

JOY COMES IN THE MORNING

(Alzheimer's or Aluminum?)

By: Kelly Kainer Billington

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In the year 2000, at age 63, my Mother began experiencing recognizable signs of the early stages of Alzheimer's. The first sign was, what we believed to be, a mild stroke that resulted in significant memory issues. So, from the start, it was believed to have begun with a stroke. And through the years, she progressed through the stages, and the experiences along the way were life-changing for her and her family! I can very comfortably describe the disease as a thief because it slowly steals your life, your dignity, and drains any income or savings that you may have accumulated through the years. And I can honestly and wholeheartedly say that no one deserves to go through what my mother experienced, and neither do the families and caretakers. It is an experience that is surely unforgettable and simply life changing!

However, it is with strong conviction and faith that I say and quote from the Holy Bible, "Weeping may endure for the night, but JOY Comes in the Morning." Psalm 30:5 In my opinion, the best cure for this disease is preventative measures through awareness and making good choices for our lives. I believe my proposal below contains the possible cause of this debilitating disease or, at the very least, it plays a major role in it. And I believe my Mother's results to be proof of the effectiveness of the treatment we used, which I have chosen to refer to as the JOY Treatment in her honor because her middle name was JOY. My prayer is that the JOY Treatment offers a means of paralyzing and deterring the effects of this disease in conjunction with simple awareness and making good choices. And, of course my ultimate hope is that it offers or leads to a cure. My heartfelt prayer is that God will rid the world of this dreadful disease once and for all!

MAY HIS WILL BE DONE!

The Proposal of The Cause

Over 100 years ago, and upon the death of the first Alzheimer's patient, Auguste Deter, a 51-year old female, "Dr. Alois Alzheimer performed an autopsy on her brain. He found senile plaque and neurofibrillary tangles in the tissue of her brain."¹ Unfortunately, there was no discovery of cause or cure in his lifetime.

When faced with this disease indirectly through my Mother, I opted to pour myself into researching the disease and treatment options. After years of research and most importantly, the experiences of simply trying to decide what to do with each stage, and how to keep Mother comfortable and peaceful, which is all that I ever wanted, I have come to a decision that Aluminum is quite possibly the main culprit that causes this disease. And I believe the symptoms of it are seen long before the occurrences of stroke-like symptoms. According to research, it appears that it is no secret that Aluminum has everything to do with Alzheimer's. And, we are exposed to aluminum abundantly

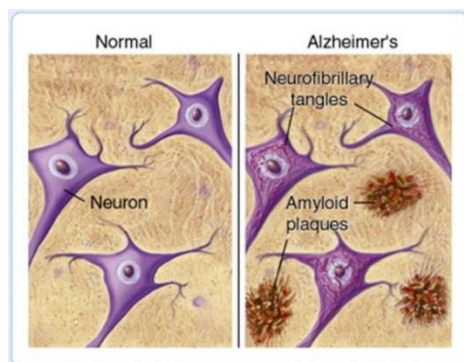
¹ <http://www.thirdage.com/alzheimers/the-first-alzheimers-patient?page=1>

in our lifestyles. In lieu of the fact that a blood brain barrier (BBB) protects the brain, you would think that a substance, such as aluminum, would not be able to influence the brain. However, there are a few substances that can, in fact, penetrate the BBB. And, guess what? Aluminum appears to be one of them.

Surely you can easily imagine that when the aluminum penetrates the brain, it must be causing major problems. According to BrightFocus Foundation, a non-profit organization supporting research and providing public education to help eradicate brain and eye diseases, including Alzheimer's disease, macular degeneration, and glaucoma, “the neurofibrillary tangles,”² as discovered by Dr. Alzheimer’s 100 years ago, “are insoluble twisted fibers found inside the brain. These tangles consist primarily of a protein called tau, which forms part of a structure called a microtubule. The microtubule helps transport nutrients and other important substances from one part of the nerve cell to another.”³ BrightFocus also reports that, “in Alzheimer's disease, the tau protein is abnormal and the microtubule structures collapsed.”³ So it certainly appears that something has interacted with the tau protein to alter the structure of the microtubule. In a normal brain, the plaque breaks down and is eliminated, but in an Alzheimer’s brain it accumulates, which leads me to deduce that the plaque must be developing inside the brain frequently, if not continuously, to support accumulation. The rapid accumulation of the plaque must be compromising the ability of the brain to eliminate it efficiently. So, when the interaction occurs, the microtubule is damaged which forms the tangles and scatters protein particles which forms the plaque. How often this interaction happens determines how much plaque builds up before the brain can effectively eliminate it. And, if you will, common sense tells us and it must be noted that everyone’s chemistry is different which must be a factor in determining those who are more susceptible to the plaque buildup and ultimately this disease.

