



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

ALUMINUM SENSITIVITY: THINGS TO AVOID

If you have been diagnosed with aluminum sensitivity, here are items that you should try to avoid:

1. Cooking utensils – Aluminum pots, Teflon pans and foil-wrapped foods
2. Beverages in aluminum cans – the phosphoric acid in the soft drinks leaches aluminum from the walls of the can
3. Added as an anti-caking agent to salt and sugar
4. Baking powder
5. Antiperspirants
6. Bleaching agents in white flour
7. Used as an emulsifier in some processed cheeses
8. Cake mixes, self-rising flour and frozen dough
9. Commercial teas
10. Toothpaste, sunscreen, lotions, powders/talc and cosmetics
11. Infant formulas- soy formulas contain 10 times more aluminum than milk based formulas and milk based formulas have 10 times the amount of the maximum allowable in our drinking water
12. Cigarettes filters, cigarette and marijuana smoke
13. Anti-acids, buffered aspirin and many other over-the-counter medications
14. Occupational – welding and smelting
15. Vaccines

Below is a website that gives some general information on aluminum toxicity.

<http://www.proliberty.com/observer/20071207.htm>