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Aluminum in Drinking Water Tied to Alzheimer's

[Yahoo News](#) ^ | 4/14/03 | Jacqueline Stenson

Posted on **Dienstag, 15. April 2003 04:11:27** by [Libloather](#)

Aluminum in Drinking Water Tied to Alzheimer's

Mon Apr 14, 5:54 PM ET

By Jacqueline Stenson

SAN DIEGO (Reuters Health) - Adding support to a controversial theory linking aluminum with Alzheimer's disease, new research indicates the disease is more common in regions of northwest Italy where levels of aluminum in drinking water are highest.

And when the investigators studied the effects of one form of the metal on two types of human cells in the lab, they found it hastened cell death.

"We were absolutely surprised by these results," said study author Dr. Paolo Prolo, a researcher at the University of California at Los Angeles. "I did not expect any effect from aluminum."

In findings released here Monday at the annual Experimental Biology meeting, Prolo and colleagues focused on monomeric -- single molecule -- aluminum. This is the type that can be most easily absorbed by human cells, he said.

While there have been suggestions that aluminum cookware might pose a risk for Alzheimer's, the type of aluminum used in pots and pans consists of multiple molecules and does not appear to affect human cells, according to Prolo. "There is almost no evidence that the cookware is dangerous," he said.

When the researchers tested water in regions of northwest Italy in 1998, they found that total aluminum levels -- including monomeric and other types of aluminum -- ranged from 5 to 1,220 micrograms per liter, while monomeric aluminum levels alone ranged from 5 to 300 micrograms per liter.

Environmental officials generally recommended that total aluminum levels be below 200 micrograms per liter, Prolo noted.

After comparing this data to death rates from Alzheimer's in those regions, the researchers found that the disease was more common in areas with the highest levels of monomeric aluminum.

Back in the lab, Prolo and colleagues then tested the effects of monomeric aluminum on human immune-system cells and bone cancer cells. Ideally, human brain cells would be tested but these are not readily available because a biopsy of a patient's brain is necessary to acquire them, he said.

"We found that a very low quantity of aluminum added to our cell cultures was modifying cellular processes" like normal cell death, Prolo told Reuters Health.

When the aluminum was paired with beta-amyloid, a protein found in the brains of Alzheimer's patients, the combination killed off even more cells.

Because aluminum could kill both types of human cells, these findings raise the question of whether aluminum is potentially involved in other diseases, Prolo said.

But much more research is needed to understand how the metal does or does not affect people, he added.

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KEYWORDS: [aluminum](#); [alzheimers](#); [drinking](#); [health](#); [water](#)

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1 posted on **Dienstag, 15. April 2003 04:11:27** by **Libloather**

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To: **Libloather**

wonder if there should be precautions to breathing compressed air from a scuba tank made of alluminum?

effects of heavy metals similar to that of chem and nerve toxins, as well as electromagnetic and nuke affects.

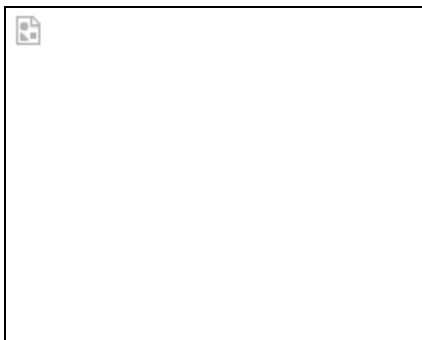
Just more data on how environmental factors impact biosystems and why inhibitors so valuable.

2 posted on **Dienstag, 15. April 2003 04:21:50** by **Soul Citizen**

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To: **All**

We Replaced Patrick Leahy's Brains With Folger's Crystals. Let's See If Anyone Notices!



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STOP BY AND BUMP THE FUNDRAISER THREAD-
It is in the breaking news sidebar!

3 posted on **Dienstag, 15. April 2003 04:22:57** by **Support Free Republic** (Your support keeps Free Republic going strong!)

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To: **Libloather**

I read somewhere that Alzeihmers was not common until the 1840s, when aluminum came into general use.

4 posted on **Dienstag, 15. April 2003 04:27:30** by **Grand Old Partisan** (You can read about my history of the GOP at www.republicanbasics.com)

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To: **Soul Citizen**

I wouldn't worry about breathing the air but look out for Walter Kidde tanks:

<http://www.napsd.com/cscuba.htm>

5 posted on **Dienstag, 15. April 2003 04:27:47** by **cinFLA**

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To: **Grand Old Partisan**

But they say there appear to be no effect related to pots and pans.