Below is an illustration published by BrightFocus Foundation that illustrates the normal brain as compared to the Alzheimer’s brain:

Plaques and Tangles



*The medical illustration is provided courtesy of Alzheimer's Disease Research, a program of BrightFocus Foundation © 2013
<http://www.brightfocus.org/alzheimers>*

² <http://www.brightfocus.org/alzheimers/about/understanding/plaques-and-tangles.html>

In further support of this analysis, the studies of RW Shin, VM Lee, and JQ Trojanowski of the Department of Pathology and Laboratory Medicine, University of Pennsylvania School of Medicine, Philadelphia, it is suggested that, “aluminum binds to PHF tau; therefore, aluminum contributes to the plaque and tangle formation in Alzheimer’s Disease.”³ So, based on these studies, it is my belief, that aluminum is the biggest culprit.

Furthermore, and also in my opinion, aluminum and tau protein cannot possibly be all of the equation. There is too much evidence of some type of violent reaction in lieu of the collapsed structural damage to the microtubule and the abnormal tau protein that has been discovered in the Alzheimer’s brain. It only stands to reason that if the aluminum is binding to the protein, then another substance must be interacting with the protein or the aluminum, or both. So we have to consider this question: What other substances can penetrate the BBB and would have the capacity to interact with protein or aluminum?

According to the U. S. Agency for Toxic Substances and Disease Registry (ATSDR), “formaldehyde is a colorless, flammable gas at room temperature. It is also known as methanol, methylene oxide, oxyethylene, methylaldehyde, and oxomethane, just to mention a few references to this substance. Formaldehyde can react with many other chemicals, and it will break down into methanol (wood alcohol) and carbon monoxide at very high temperatures;”⁴ and it appears that it can break down fairly easily. Furthermore, Ira Pilgrim, a retired cancer biologist and author of a 1974 book titled, The Topic of Cancer, says that, “formaldehyde is a unique substance that is a mutagen and carcinogen. And, because of its chemical behavior, it usually doesn't get into the inside of cells because it will react with PROTEINS before it has a chance to penetrate a cell.”⁵ Incidentally, formaldehyde is another one of the few substances that can, in fact, penetrate the BBB and is abundant in our lifestyle. If formaldehyde is crossing the BBB, and it naturally reacts with proteins, then it stands to reason that it is reacting with the tau protein after penetrating the BBB. Furthermore, aluminum is a very chemically reactive metal, and as mentioned before, it is binding itself to the protein in the microtubules. This allows us to deduce that the formaldehyde is reacting with the tau protein in the microtubules as well as igniting with the aluminum that is bound to the protein causing a violent reaction that is damaging the microtubules and scattering plaque in the brain.

The frequency of this happening relies on how often we are exposed to aluminum and formaldehyde and how often the two substances cross paths in the brain. The more frequent the reaction, the more buildup of plaque, and the more probability of more stroke-like symptoms. It is very possible that strokes are not actually happening, because when the brain experiences the violent reactions as described above, the brain is being altered and it appears on the x-ray to be a stroke when it is most likely the aluminum and/or the evidence of the aforementioned interaction between the two substances.

³ <http://www.jneurosci.org/content/14/11/7221.short>

⁴ <http://www.eco-usa.net/toxics/chemicals/formaldehyde.shtml>

⁵ <http://irapilgrim.mcn.org/car02.html>

According to Sonja Sanderson, a freelance writer with eHow.com, “when faced with harmful situations the body takes on a fight or flight mode. Chemicals are released that prepare the body to defend itself or run, causing an excess of chemicals that create an imbalance.” When this happens over and over, the chemical imbalance further triggers and influences behavioral changes.

