Introduction and upcoming book club

Hi, everybody. Today's Wednesday. And guess what? It's not snowing. It snowed yesterday, last night. But it's snow right now. Yay. So today we're going to talk about aluminum foil.

Before we get into that, I'm going be sharing with you a bunch of links and stuff that you might find interesting as to why we want to eliminate as much as possible of this.

for sure. And a few things that we have coming up tomorrow night is our book club. It's not too late if you decided that you wanted to be part of that, but you haven't been able to Get into the meetings.

It's not too late. it's a really easy read. Even if you haven't started reading it yet, pick it up in the third section of the book and you'll be able to jump right in.

Why aluminum exposure matters

And worse comes to worst. If you don't get a chance to read, you will still be to have some great conversation with us tomorrow night. So message me if want more information on that.

Um, so aluminum foil, well, aluminum is a neurotoxin. So there, there was a lot of talk, uh, years ago, probably well when my youngest was young about, you know, metals like mercury, adjuvants and vaccines, things like that.

They've swapped a lotta that out for aluminum. Uh, but aluminum still presents a problem, because it is still a neurotoxins. We use aluminum in our cookware, aluminum foil, all that stuff.

So we want to be cautious and make sure that we're using as little of that as possible. I'm going to share with you some studies on why we wanna do that, what we've learned from this situation.

And so one of them was done back in 2014 and it looked at a 66 year old man who died with Alzheimer's disease and they found that he had significantly higher levels of aluminum in his brain.

So they found that that contributed quite a bit to the Alzheimer's that he experienced. So here's a link to this study. For that.

Aluminum and Alzheimer's risk

And so, what are some ways that we have exposure now in his case, if you read the study you know he had eight years of occupational exposure, where he was breathing in.

breathing in particles, like an aluminum dust, I think they call it specifically, exactly. So that definitely contributed to his higher levels for sure, but to reduce our risk, we really wanna reduce as much of our exposure as possible.

I mean, he was 66 years old and had full-blown Alzheimer's. Obviously it came to him at a young age, So the extent of his exposure through his occupation, you know, I'm sure accelerated that.

So in our everyday life, it might take a little bit longer for that accumulation happen, but it's still an accumulation that we want to avoid and eliminate, not just for ourselves, But for our kids, lots of you that watch out there are moms and you're cooking for other people.

So we definitely want to understand the risks involved and we want look for alternative ways to make those better swaps as often as possible. You know, a buildup has the potential to cause neurotoxic effects, things like Alzheimer's disease.

It's not the only thing, but it's definitely one of them. There have been studies that show that it contributes to bone disease too.

Bone disease and dialysis concerns

So here's another one, and this is the one that talks about it in reference to bones disease, so especially as women, you know we often have concerns about bone disease later on in life because of the hormone factors that we often have.

So anything that can do to, again, lessen our risk there is going to be helpful. This study with the bone diseases showed that it was a buildup of aluminum in the blood.

They found that 37 percent of dialysis patients had developed aluminum associated bone So if you are someone that is concerned about kidney health, or maybe there's a family history there it's definitely something that you're going to want to take a little bit more seriously.

Right. that's definitely a concern. And then there's other risks. There was a study done in 2012 where they showed how the aluminum was leaching into our food, right?

And how that contributed to some of the exposure that we have. So, you wanna keep aluminum foil out of your kitchen. You wanna aluminum well away from the food that you eat.

So what are some healthier alternatives, okay, to aluminum foil now personally I've never been much of a fan for aluminum oil or aluminum cookware I tried to use ceramic cook where as much as possible.

You know, and as for storage glass storage containers.

How aluminum leaches into food

I even have a ceramic baking trays that I use. And if I have to align them with parchment paper instead of aluminum foil. So, you know, these are just ways that you can change, and tweak some of the things that your doing to eliminate some this accumulation that can happen.

Glass is great, doesn't transfer any harmful metals or chemicals into your food. So glass is a great option if you can cook in glass baking dishes. That's a good alternative.

Even like pie pans, they make glass pie pan instead of aluminum pie pants. There's usually almost always an alternative to using aluminum if your looking for it.

And then another way that some people usually use it as things like baking potatoes or fish.

Safer kitchen alternatives to foil

Again, you know you can use the ceramic dishes. They make them with lids they make great ones you You know, it's a definitely a better alternative of parchment paper, you know those ceramic baking sheets that I talked about, I've only found them on Amazon.

But if you go on amazon and you search ceramic, baking, sheets, You will find them they are there because I have them. They're a little pricey, but they're definitely worth the investment.

Where there's will, there is a way. Start looking for some of these ways to clean out your kitchen and just take it to the next level and remove as much aluminum as possible because we want to protect our brain.

can't imagine the fear that comes when you start to lose some of your cognitive function, you know, so anything

that we can do to preserve that for as long as we could.

We're exposed to so much. There's so many heavy metals in our food and there's the medications that are taken and then, you know, what's in our water and all that stuff.

So anything that we can do to make little changes that can alleviate any part of that burden, it all adds up in the long run for sure. Don't think that just because it's a small change that it is not worth making, because all those small changes, they add up to really big things.

The more of these small the bigger the impact, right? So this is just another one. So I'll see you tomorrow guys.