6 posted on **Dienstag, 15. April 2003 04:29:15** by **cinFLA**

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Comment #7 Removed by Moderator

To: **Soul Citizen**

One of my best friend's brother is a prominent doctor in Houston. Many years ago, he told everyone he knew not to buy soft drinks or beer out of aluminum cans because it was a **FACT** that aluminum causes increased chances of getting Alzheimers. Except on rare occassions, I quit buying the cans.

8 posted on **Dienstag, 15. April 2003 04:33:15** by **demkicker** (I wanna kick some commie butt)

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To: **Libloather**

Suspicious of a link between aluminium and Alzheimers drove me to give up canned beverages several years ago, though I wonders what implications there are for those who wear tinfoil hats.

9 posted on **Dienstag, 15. April 2003 04:33:41** by **Dimensio**

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To: **cinFLA**

On a slightly different topic, I also read somewhere of a strong correlation between schizophrenia and childhood exposure to cats.

10 posted on **Dienstag, 15. April 2003 04:34:03** by **Grand Old Partisan** (You can read about my history of the GOP at www.republicanbasics.com)

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To: **Razzz**

I'm wondering that also! Does fluridated water release monomeric aluminum into foods from the cookware?

11 posted on **Dienstag, 15. April 2003 04:36:46** by **MHGinTN** (If you can read this, you've had life support from someone. Promote Life Support for others.)

[[Post Reply](#) | [Private Reply](#) | [To 7](#) | [View Replies](#)]

To: **demkicker; Dimensio**

I've heard this for at least 10 years or longer. It's always a good practice to empty yesterday's water in the

tea kettle and let the faucet run a couple of minutes to rinse out your house plumbing, especially older homes with galvanized pipes.

12 posted on **Dienstag, 15. April 2003 04:42:11** by **CedarDave** (The number of Saddam sightings is rapidly approaching those of Elvis!)

[[Post Reply](#) | [Private Reply](#) | [To 8](#) | [View Replies](#)]

To: **Libloather**

What about deodorant? I think most antiperspirant deodorants contain aluminum. I imagine your body absorbs at least a little of that aluminum.

13 posted on **Dienstag, 15. April 2003 04:42:51** by **Nick The Freeper** (Tag line.....I don't need no stinking tag line.)

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To: **cinFLA**

interesting, aluminum is obviously lighter for scuba but steel is still nice.

14 posted on **Dienstag, 15. April 2003 04:44:11** by **Soul Citizen**

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To: **Libloather**

Hey! The Aluminum foil (tin foil) is supposed to go on the **OUTSIDE** of your head!

Mark

15 posted on **Dienstag, 15. April 2003 04:44:27** by **MarkL**

[[Post Reply](#) | [Private Reply](#) | [To 1](#) | [View Replies](#)]

To: **demkicker**

beer tastes better in bottles anyway!

16 posted on **Dienstag, 15. April 2003 04:45:21** by **Soul Citizen**

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To: **Libloather**

There are some weird associations with nerve disorders. For example multiple sclerosis is correlated with, women, over 40 who were born north of 40 degrees latitude. I know some victims of the disease that fit the profile.

17 posted on **Dienstag, 15. April 2003 04:48:03** by **AEMILIUS PAULUS** (Further, the statement assumed)

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To: **MHGinTN**

Does fluoridated water release monomeric aluminum into foods from the cookware?

If it did, the Government wouldn't allow its use.

18 posted on **Dienstag, 15. April 2003 04:48:24** by **templar**

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To: **MHGinTN**

I drank a lot of beverages from aluminum cans over the years so I'm concerned that, uh, I'm concerned about the, uh, the, the cans. . .what were the cans? Were they your cans? I'm sorry. . .did I take your cans? I hope I didn't take your cans! You look good, though. . .did I tell you, you look damn good! Okay, I'm

gonna rest now. . .but you look good!

19 posted on **Dienstag, 15. April 2003 04:49:08** by **McBuff**
[[Post Reply](#) | [Private Reply](#) | [To 11](#) | [View Replies](#)]

To: **Libloather**

Re:

"...Aluminum in Drinking Water Tied to Alzheimer's..."

Aluminum, unlike Iron and Steel, will repel any magnetic attraction.. Or more simply: A magnet will not stick to Aluminum.

There is a very simple test to see if you have an abnormal amount of Aluminum in your head.

Simply place a decent sized magnet (a refrigerator magnet will suffice) on your forehead. If it does not stick and falls to the floor, your head may contain an abnormal amount of Aluminum.

20 posted on **Dienstag, 15. April 2003 04:50:42** by **Deep_6**
[[Post Reply](#) | [Private Reply](#) | [To 1](#) | [View Replies](#)]

To: **cinFLA**

I wouldn't worry about breathing the air but look out for Walter Kidde tanks

True. You couldn't give me one - 6351-T6 tanks in general are dangerous junk. I switched to steel a couple of years ago, and would never go back to an aluminum 80.