Dr. Martin T. Jensen, M.D., a brain chemistry specialist and adult and child psychiatrist of Laguna Niguel, CA, provided on his website the below list of brain centers and the symptoms of each brain center should they malfunction.⁶

<u>BRAIN CENTERS</u>	<u>SYMPTOMS OF MALFUNCTION</u>
Aggression	Violence
Anxiety	Panic, anxiety, tension, avoidance
Appetite	Overeating, anorexia
Concentration-Focus	Inattention, distractibility
Energy	Fatigue
Energy Dampening	Mania
Flexibility	Inflexibility
Irritability	Rushes of emotion, frustration, anger, rage
Judgment	Impulsivity
Memory	Recall difficulties
Metabolic	Weight problems
Mood	Depression, manic depression
Motivation	Passive inertia
Motor Dampening	Hyperactivity, motor excess, restless legs
Pain	Pain, headaches, fibromyalgia, etc...
Perseveration	Ruminations, compulsions, obsessions, tics
Psychosis Control	Disorganization, hallucinations, psychosis
Reactivity	Over reactivity
Reward	Addiction, chemical dependency
Sexuality	Libido abnormalities
Sleep	Insomnia, hypersomnia

The interesting observation is that my mother gracefully faced a few of these physical malfunctions throughout her experiences. It makes sense to deduce that when the violent reaction alters the microtubules and, in essence, the brain, the chemicals are released and the imbalance triggers and influences behavioral changes.

It is no secret that our lifestyles have become overwhelmed with an abundance of environmental factors, products, and foods that contribute to formaldehyde and aluminum exposure. And it only makes sense that our bodies are overwhelmed with the exposure and struggle to eliminate it efficiently. The delayed process of eliminating these substances from the body and ultimately the brain is causing more and more opportunity for the formaldehyde to interact with the aluminum and protein in the body, and unfortunately the brain. It is highly probable that we are having these interactions all over our body. But, in my opinion and in lieu of my experiences with this disease, the most devastating interaction is in the brain. Through these experiences, the unpredictability of the behavioral changes matches the unpredictability of the moments that the formaldehyde possibly interacts with the aluminum and protein. Furthermore, and in my opinion, it is simple to deduce that given all these changes the body experiences through the chemical exposure and

⁶ http://www.drjensen.com/Overview/body_overview.html

reactions that the immune system must be compromised to a level that would quite possibly open the door to more sickness and disease. We simply must consider the below ailments, which includes some of the symptoms that were witnessed in our experiences, as well as other ailments and diseases that must be considered to possibly be associated with overexposure to not only aluminum and formaldehyde, but other metals and preservatives as well:

Brain Fog/Memory Ailments/Forgetfulness/Confusion
Anxieties/Agitation
Argumentative Behaviors
Silly, childish behavior that is not characteristic of the person's age or personality
Thyroid/Goiter Issues
Organization/Cleanliness Difficulties
Inability to judge time
Repeated conversation
Nausea or stomach irritation every time you eat.
Gnawing discomfort at the bottom of your breastbone
Weight gain with a puffy look to your body
Lack of energy and drive
Eczema
Curvature of the spine or scoliosis symptoms
Cholesterol Spike
Osteoporosis
Onset of Allergies (especially after 50)
Allergic Reactions
Frequent Respiratory Ailments
Back Pain and/or discomfort
Sharp Pain in Lower Back or Shoulder
Lower Back Discomfort in General
Sciatic Nerve Pain
Gastrointestinal Issues
IBS (Irritable Bowel Syndrome)
Diverticulitis
Acid Reflux
Migraine Headaches
Short Attention Span (ADD/ADHD)
Mood Swings
Lapse of Judgment in Time Regularly
Bipolar Symptoms
Stroke Symptoms (Especially under age 65)
Aluminum Toxicity Symptoms
Spurs and/or Calcium Deposits
Joint Discomfort/Issues in general
Aneurism
Autism
Parkinson's

We know that everyone's body chemistry is different and not everyone experiences all these symptoms. But, it simply must be worth a try to see if an aluminum-free, metal-free, preservative-free, cleaner lifestyle would bring healing to anyone with any of these symptoms willing to give it a try. There is always hope! And, we always hope for the best!

