

# MY INNER CRITIC LOVES ALUMINUM



The Everyday Hidden Psychological  
Consequences of Vaccine Adjuvants

**LOUISA WILLIAMS, ND**

# IT'S ALL IN YOUR HEAD



DISEASES CAUSED BY  
SILVER-MERCURY FILLINGS

HAL A. HUGGINS, DDS

Heavy metals, toxic chemicals, and pathogenic microbes micrometastasize throughout the body—especially the brain.

# MERCURY = ANXIETY

Mercury amalgam fillings  
correlated with impaired serotonin  
pathways and increased anxiety.

- Maximino, C., et al., *Neurotoxicol Teratol* 33, 727-734, 2011
- Siblingrud, R., et al., *Psychological Reports* 74, 67-80, 1994

# PESTICIDES = DEPRESSION

Depression and suicide  
linked to pesticides.

- Harrison, V. & Ross, S., *Environ Research* 151, 528-536, 2016
- Bienkowski, B., *Environmental Health News*, Oct, 6, 2014

# **BACTERIA = OCD**

Pathogenic strep bacteria  
linked with the obsessive  
compulsive disorder  
(OCD) *PANDAS*.

- Baj, J., et al, *International Journal of Molecular Sciences*, Feb. 21, 2020
- Swedo, S. & Leonard, H., *Is It "Just a Phase"?*, New York, Golden Books, 1998.

# WHAT ABOUT ALUMINUM?

"The use of aluminum in food is a dangerous practice."

Gies, W. J., "Some objections to the use of aluminum baking powder," *JAMA*, 1911; 57, 816-821.

# ALUMINUM = NEUROTOXIN

- Impairs neurotransmitter synthesis and transmission across synapses
- Increases inflammatory cytokines
- Causes mitochondrial dysfunction and depletes ATP

E Inan-Eroglu & A Ayaz, "Is aluminum a risk factor for neurological disorders?,"  
*Journal of Research in Medical Sciences*, 2018

# ALUMINUM = ALZHEIMER'S

"...the new research confirms my resolve that within the normal lifespan of humans, there would not be any Alzheimer's Disease if there were not aluminum in the brain tissue."

**"No aluminum, no AD"**

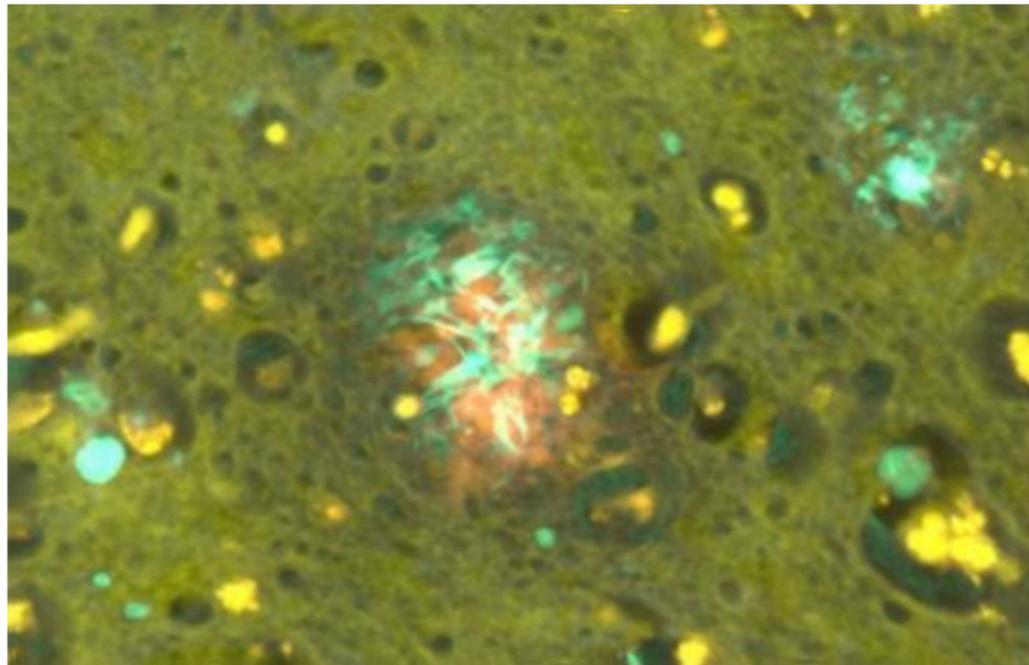
Dr. Christopher Exley, "Aluminum and Amyloid-B in Familial Alzheimer's Disease," *Journal of Alzheimer's Disease*, January 13, 2020.

# AMYLOID PLAQUES = AD



## Alzheimer's Disease Linked to Exposure to Aluminum

TOPICS: Alzheimer's Brain  
By IOS PRESS JANUARY 21, 2020



Amyloid-beta (green fluorescence) and aluminum (orange fluorescence) in senile plaque from brain tissue of a familial Alzheimer's disease donor. Credit: Neurobiology, University of Texas at San Antonio

"...Unequivocal association between the location of aluminum and amyloid-beta in the disease."

SciTech Daily, January 21, 2020

# ALUMINUM SOURCES

Aluminum exposure comes from cookware, fast food, supplements, conventional cosmetics and hair products, antiperspirants, sunscreens and tanning lotions, prescription and over-the-counter drugs (antacids and buffered aspirin), air pollution, and through injections from allergy treatments and **vaccines**.

