

No proof aluminum cookware causes Alzheimer's

DR. GOTT



PETER GOTT, M.D.

DEAR DR. GOTT: I'm a 42-year-old mother of two boys, ages 5 and 8. Since their births I've experienced insomnia, migraines, PMS-related mental confusion and food allergies. I've tried Elavil, Xanax, Inderal and progesterone with limited relief. Recently two MDs recommended thyroid, plus vitamins and herbs. I am now nearly symptom free. However, the thyroid produces a bounding

heartbeat that is under control with B-12 and calcium injections. Is this treatment off-the-wall?

DEAR READER: Far be it from me to criticize unorthodox treatment that appears to be effective. However, I must say that the use of thyroid medicine in this situation is unusual. In addition, the use of B-12 and calcium to reduce your "bounding heartbeat" is distinctly unconventional. If the thyroid medicine is the cause of your heart problem -- and it could be if you are receiving too high a dose -- the amount of drug should be reduced. A simple blood test will determine if you are getting excess thyroid in the medicine.

I won't comment on the issue of vitamins and herbs except to plead for caution; most vitamins, if taken in high doses, will eventually produce severe, toxic reactions.

While your treatment may not be "off-the-wall," I urge you to insist that your doctors carefully monitor your health while you are receiving this therapy.

DEAR DR. GOTT: Please comment on the use of aluminum cookware contributing to Alzheimer's disease.

DEAR READER: There have been no scientific studies linking the use of aluminum cookware to Alzheimer's disease, although some patients with this affliction have been shown to have excessive quantities of aluminum in their brains. I have no proof that environmental aluminum causes brain disorders; however, I do caution my patients not to store or steep food, especially acidic edibles, in aluminum utensils. No one really knows whether the chemical reaction be-

tween certain foods and aluminum cookware may cause the release of tiny quantities of the mineral that could be hazardous. I'm simply playing it safe: Cook but don't store in aluminum.

To give you more information regarding Alzheimer's, I am sending you a free copy of my Health Report "Alzheimer's Disease." Other readers who would like a copy should send \$1.25 with their name and address to P.O. Box 91369, Cleveland, OH 44101-3369. Be sure to mention the title.

DEAR DR. GOTT: My boyfriend smokes pot, and he just learned his company is going to start drug-testing their employees. How long does marijuana stay in your system?

DEAR READER: Some studies have shown that THC, the active in-

gredient in marijuana, is stored for years in fat-containing tissue, such as brain and testicles. However, I believe that after several days of abstinence, THC would not be detectable in blood samples analyzed by current methods.

DEAR DR. GOTT: Is it harmful to apply deodorant/antiperspirant to areas other than underarms, such as between and under the breasts?

DEAR READER: You may safely apply these products to other body areas. However, remember that people are sometimes quite allergic to the compounds in deodorants, as well as to the aluminum salts in antiperspirants. So, before you apply the substances to other areas, make sure that they do not produce a rash in the usual locations.

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