As my studies continued, the question kept coming to mind, **HOW WAS THE ALUMINUM GETTING PASSED THE BLOOD BRAIN BARRIER?** Well, consider that Sohaib A. Virk and Guy D. Eslick, in affiliation with The Whiteley-Martin Research Centre, Discipline of Surgery, The University of Sydney, Nepean Hospital, Penrith, New South Wales, Australia, performed a series of meta-analyses studies of aluminum levels in the brain, serum, and cerebrospinal fluid (CSF) to determine if the levels are indeed higher in Alzheimer's disease (AD) cases. And according to their studies the conclusion was that; "The findings of the present meta-analyses demonstrate that aluminum levels are significantly elevated in brain, serum, and CSF of patients with AD. These findings suggest that elevated aluminum levels, particularly in serum, may serve as an early marker of AD and/or play a role in the development of the disease. These results substantially clarify the existing evidence examining the link between chronic aluminum exposure and the development of AD."⁷ Therefore, I believe wholeheartedly that after entering the body, the aluminum is finding its way to the spine and travels up the back in the cerebrospinal fluids. This is how it must be entering the brain and getting past the blood brain barrier, through the fluids.

To summarize and complete my proposal regarding the possible cause of Alzheimer's disease, aluminum must be penetrating the blood brain barrier (BBB) and is binding to the tau protein of the microtubules. Formaldehyde must also be penetrating the BBB and is reacting with the protein in the microtubules. And, finally, due to the chemically reactive nature of both substances, the formaldehyde and aluminum must be igniting at the location of the protein in the microtubules, causing a violent reaction damaging the microtubules and ultimately causing an array of plaque to scatter in the brain. The normal brain cannot keep up with the plaque build-up, therefore the potential and probability of stroke-like symptoms occurs. This must be altering the chemical balance of the brain which must explain the unpredictable behaviors that happen over and over. In my opinion, this could very possibly explain the findings of damage to the collapsed microtubules as well as the plaque build-up in the brain and the behaviors that are associated with this disease.

Furthermore, and certainly worthy of more consideration is, that as the aluminum travels through the body, it is potentially damaging much more than the brain along the way. Let's consider the spine, for instance. Mother is a good example of it. She had trouble with lower back discomforts for many years off and on, and eventually her back was curved. It is quite possible that the aluminum is damaging the spine along the way. For that matter, with all of our bodies of different shapes, sizes, and chemistries, it must affect everyone differently. In my opinion, it is highly possible that the aluminums are settling wherever it can find a place to perch in the body. If it settled in the back and caused damage to the nerves along the spine, it could have the potential to cause excruciating pain especially considering all the nerves that are associated with the spine. If it settled in the intestines and caused the bowel to be irritable, it could cause a world of problems gastro intestinally, such as irritable bowel syndrome (IBS), which I used to suffer with, but don't anymore since my aluminum-free lifestyle. If it settled in the joints, it could cause inflammation or arthritis-like symptoms. If it settled in the bone marrow, you might experience deterioration of

⁷ *Journal of Alzheimer's Disease*, vol. 47, no. 3, pp. 629-638, 2015

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<https://content.iospress.com/articles/journal-of-alzheimers-disease/jad150193>

the bones. This could possibly explain Mother's osteoporosis. And, based on these discoveries, wherever the interaction between aluminum and formaldehyde happens is where the damage will be in the body. I advocate that these possibilities are certainly worthy of more consideration.

This is not to say that every ailment we have in our bodies is aluminum driven. I am simply encouraging you to seriously consider these findings and to choose to move towards a cleaner lifestyle as natural, organic, preservative-free, metal-free, and aluminum-free as possible. There are never any guarantees in life, but I believe wholeheartedly and advocate that this is worth a try. And, I guess a good thought-provoking question is:

“Where are the aches and pains in your body?”

The JOY Treatment

The idea in this treatment begins with the elimination of at least one of the substances with the hope of deterring the effects of the substances on the body and ultimately curing it through preventative measures. And, it is through better control of exposure to these substances by choosing to live a life as natural and organic as possible; as well as following a maintenance plan, as necessary, to avoid any other occurrences.

The easiest and most controllable substance to remove is the aluminum. It is simply a matter of detoxing the aluminum from the body. Incidentally, I found an effective, natural remedy very easily online.

At the time of my discovery, my mother was in her last stages. After much prayer and promptings in my studies to a more natural means of treatment, I decided to move forward with the aluminum treatment. Thankfully, my siblings, the manager of the assisted living/memory care facility in which Mother was housed, as well as the nurse practitioner, were all on board and incredibly supportive of my efforts. I thank God for their support in trying natural means of remedy and treatment, as well as the support from the staff at the facility in her caretaking. They tendered so much love toward my Mother through the whole ordeal. I appreciated them so much! And they will forever hold a special place in my heart, and I believe without a doubt that my Mother holds the same sentiment!

