

Dr. Mercola's Comment:

The aluminum that is absorbed by your body from a typical antiperspirant adds up over time, and that aluminum can and does go straight to your brain where it can play havoc, as aluminum has been widely associated with Alzheimer's disease.

Personally, I stopped using antiperspirant nearly 20 years ago. All I do is use simple soap and water, and it works splendidly. Interestingly, those stains that occurred on my shirts stopped on all my new shirts as it was due to an interaction with the antiperspirant and my sweat, not the sweat alone.

Deodorants aren't as bad, but I would also avoid using them unless it was made from some form of baking soda.

I posted an article recently, which showed that there will be 16 million with Alzheimer's by the time many of you who are reading this will be elderly (2050). Fortunately, there are simple things you can do to prevent Alzheimer's.

[Exercise](#) is a very potent way to ward off Alzheimer's. [Previous research](#) showed, the odds of developing Alzheimer's were nearly quadrupled in people who were less active during their leisure time, between the ages of 20 and 60, compared with their peers. That is one of the reasons why I have been exercising for the last 34 years and, God willing, hope to continue for another 50.

[Getting the mercury amalgams out of your teeth is another effective strategy](#) to avoiding Alzheimer's, along with avoiding aluminum--these are the classic recommendations.

Following [The No-Grain Diet](#) and eating plenty of [fresh vegetables](#) with high folate levels are other practical strategies.

In other words, the key to the treatment of Alzheimer's is to make sure you never get it. So just how do you prevent Alzheimer's?

- [Avoid and remove mercury from you body](#)
- [Avoid aluminum, such as in antiperspirants, cookware, etc.](#)
- [Exercise for three to five hours per week](#)
- [Eat 15 to 20 pounds of vegetables per week](#)
- [Avoid flu vaccinations](#)