



CHUNG INSTITUTE
OF INTEGRATIVE MEDICINE

Aluminum Toxicity

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

1. Cooking utensils—aluminum pots, teflon pans and foil-wrapped foods;
2. Aluminum cans – the phosphoric acid in soft drinks leaches aluminum from the walls of the can;
3. Salt and Sugars where aluminum is added as an anti-caking agent
4. Baking powder
5. Antiperspirants
6. White flour where aluminum is used as a bleaching agent
7. Processed cheeses where aluminum is used as an emulsifier
8. Cake mixes, self-rising flour and frozen dough
9. Commercial teas
10. Toothpaste, sunscreen, lotions, powders/talcs and cosmetics which can contain aluminum
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. Cigarette filters: cigarette and marijuana smoke
13. Antacids, buffered aspirin and certain other over-the-counter medications
14. Metal working—welding and smelting
15. Vaccines unless absolutely necessary

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

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

You can also google Christopher Exley an expert on aluminum toxicity.