# ALUMINUM = ADJUVANT IN VACCINES

From the Latin word "adjuvare" meaning to help, *adjuvant* is defined as a substance that **enhances the body's immune response** to antigens such as bacteria or viruses.

# ALUMINUM INCREASES MICROBIAL PATHOGENICITY

For example, aluminum adjuvants in the DPT vaccine provoke a **higher number of circulating antibodies** to diphtheria, pertussis, and tetanus bacteria.

# AL ADJUVANTS = AUTISM

Aluminum adjuvants in vaccines cause neurotoxic and neuroinflammatory effects and an increase in IL-6 cytokines identical to that seen in **autism** and **schizophrenia**.

“Autism & Aluminum Adjuvants in Vaccines,” ICAN, August 18, 2017

# NEUROLOGICAL AND AUTOIMMUNE DISEASES

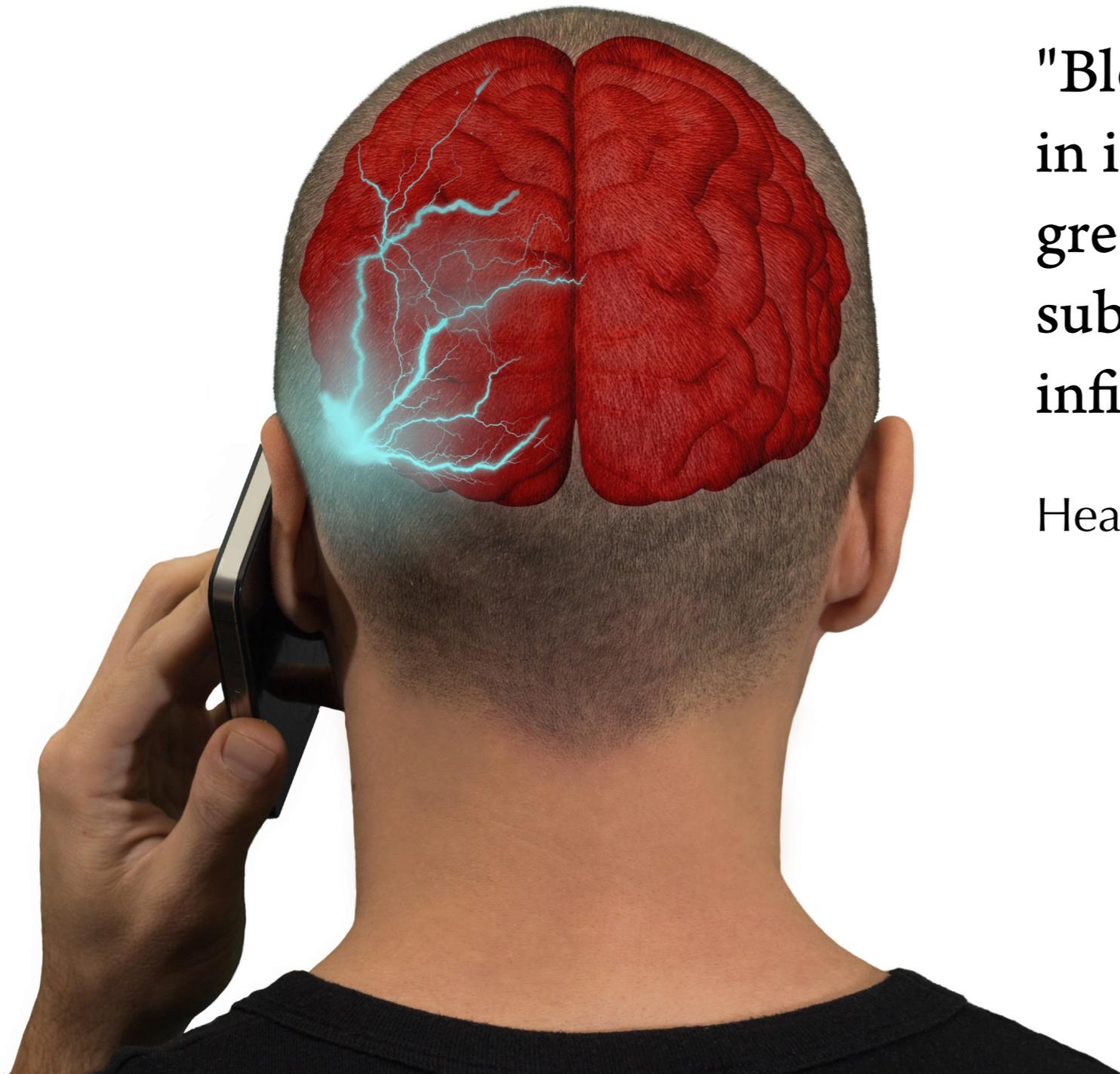
Shaw and Tomljenovic, 2013 "Administration of aluminium to neonatal mice in vaccine-relevant amounts is associated with **adverse long-term neurological outcomes,**"

*Journal of Inorganic Biochemistry*, 128 (2013) 237–244.

Tomljenovic and Shaw, 2011 "Mechanism of aluminum adjuvant toxicity and **autoimmunity in pediatric populations,**"

*Lupus* 2012;21(2):223-30. 15.

# IMMATURE BLOOD-BRAIN BARRIER VULNERABLE



"Blood brain barrier not complete in infants and children and gives a green light to dangerous substances, allowing them to infiltrate delicate brain tissue."

