As far back as the 1960s there was a pervasive rumor that there may be a link between exposure to aluminum and Alzheimer's Disease. However, in the almost fifty years since then, after many studies on the subject, there has been no positive evidence that aluminum can contribute to Alzheimer's.

As the Alzheimer's website (alz.org) says under “Alzheimer Myths”, “Since then, studies have failed to confirm any role for aluminum in causing Alzheimer’s”.

**Aluminum is everywhere**

There is no escaping aluminum. It is the third most abundant element in the earth's crust (after oxygen and silicon). It is in the air we breathe, the water we drink. Plants we eat take it up from the soil.

Aluminum enters our bodies via food (such as tea, beer, baked goods), health products (toothpaste, aluminum-based antacids, buffered aspirins, some canned beverages, antiperspirants), and many more commonly used products.

The Alzheimer's Organization points out in an article entitled “Aluminum and Alzheimer’s Disease”, “Only a minute proportion of the aluminum we ingest from these various sources is absorbed by the body, and even this small fraction is usually excreted in the urine....”

Dr. John Messmer says in his article “Does Aluminum Increase Your Risk For Alzheimer’s Disease?”,” “With that much of the element (aluminum) on earth, if it were toxic to living creatures, there would not be many around”.

**Coatings: more protection (even if not necessary)**

While more than half of all cookware used today is made from aluminum, most of that is covered with a nonstick coating, which, aside from the many other benefits of nonstick coating (such as cooking with little or no grease or oil, quick and easy cleanup), acts as a barrier between the food cooked and the aluminum surface. So any exposure to aluminum via this kind of cookware is virtually impossible.

As the highly popular website “Web MD” says in a recent article called “Alzheimer’s Disease Guide: Controversial Alzheimer’s Disease Risk Factors”, “Moreover, aluminum in cooking utensils does not get into food, and the aluminum that does occur naturally in some foods, such as potatoes, is not absorbed well by the body”.

**The view of the US Food & Drug Administration**

There is still much to be learned about Alzheimer's and its causes, but aluminum, especially aluminum cookware, does not appear to be one of them.

In 1986, the US Food and Drug Administration (the FDA) reviewed existing data and formally announced that it “has no information at this time that the normal dietary intake of aluminum, whether from naturally occurring levels in food, the use of aluminum cookware, or from aluminum food additives or drugs, is harmful”.

To date, the FDA has not seen any reason to alter that opinion.