In February 2011, I began administering the Joy Treatment to Mother as shown below and aspired to take the treatment with her. It seemed to help me understand what she might be experiencing. *(Along with the basic treatment, I opted to include extra details that were indeed noteworthy and helpful through our personal experiences!)*

JOY TREATMENT

1. **Supplements:** Take the following supplements once a day for 2 weeks or until proof of elimination* is evident:

Apple Pectin⁹ – 600 mg

Turmeric⁹ – 600 mg

Kelp⁸ - 600 – 660 mg

****Proof of Aluminum Elimination:** According to our personal experiences, the stool became ranch red in color for a while, which indicated to us that the body was eliminating the aluminum successfully. When the stool returned to regular color, it signified to us that the body was clean of excessive aluminum.*

2. **Foot Soak Treatment:** To help complete the process of pulling the elements out of the body, soak feet every other day or every day as needed in a foot spa or bowl with warm water for 20-30 minutes in the following solution:

½ cup Sea Salt⁹

½ cup Epsom Salt⁹

OR 1 cup Epsom Salt

(Sea salt is not really necessary. I prefer simply 1 cup Epsom salt)

(When soaking the feet was not accomplished for one reason or another, we used the alternate foot treatment described below to complete the cleansing process effectively.)

***Alternate Foot Treatment:** Place soaking ingredients in towel, make it wet with warm water and place directly on the bottom of feet or affected area for 15-20 minutes. Wear gloves when handling the soiled towels as the aluminum can penetrate through your skin and enter the body again which would, of course, defeat the purpose.*

Avoiding Aluminum and Formaldehyde Intake and/or Exposure:

Of course, it will be a much more effective cleansing treatment by avoiding aluminum and formaldehyde intake and/or exposure as much as possible. Therefore, go as NATURAL as possible. And, read the labels of EVERYTHING. Below is an ongoing list of some of the products that I have discovered to contain aluminum and/or formaldehyde that should be avoided as much as possible. It is ongoing, because through awareness, I continue to discover more products to avoid as well as those preferred products. So, you could say that it is a constant work in progress.

PRODUCTS CONTAINING ALUMINUM

- *Health and beauty products such as deodorants, toothpastes, and over the counter antacids⁹*
- *Aluminum cookware. It is suggested to use stainless steel or glassware¹⁰*
- *Food additives such as flours, baking powders and other additives¹⁰ (Think about all the foods that have these ingredients in them. Ugh!)*
- *Avoid drinking from aluminum cans¹⁰*

⁸ www.ehow.com

⁹ www.ehow.com

- *Most Pickles*
- *Most Chocolates*
- *Anything containing Yellow Lake, Blue Lake, and Red Lake dyes*
- *Most Coffee Creamers*

PRODUCTS CONTAINING FORMALDEHYDE

- *Most barbecue sauces*
- *Alcoholic beverages*
- *Hairsprays and other beauty products*

Finding products that work is a trial and error endeavor for each one of us. Here are some of the products that appear to work for me:

- *Deodorant - Create your own! I created my own and plan to market it because it works!*
- *Xyliwhite for toothpaste (This one is just my preference. There are more on the market. Read labels!)*
- *Beano for Antacids (This is the only antacid I have found without aluminum.)*
- *Runford Aluminum-free baking powder (You cannot taste the difference! Simply a better choice!)*
- *Claussen pickles (These are my favorites, but there are more on the market. Read the labels!)*
- *Ghirardelli chocolates (You must read the label though. Most are aluminum-free, but some are not.)*
- *Central Market and Simple Truth Organic Half and Half for coffee creamer*
- *HEB Organic Honey BBQ Sauce or make your own. It is easier than you think.*
- *Sulfites are the problem with alcoholic beverages. Organic wines work well. Adding club soda helps neutralize some of the effects of the alcoholic beverages.*
- *100% Pure cosmetics is a brand found online that I like very well. It is a little pricey, but good products. More and more cosmetic products have entered the market since I copyrighted my first copy of this text. Just go online or to the stores that sell cosmetics and read the labels. The good news is that the selections appear to be growing more and more, which is awesome!*
- *I have not found a hairspray that works. I gave it up on a regular basis but use it on special occasion. In my opinion, it minimizes the exposure and works well for me.*

Being diligent in your awareness and avoiding aluminums will be the best thing you ever did for yourself. Make it a part of your new, cleaner life!