Heather Harrington, NMD

# BABY'S BRAIN PARTICULARLY VULNERABLE



- At birth, a baby's brain is about a quarter of the size of an adult's. It doubles in size the first year and is about 80% of adult size by age 3
- Myelination of nerves begins at birth and is most rapid the first 2 years
- Synaptogenesis especially intense

# **NOT ACUTELY TOXIC, SLOW**

Aluminum must accumulate over time to reach a toxicity threshold.

"A significant proportion of individuals older than 70 years of age have a potentially pathological accumulation of aluminum somewhere in their brain."

House, E., et al. "Aluminium, iron, and copper in human brain tissues," *Metallomics*, 2012, 56-65.

# AL TOXICITY IN CHILDREN'S VACCINES

FDA: Maximum allowable dose of parenteral (injected) aluminum is **25 mcg/d**:

- Hepatitis B - **14 times**
- DPT - from **125 to 1500 mcg/d**

# VACCINES CONTAINING ALUMINUM ADJUVANTS

- Hepatitis B (3 doses)
- DPT/Tdap (4 doses)
- Hib/Haemophilus influenzae (3 or 4 doses)
- PCV13/pneumococcal (4 doses)
- Influenza vaccines (begin at 6 months)
- Gardasil HPV (2 to 3 doses)

# ALUMINUM ADJUVANTS

Were grandfathered in the pediatric vaccine schedule in 1932—they were **never tested for safety.**



# UNIVERSITY OF BRITISH COLUMBIA RESEARCH

"It is somewhat surprising to find that in spite of over 90 years of use, the safety of Al adjuvants continues to rest on assumption rather than scientific evidence ... aluminum in adjuvant form carries a risk for **autoimmunity, long-term brain inflammation** and associated **neurological complications** ...

Shaw and Tomljnovic, "Aluminum vaccine adjuvants: Are they safe?,"  
*Current Medicinal Chemistry*, 2011.

# **CDC'S IMMUNIZATION SAFETY OFFICE**

**"To date, there have been no population-based studies specifically designed to evaluate associations between clinically meaningful outcomes and non-antigen ingredients, other than thimerosal."**

# ICAN LEGAL UPDATE



**CDC concedes it has "never conducted a study of vaccinated vs. unvaccinated populations."**

July 29, 2020, ICAN

# AMYLOID PLAQUES (GREEN) AND ALUMINUM (ORANGE)



BIOLOGY CHEMISTRY EARTH HEALTH PHYSICS SCIENCE SPACE TECHNOLOGY

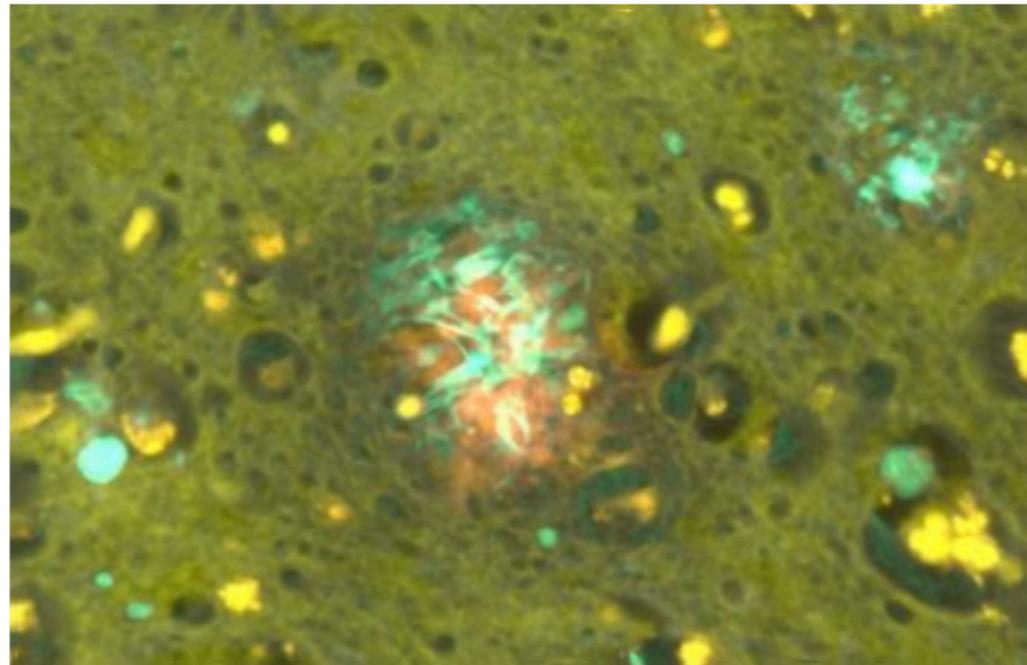
HOT TOPICS OCTOBER 21, 2021 | COVID DELTA AND DELTA PLUS VARIANTS EVADE THE ANTIBODY RESPONSE

HOME HEALTH NEWS

## Alzheimer's Disease Linked to Exposure to Aluminum

TOPICS: Alzheimer's Brain

By IOS PRESS | JANUARY 21, 2020



Amyloid-beta (green fluorescence) and aluminum (orange fluorescence) in senile plaque from brain tissue of a familial Alzheimer's disease donor. Credit: Neurobiology, University of Texas at San Antonio

# "BIOPERSISTENCE"

Our body has no ability to recognize and rid itself of aluminum adjuvants, and thus they can persist in the brain, "possibly forever".

