil, a popular component of food packaging that many people also use for cooking. But just because something is familiar does not mean it's safe.

Aluminum is a metal, the most abundant one in the Earth's crust. It is found naturally in soil, water, and the

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air, making it essentially unavoidable. Regardless of our personal choices or lifestyle habits, all of us will be exposed

to some level of aluminum on a near-daily basis. It is therefore crucial to understand the possible health effects of aluminum, to know where else it is found, and what you can do to limit its presence in your body.

Beyond its natural occurrences, aluminum is also used to make beverage cans, pots and pans, airplanes, siding and roofing, and the afore-

mentioned foil. It is found in a range of consumer products such as antacids, aspirin, antiperspirants, cosmetics, and more, [according to](#) the U.S. Centers for Disease Control and Prevention (CDC). The CDC also notes that aluminum is often added during the processing of foods like flour, baking soda, and coloring agents. The average U.S. adult consumes 7-9 mg of aluminum per day, whether we like it or not.

## MAKING MATTERS (MUCH) WORSE

Additionally, aluminum gels or salts are added to vaccines. Pharmaceutical

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the only vegetarian working cattle ranch for kids with cancer. Deirdre is a New York Times multiple best-selling author and appears weekly on Imus in the Morning's Blonde on Blonde and Psychos. The Deirdre Imus Environmental Health Center® works to ensure children live the healthiest lives possible—today, tomorrow, and decades from now. In her quest to clean up the environment for our kids, Deirdre developed the award-winning Greening The Cleaning® program and product line, which replaces the hazardous ingredients commonly found in cleaning agents with environmentally-responsible, less toxic products wherever possible. The program and products are used throughout the country in schools, healthcare facilities, and businesses. ◀

companies use aluminum as an “adjuvant”—something intended to make vaccines more effective by stimulating the body’s response to it. There is some debate about aluminum’s effectiveness as an adjuvant, but whatever benefits it may offer appear to be outweighed by the multiple dangers it poses to human health.

There’s an important distinction to be made between the aluminum that is ingested or inhaled and the aluminum that is injected through vaccines. Injected aluminum hangs around inside the body much longer than the aluminum accumulated through other means. A [2012 study](#) by Khan et al. found aluminum deposits remained in parts of the brain and spleen a year after being injected.

If the injected aluminum is not being properly excreted, where does it go, and how does it affect the body? A [2015 study](#) published in *Frontiers in Neurology* suggests that aluminum “migrates” to certain organs and is later disseminated throughout the body, ultimately accumulating in the brain. What’s more, this same study points out that despite aluminum’s wide use as an adjuvant in vaccines, the mechanisms by which it may or may not make vaccines more effective remains “basically unknown.”

### CONCENTRATED EFFECTS

Now imagine what happens to a small child, with a body less than half the size of the average adult. Their brain and organs are still developing, and are keenly impacted by their environment. They are injected dozens of times (16 vaccines, 74 doses) with a form of aluminum that a [2011 study](#) in the *Journal of Inorganic Chemistry* linked to the development of a wide range of neurodegenerative diseases, including autism. That this practice has continued for nearly a century is a catastrophe of inexplicable proportions. Aluminum has no place in vaccines, no business being injected into any of us, and no value other than to the drug companies who sell the vaccines.



▲ **TOXIC INJECTIONS**—The use of aluminum in vaccines has risen in recent years.

One of the world’s leading experts on aluminum toxicity is Dr. Christopher Exley of Keele University in the United Kingdom. He [has pointed out](#) that many of the adverse effects seen in people following vaccinations are similar to the known consequences of aluminum

reaction to a perceived threat. If a metal such as aluminum is injected into a small child’s body and disrupts the immune system’s natural development, the consequences could be dire and multifaceted. As children are diagnosed with autoimmune conditions such as asthma and allergies in epidemic proportions, understanding the possible effects of injected aluminum is critical to their—and all of our—well-being.

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intoxication. More research is needed into the acute and long-term effects of injected aluminum, and its safety is not to be assumed, according to Exley.

