

# ALZHEIMER'S - DATA SHEET

***The following data sheet has been tabulated from books, research papers, articles and Internet postings. For more detailed information, contact us or research the pertinent material from the source list provided below.***

- Calcium can deposit in brain cells. Many researchers are investigating it as the cause for dementia, Alzheimer's and Parkinson's disease.
- Chemicals and toxic metals are associated with Alzheimer's disease, especially mercury and aluminum. Mercury can be absorbed into the brain from dental fillings, from flu shots (which are preserved with mercury) or come from regularly eating fish contaminated with mercury.
- Many people are exposed to aluminum through aluminum cooking pots, aluminum cans, and aluminum containing antacids and antiperspirants or aluminum foil.
- Evidence is mounting that deficient levels of magnesium contribute to the heavy metal deposition of the brain that precedes Alzheimer's disease
- Research has proven that in Alzheimer's disease, the brain neurons affected have significantly higher levels of aluminum than the normal neurons.
- Both Heart and brain are excitable tissues that give off electrical energy and both must have magnesium. Magnesium deficiency puts people at greater risk for many heart and brain functions including Alzheimer's disease.
- Magnesium is deficient in people who have Alzheimer's disease or Parkinson's disease
- Alzheimer patients have considerably lower magnesium levels within the area of the brain most damaged by Alzheimer's.

## **Sourced reference material:**

### Books

- *The Magnesium Miracle* by Carolyn Dean, M.D., N.D.
- *Transdermal Magnesium Therapy* by Mark Sircus, Ac., O.M.D.
- *The Magnesium Factor* by Mildred S. Seelig, M.D., MPH and Andrea Rosanoff, Ph.D

Articles

- *Magnesium Chloride for Health & Rejuvenation by Barbara Bourke & Walter Last*
- *What's all the buzz about Magnesium Oil by Chris Jennings*
- *History of Magnesium Chloride by Raul Vergini M.D.*
- *New Approaches to Alzheimer's Disease*

Many websites and web postings

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**Medical data (in these data sheets) is for informational purpose only.  
One should always consult a medical physician or specialist MD prior to using any nutrient or food supplement while on medication.**

**ZECHMAG Magnesium Chloride flake and oil is available from:  
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