Handley, J.B., *How to End the Autism Epidemic*, 2018, 154.

# **AL HIDES LIKE A TROJAN HORSE**



Injected aluminum is taken up by white blood cells forming granulomas that are circulated in the blood and lymph channels.

# ASIA

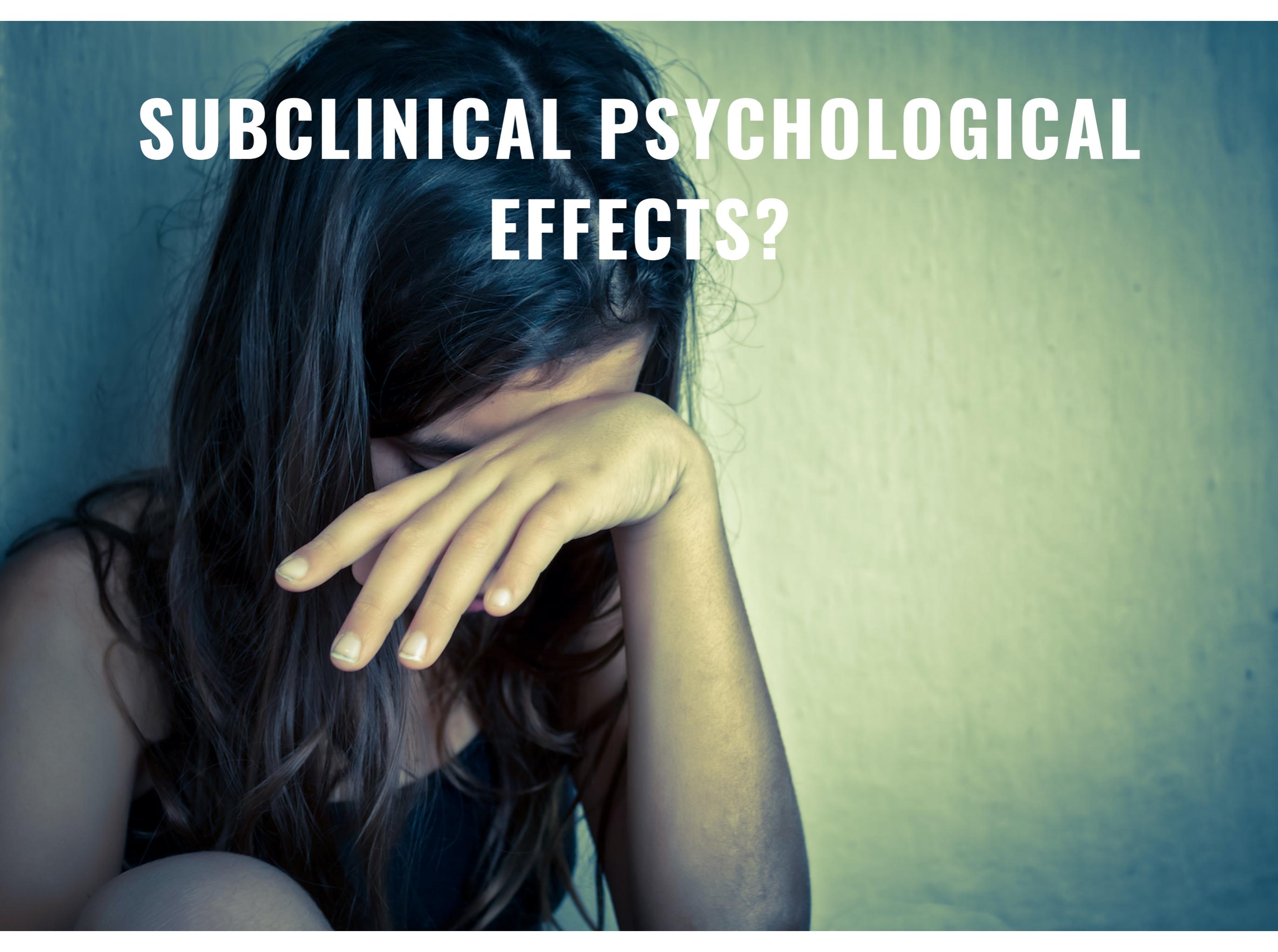
- "Autoimmune Inflammatory Syndrome Induced by Adjuvants"
- Chronic fatigue, sleep disturbances, muscle pain and weakness, joint pain, cognitive impairment and memory loss, fever, dry mouth...