The nonprofit National Vaccine Information Center [highlights](#) the dearth of research on injected aluminum’s potential impact on immune response. Immune response affects inflammation in the body, and the body’s

### MULTIPLE SOURCES

[Research has suggested](#) high levels of oral aluminum consumption may be linked to the development of Alzheimer’s disease and kidney problems. The National Cancer Institute [says](#) further study is needed on the possible relationship between breast cancer and the use of aluminum-laced antiperspirants or deodorants. In children with kidney conditions, high levels of aluminum in the body have been associated with brain and bone disease. The kidneys play a key role in removing toxins like aluminum from the body, so malfunctioning kidneys can cause an excess of aluminum and other substances.

[Animal studies have shown](#) that the nervous system is a sensitive target of aluminum toxicity, causing

muscle weakness, poor coordination, and memory problems in offspring whose mothers were exposed to high levels of aluminum during pregnancy and while nursing. And a [2012 study](#) found that cooking acidic foods with aluminum at high temperatures led to greater leaching of aluminum into the foods, causing researchers to conclude that excessive consumption of food baked with aluminum foil may carry serious health risks.

## REDUCING EXPOSURE

Aluminum consumption is unavoidable, but it may be reduced. When it comes to cooking, replace aluminum foil with parchment paper when you roast vegetables in the oven. Not only is it a safer alternative, it can be easily re-used or composted. You can also place potatoes or vegetables directly on the sheet pan, spraying it first with cooking oil to avoid sticking. It might take more time to clean, but you'll avoid exposing your family to a potentially harmful metal, which makes it worth the extra effort.

Opt for cooking tools made from materials like stainless steel or cast iron, and avoid anything advertised as “non-stick.” These pre-treated pots and pans are coated with the chemical known as Teflon, which, when heated, can cause fumes to permeate the kitchen. [According to the Environmental Working Group](#) (EWG), exposure to Teflon-laced air can cause flu-like



▲ **IS YOUR DEODORANT DANGEROUS?**—Opting for one of the growing number of aluminum-free deodorants reduces exposure to this toxin.

symptoms—and who knows what else. As EWG notes on its website, routine human exposure to Teflon fumes has not been adequately studied. Don't take any chances when it comes to cooking for your family. Instead, take a few extra minutes to choose safer surfaces.

Aluminum-based compounds work in antiperspirants/deodorants by temporarily “plugging” the sweat duct and stopping the flow of sweat to the skin's surface. The science is split on whether any connection to breast cancer development exists due to aluminum's mimicking estrogen, but you don't have to take the chance. Choose natural antiperspirants/deodorants that do not contain aluminum compounds, and while you're at it avoid those that have other potentially harmful ingredients like parabens, triclosan, and silica. Check out [EWG's Skin Deep](#) to see where your current option ranks in terms of safety, and to search for safer

means of preventing unwanted underarm sweat and odor.

## STOP THE INSANITY

When it comes to childhood vaccinations, aluminum is found in the hepatitis A, hepatitis B, diphtheria-tetanus-pertussis (DTaP, Tdap), Haemophilus influenzae type b (Hib), human papillomavirus (HPV), and pneumococcal infection vaccines. While only three states—West Virginia, Mississippi, and California—don't allow religious and/or philosophical vaccine exemptions, parents are often led to believe that their children must get all these vaccinations to attend school. This is why we must demand that no vaccine contain any metals like aluminum or mercury, or carcinogens like polysorbate 80 and formaldehyde. Allowing the injection of known neurotoxins into our children is the height of insanity. It isn't safe enough for my kid, and it shouldn't be for yours.

It has never been more crucial for our voices to be heard on the very real and lasting health effects of exposing our children to toxic substances like aluminum. If we sit around and do nothing, nothing will change. Voice your concerns about the need for increased vaccine safety, avoid aluminum consumed through other means, and never stop fighting for the health of your loved ones. ◀

**Note:** Information provided herein is not intended to treat or diagnose any health condition. As always, consult your healthcare provider with any questions or health concerns.

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▲ **CLEAN UP YOUR COOKING**—Use parchment paper for roasting vegetables and choose aluminum-free cookware like cast iron or stainless steel.