

## **Natural combinations to decrease aluminum neurotoxicity and toxic body burden**

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Aluminum exists as the 3rd most abundant element in the biosphere and is the most abundant metal in the earth's crust. Unfortunately, this non-essential metal accumulates in the human body cumulatively over the entire lifespan and is well documented to be a physiological pro-oxidant and neurotoxin. Total body burden has derogatory effects on body systems especially of liver and brain, it disrupts cellular metabolism and generation of the energy molecule ATP (Adenosine Triphosphate) with concomitant mitochondrial dysfunction, and it favors neuronal accumulation with mimicking and/or inducing degenerative neurological diseases. Extreme overload is recommended to undergo chelation therapy which can impact other essential cationic metals. The best approach is a lifelong adaptation of lifestyle to incorporate nutritional strategies that support body biochemistry which promotes its excretion and prevents its accumulation.

Synergistic cumulative effects of several natural agents and dietary choices can be utilized to decrease total body burden and improve risk of its neurological deficits.

### **Biography**

Jen Gantzer is an American Doctor of Chiropractic (DC) and board-certified Nutritionist (DACBN) with a passion for biochemistry and neuroscience, is a masters student of nutrition enrolled at the University of Bridgeport, with plans to enroll in the masters of aging and neuroscience at the University of South Florida in fall of 2019 when she returns to the USA. She is a practicing chiropractor currently living and working in The Hague, Netherlands; and was a sole practitioner working between 2 offices in St. Petersburg and Tampa, Florida.

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