# CATASTROPHIC PSYCHIATRIC EFFECTS

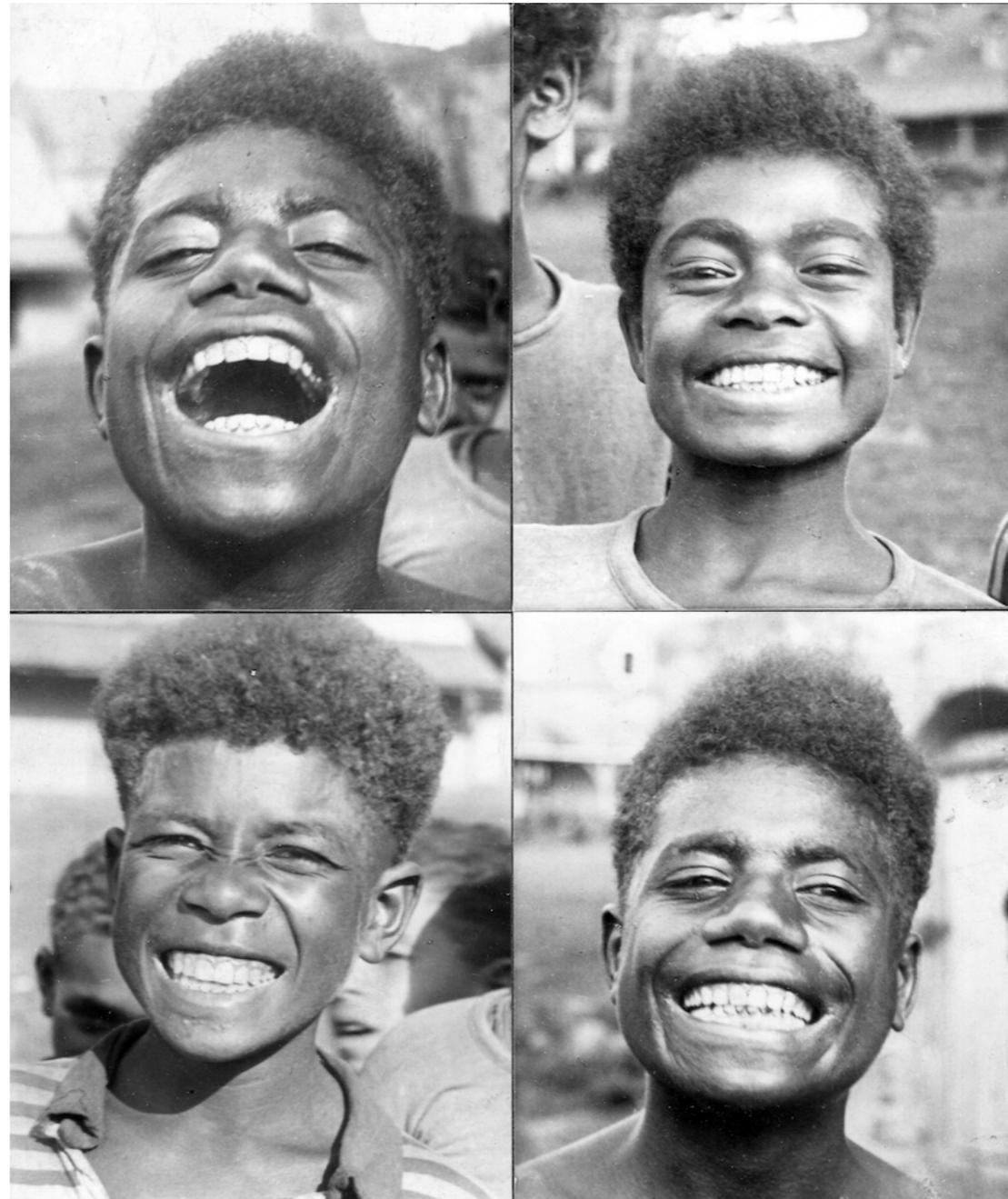
Studies show that the neurotoxic and neuroinflammatory effects from the immune activation of cytokines interleukin-6 (IL-6) and interleukin-17a (IL-17) from aluminum adjuvants is a causal factor in **autism, schizophrenia, and other mental disorders.**

ICAN, Aug. 18, 2017

# **SUBCLINICAL PSYCHOLOGICAL EFFECTS?**



# INNATE JOY AND CONTENTMENT?



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# THE "INNER CRITIC"



- Known as "super ego" in Freudian terms
- Conscience run amok
- Self-destructive, soul-destructive

# HOW DOES THE INNER CRITIC DEVELOP?

From the necessary childhood **socialization process** we all needed to survive:

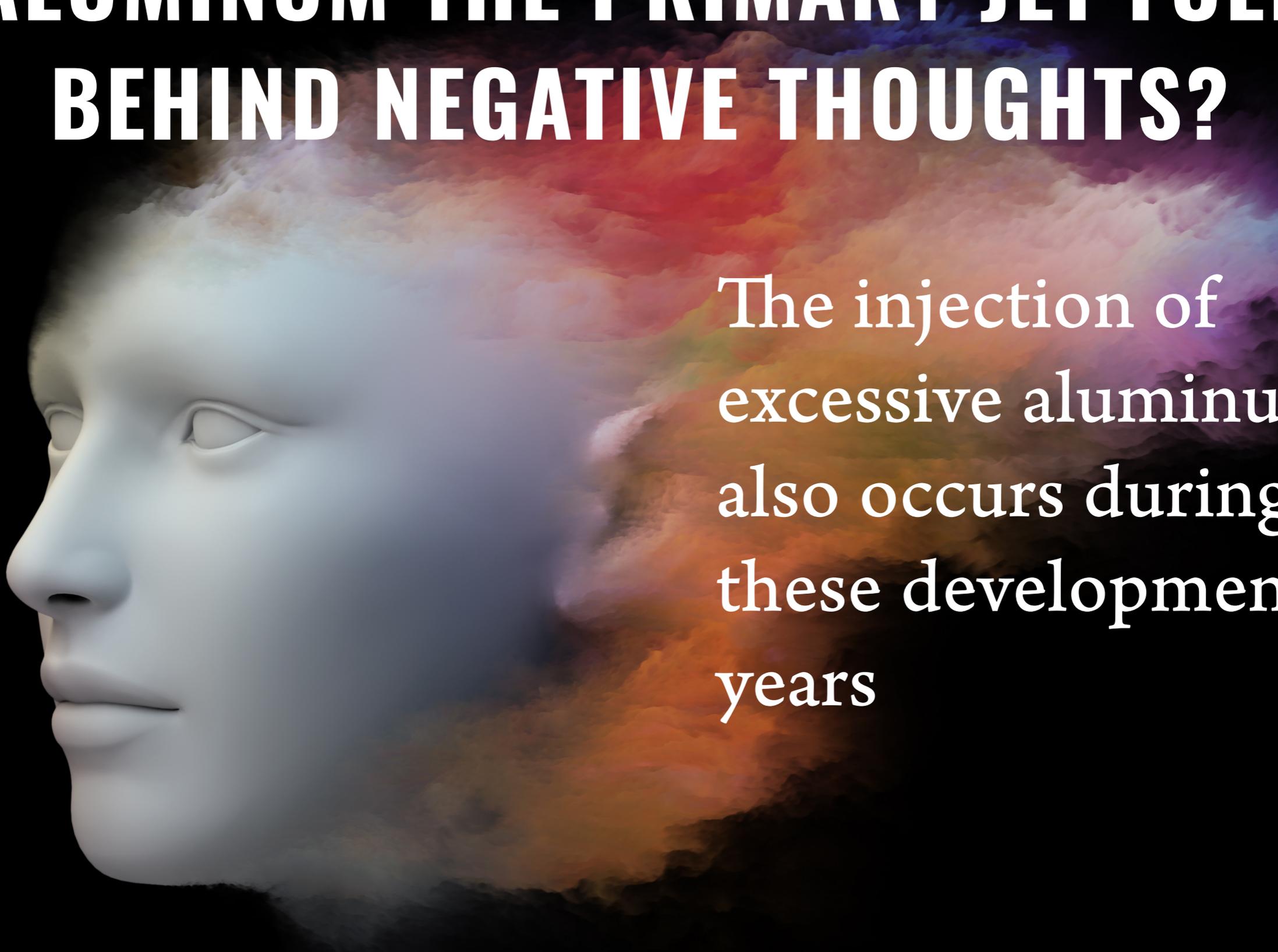


- "Don't run with scissors!"
- "Don't touch the hot stove!"

# TOO-JUDGMENTAL ADVICE

- "Don't play in the street-you have no common sense!" (too stupid)
- "You shouldn't wear plaid pants." (too fat)
- "Better not try out for basketball." (too short)

# ALUMINUM THE PRIMARY JET FUEL BEHIND NEGATIVE THOUGHTS?



The injection of  
excessive aluminum  
also occurs during  
these developmental  
years

# AL AND INNER CRITIC

"When aluminum and other neurotoxins imbed in a developing brain, every harsh and judgmental experience in a young child's life **imprints even more deeply**. The result is an overdeveloped inner critic and a subtle or not-so-subtle chronic **negative attitude** that can last a lifetime."

**LOUISA WILLIAMS, ND**

# OVER TIME THIS INNER CRITIC BECOMES INTERNALIZED IN OUR UNCONSCIOUS



- Harsh, judgmental, critical thoughts
- Negative self-attacks
- Beating yourself up

# A SHOUT OR A WHISPER



- Loud and constant voice,
- Or an intermittent whisper,
- Or just a generalized vague unease and feeling of contraction and tension

# CLINICAL EXPERIENCE DETOXING ALUMINUM



Inner critic voice gets either louder or more insidious

# THE HOMEOPATHIC ALUMINUM PICTURE

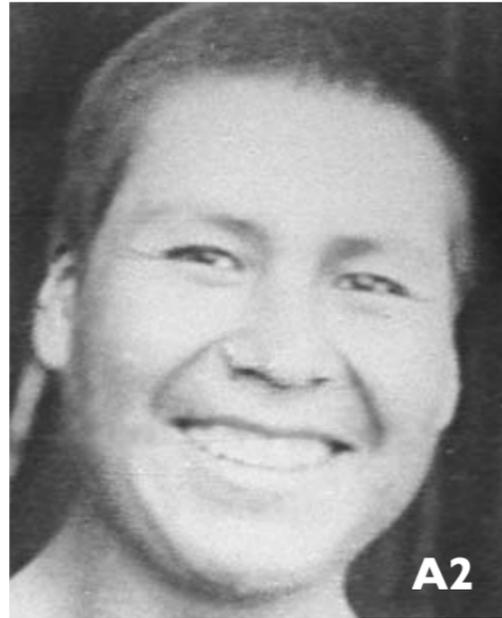
- dementia, memory loss, cognitive decline
- "always groaning, moaning, worrying, fretting ... low-spirited, everything viewed in a sad light"

# ALUMINUM AND INNER CRITIC DETOX

1. Wise Traditions diet
2. Avoiding major food allergy(-ies)
3. Removing mercury amalgam fillings and metal crowns
4. Clearing dental, tonsil, and sinus focal infections
5. Mitigating scar interference fields
6. Constitutional homeopathy
7. Quality psychological work

# 1. WISE TRADITIONS DIET

508 Part Six & The Structural Component



In many of the cultures Dr. Price researched that ate a high saturated fat diet abundant in the fat-soluble vitamins A, D, E and K2, there were not even terms in their language for "anxiety" and "depression."