21 posted on **Dienstag, 15. April 2003 04:53:18** by **strela** ("... he's a spy and a girl deligher")
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To: **Libloather**

Where does FLORIDE come from?

The process of aluminum smelting.

What a great idea! To get rid of this highly toxic material, let's let people drink it in their water!

Floride is used in rat poison. How nice!

I would propose that Floride is the reason why we have alzimers in such great numbers today.

Also, using aluminum cooking pans and pots and drinking soda pop out of aluminum cans is not a great idea.

22 posted on **Dienstag, 15. April 2003 04:55:40** by **Radioactive**
[[Post Reply](#) | [Private Reply](#) | [To 1](#) | [View Replies](#)]

To: **Deep_6**

"Simply place a decent sized magnet (a refrigerator magnet will suffice) on your forehead. If it does not stick and falls to the floor, your head may contain an abnormal amount of Aluminum."

Thank goodness, my magnet stuck.

23 posted on **Dienstag, 15. April 2003 05:00:30** by **blam**
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To: **Deep_6**

"Simply place a decent sized magnet (a refrigerator magnet will suffice) on your forehead. If it does not stick and falls to the floor, your head may contain an abnormal amount of Aluminum."

Do I remove my tin foil bonnet, first?

24 posted on **Dienstag, 15. April 2003 05:01:48** by **SierraWasp** (Media Advisory: Don't believe anything you hear and only half of what you see!!!)
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Comment #25 Removed by Moderator

Comment #26 Removed by Moderator

To: **Dimensio**

This was news at least 20 years ago. The aluminum cookware industry has that strong a lobby?

As far as hats go, get the non-stick foil and make sure it's applied non-stick side to the hair/head. Sort of acts like a barrier. Also doubles as a conditioner for dry hair.

27 posted on **Dienstag, 15. April 2003 05:15:08** by **Calvin Locke**
[[Post Reply](#) | [Private Reply](#) | [To 9](#) | [View Replies](#)]

To: **Soul Citizen**

THis is old news that has been around for a minimum of 20 years!

I love it when someone "discovers" what was already known and proven. That's why aluminum pots/pans have been "discouraged" for 20 years or so. Unfortunately, some neo-scientist is stating that cast-iron is bad because it guves off too many iron ions??

Well - stainless is still #1 as far as safety...unless it's next because the agenda is that we eat only RAW foods??? PETA Alert maybe? hehehe

28 posted on **Dienstag, 15. April 2003 05:17:41** by **steplock** (<http://www.spadata.com>)
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To: **Razzz**

HMS Sheffield's hull was aluminum, wasn't it? (At least until that Exocet that nailed it during the Falklands war finished with it).

29 posted on **Dienstag, 15. April 2003 05:18:35** by **strela** ("... he's a spy and a girl deligher")
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To: **Libloather**

There's also aluminum in Rolaid's (or one of those antacids). Many older folks also used pots and pans made with aluminum. My grandmother died from Alzheimers, and the doctor said aluminium *could* have contributed to the disease.

30 posted on **Dienstag, 15. April 2003 05:20:46** by **rintense** (Freedom is contagious. And everyone wants to catch it.)
[[Post Reply](#) | [Private Reply](#) | [To 1](#) | [View Replies](#)]

To: **Soul Citizen**

When I was SCUBA diving, the aluminum tanks were heavier because the tanks had to be thicker to give the same strength as steel. That was in the late 1970's. I don't know how it is today.

31 posted on **Dienstag, 15. April 2003 05:28:45** by **Shooter 2.5** (Don't punch holes in the lifeboat)
[[Post Reply](#) | [Private Reply](#) | [To 14](#) | [View Replies](#)]

To: **Libloather**

Foiled again! Now I can't wrap mah spuds when 'cuing them!

What next? No more tin foil alerts?

It ain 'uhmericun!

32 posted on **Dienstag, 15. April 2003 05:30:04** by **Young Werther**
[[Post Reply](#) | [Private Reply](#) | [To 1](#) | [View Replies](#)]

To: **Libloather**

This is not a new finding. I worked for Reynolds Metals (now Alcoa) in the early '80's. The company went into major damage control mode when a similar story was released then.

33 posted on **Dienstag, 15. April 2003 05:51:54** by **Buck W.**
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Comment #34 Removed by Moderator

To: **Radioactive**

Where does FLORIDE come from?

Florida?