Exercise and/or Sauna Treatments:

Sweating eliminates toxins and cleanses the impurities out of the body. Exercising to the point of sweating is the most effective means of accomplishing this goal. However, sauna treatments work as well. ALWAYS drink plenty of water to avoid dehydration.

Noteworthy Extra Details: *(These details are based on our personal experiences.)*

During the treatment:

- *Avoid contact with the soiled water and/or use gloves for protection.*
- *Maintain regular bowel movements and urination process throughout the treatment.*
 - *As needed, cranberry juice to protect the bladder*
 - *As needed, Magnesium Oxide to encourage regular bowel movements.*
- *Watch for side effects, such as vivid dreams and/or severe headaches. It is an indication to stop taking the supplements daily and to begin the maintenance plan.*

Discomfort Remedies:

Unfortunately, the treatment may cause some discomfort. Here are a few remedies that worked for us to help maintain comfort throughout the treatment:

- *Metal taste in mouth – Remedy with lemons, lemon drops, or peppermint (please make sure no aluminum is in any of the candies you use for comfort remedies.) (Peppermint and Lemon Ice Chips work really well.)*
- *Indigestion and/or Gas – Remedy with peppermint and/or Beano*
- *Numbness in the extremities – Just a little annoyance for the average person; however, may cause bowel/urination accidents in the elderly, so be prepared with appropriate toiletry.*
- *Lower back discomfort and/or Headaches – Remedy with Ibuprofen*
- *Tender and swollen feet – Remedy with alternate foot treatment as described above*

3. Maintenance Plan – When completed with the initial treatment, we continued with a maintenance plan as follows:

Taking the following supplements **every Wednesday and Sunday as needed:**

Apple Pectin ¹¹ – 600 mg

Turmeric ¹¹ – 600 mg

Kelp ¹¹ - 600 – 660 mg

Complete the **foot soak treatment** ¹⁰ once or twice a week or as needed. *(According to our personal experiences, it seems to be most effective to soak the feet the morning after the treatment is taken. Therefore, if treatment is taken Wednesday and Sunday, then the most effective time to soak the feet would be Thursday and Monday morning.)*

Epsom Salt Soak in General:

In my opinion, it is a great habit to soak in a bath of Epsom salt occasionally to combat the aches and pains in your body that these elements may cause. In fact it is an old habit that my Grandmother's generation really believed in. And I believe somewhere along the way, we stopped using this comforting remedy.

So I advocate to...

Bring the Epsom salt bath soak back! It works!

¹⁰ www.ehow.com

Conclusion

In my opinion, the earlier the intervention of avoiding as well as eliminating aluminums, the better the outcome would be. It stands to reason that given enough exposure to the aluminums, the possibility of the brain and central nervous system being damaged would be stronger, and the body would become more susceptible and sensitive to the aluminum exposure. And if you are having to wean from drugs, it makes the process a little more complicated.

The good news was that as we made it through the drug weaning process, we began to see Mother's personality shining through. She began to act more like herself by talking more and dancing down the hallway. Everyone loved it when MiMi, that's what everyone called her, would break out in a dance step down the hallway! They called it the MiMi happy dance! It was amazing and I loved it! What a blessing it was indeed! At that time, the hope was that given enough time, she would eventually be completely healed. Of course, this was in God's Hands. And only He knew how it would end. And so, we enjoyed her company and helped her stay as comfortable and peaceful as possible until the Good Lord took her home to be with Him.

In conclusion and without hesitation, I praise and thank the Good Lord for showing me the way by teaching and guiding me through these experiences. I continue to count on Him for all my needs and believe He is pleased. And, if this helps someone experiencing this dreadful disease or any discomforts they may have, I know my Mother will be delighted to know that her experiences have not gone in vain but have served as a healing factor for so many hurting people. This was a desire that she shared with me many times and I know it came straight from her heart! It was the kind of person she was! *Oh! I believe my Mother just flashed that "infamous MiMi smile" and "two big thumbs up" my way!* **JOY comes in the Morning! INDEED!**

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