Williams, L., *Radical Medicine*, p. 508

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# 2. AVOID MAJOR FOOD ALLERGIES



- **Gluten**
- **Dairy**
- **Eggs**
- **Corn**

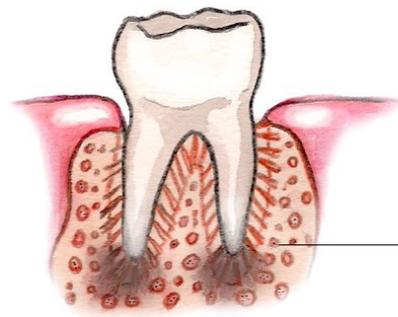
# 3. REMOVE MERCURY FILLINGS AND METAL CROWNS



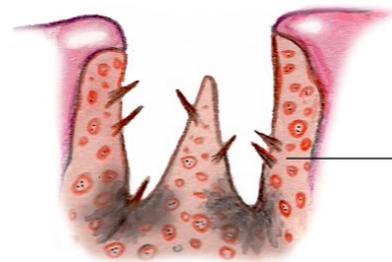
- Hg amalgams
- Gold and PFM crowns

Courtesy of Dr. Oloph Granath's biological dental office: [stunningsmiles.com](http://stunningsmiles.com)

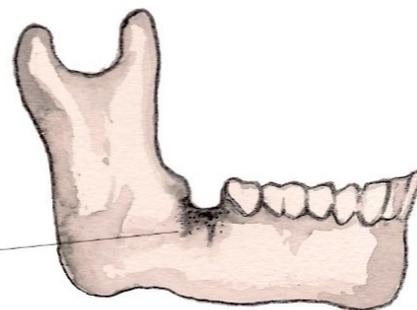
# 4. CLEAR CHRONIC FOCAL INFECTIONS



1. Periodontal Ligaments



2. Periodontal Ligaments



3. Bone Cavitation Site

- Dental
- Tonsil
- Sinus

# 5. SCAR INTERFERENCE FIELDS

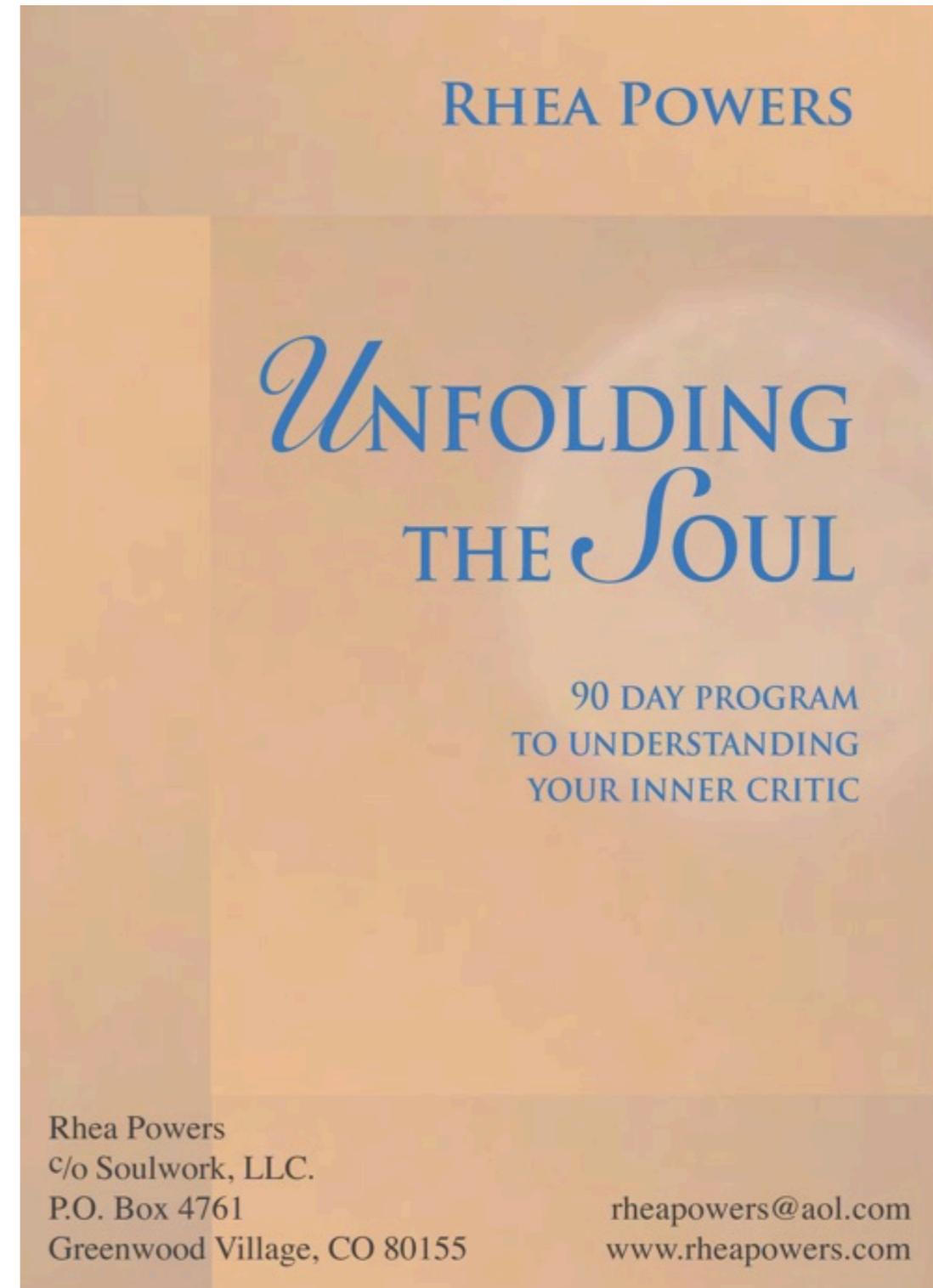
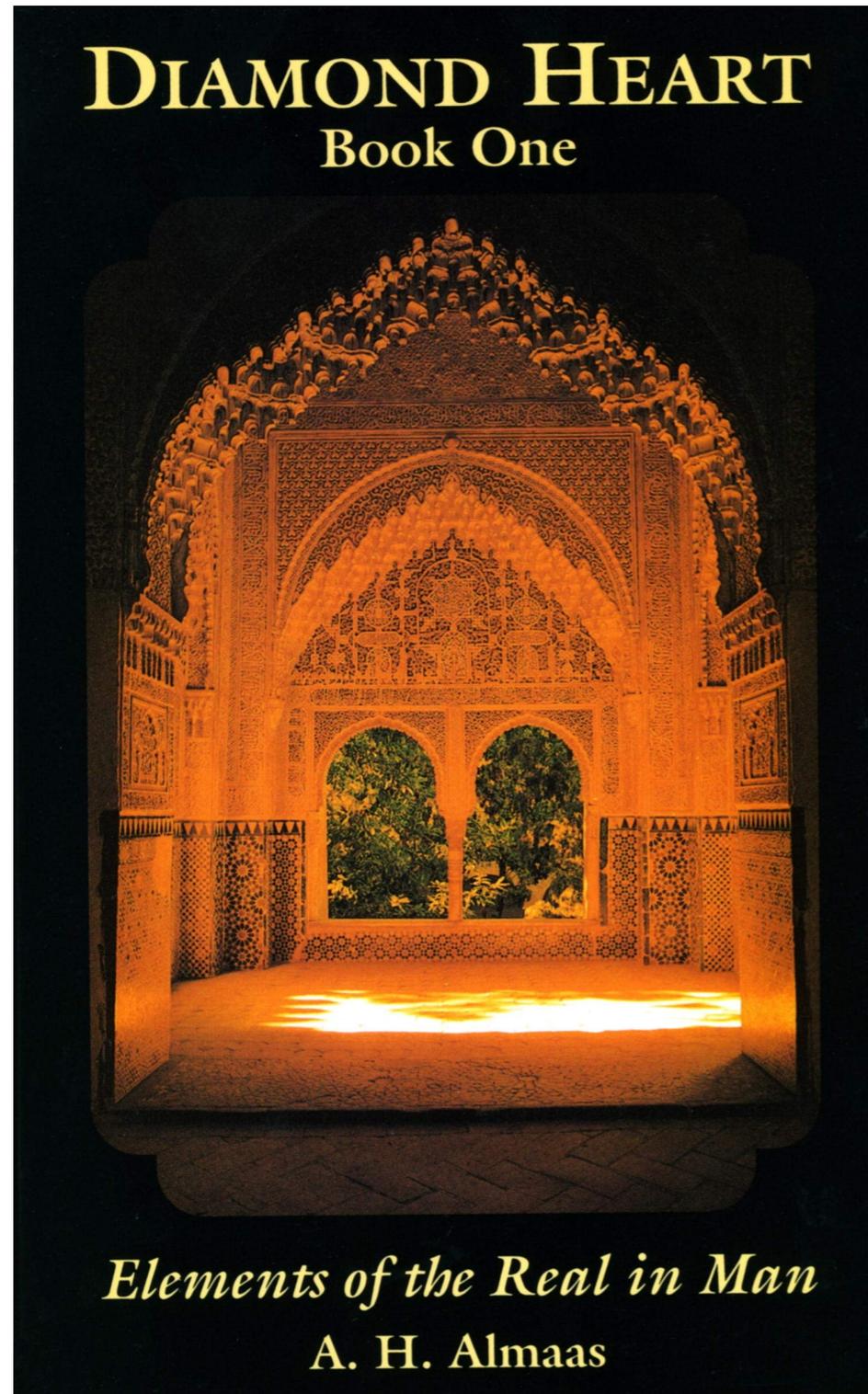


# 5. CONSTITUTIONAL HOMEOPATHY



A lifelong remedy to clear the "ghost within us" that causes disease.

# 7. PSYCHOLOGICAL WORK



# MY INNER CRITIC LOVES

## ALUMINUM **EBOOK**



Some things are so outrageous in life that you just have to laugh at the absurdity of it, or cry forever from the tragedy of it ...

# THE CURRENT PRE-HISTORIC AGE



Hopefully in the future injecting this proven neurotoxin in infants and children will be known as simply a dangerous relic of the past—like thalidomide, Vioxx, and mercury amalgam fillings.



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# **BONUS FOR ATTENDEES!**

- Blood letting
- RRT: Rapid Release Technology
- Black Seed Oil

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