35 posted on **Dienstag, 15. April 2003 05:56:47** by **Diddle E. Squat**
[[Post Reply](#) | [Private Reply](#) | [To 22](#) | [View Replies](#)]

To: **Libloather**

I remember reading 20 years ago that aluminum from food and beverage cans was suspected of causing Alzheimers.

36 posted on **Dienstag, 15. April 2003 06:04:16** by **Lancey Howard**
[[Post Reply](#) | [Private Reply](#) | [To 1](#) | [View Replies](#)]

To: **strela**

But.....

How does one handle a 'delighted spy'???

37 posted on **Dienstag, 15. April 2003 06:07:05** by **Elsie** (Don't believe every prophecy you read - ESPECIALLY *** ones)
[[Post Reply](#) | [Private Reply](#) | [To 29](#) | [View Replies](#)]

To: **rintense**

Most double-acting baking powders contain sodium aluminum sulfate as well. It may all be paranoia, but

I try to limit my exposure: my grandfather died of Alzheimers and I am entering the age of forgetfulness much too quickly.

38 posted on **Dienstag, 15. April 2003 06:10:30** by **antidisestablishment** (Our people perish through lack of wisdom, but they are content in their ignorance.)

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To: **demkicker**

he knew not to buy soft drinks or beer out of aluminum cans

Perhaps, but beer bottles are so much harder to crush on your forehead!

39 posted on **Dienstag, 15. April 2003 06:22:19** by **stainlessbanner**

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To: **aruanan; TomB**

Hi guys - I know I'd sure enjoy seeing your input on this thread, now deteriorating into an antifrufide thread. You're so much better at it than I am. Can't let some of this stuff go unchallenged, though. [/evil grin]

40 posted on **Dienstag, 15. April 2003 06:23:15** by **Spyder** (Just another day in Paradise)

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To: **demkicker**

Back in the late 40s my mother started to read Rodales Prevention Magazine and promptly threw out her old Aluminum cook ware and replaced it with stainless steel. I still drink soda out of Al cans but only a couple a day. I beleive Al is a factor but in combination with unknown other things.

41 posted on **Dienstag, 15. April 2003 06:23:57** by **tubebender** (?)

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To: **Deep_6**

Mine doesn't stick on the magnet side, if I use the printed side it sticks. Does this mean I should live north or south of the equator?

42 posted on **Dienstag, 15. April 2003 06:28:20** by **this_ol_patriot**

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To: **Libloather**

I would not deny alum. contributes to the disease, however I think it is hereditary as well. Anyone have some helpful Alzheimer's links?

43 posted on **Dienstag, 15. April 2003 06:28:41** by **stainlessbanner**

[[Post Reply](#) | [Private Reply](#) | [To 1](#) | [View Replies](#)]

To: **steplock**

unless it's next because the agenda is that we eat only RAW foods???

Skewering food on a tree branch and cooking it over an open fire fed by dried acacia leaves from 300-year-old trees grown in equatorial Africa is the only way to safeguard one's immortality -- unless you smoke, then it's OK to eat out of aluminum pots, or even aluminum garbage cans.

44 posted on **Dienstag, 15. April 2003 06:46:03** by **browardchad**

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To: **Elsie**

How does one handle a 'delighted spy'???

With Wonder Bread of course. It builds strong bodies 007 ways!

45 posted on **Dienstag, 15. April 2003 06:57:11** by **strela** ("... he's a spy and a girl delighter")

[[Post Reply](#) | [Private Reply](#) | [To 37](#) | [View Replies](#)]

To: **McBuff**

LOL

46 posted on **Dienstag, 15. April 2003 07:08:19** by **Diddley** (Dead, wounded, hidden, or escaped, Saddam is "As good as dead!")

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To: **Deep_6**

The magnet test always works.

47 posted on **Dienstag, 15. April 2003 07:09:53** by **Diddley** (Dead, wounded, hidden, or escaped, Saddam is "As good as dead!")

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To: **Buck W.**

The company went into major damage control mode when a similar story was released then.

Interesting. What was the essence of their damage control?

48 posted on **Dienstag, 15. April 2003 07:13:06** by **Diddley** (Dead, wounded, hidden, or escaped, Saddam is "As good as dead!")

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To: **this_ol_patriot**

EAST

49 posted on **Dienstag, 15. April 2003 07:14:49** by **Diddley** (Dead, wounded, hidden, or escaped, Saddam is "As good as dead!")

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To: **McBuff**

I am quite certain that aluminum cans used to contain beverages are LINED with a plastic coating.

50 posted on **Dienstag, 15. April 2003 08:04:21** by **John Valentine** (Writing from downtown Seoul, keeping an eye on the hills to the north.)

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