Radioactivity and how you can defend yourself

Radioactivity Exposure and What to do about it

Much of the radiation people are exposed to comes from the doctors and hospitals.

<table>
<thead>
<tr>
<th>Radiation Therapy Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Diarrhea</strong></td>
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<tr>
<td><strong>Fatigue</strong></td>
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<tr>
<td><strong>Hair Loss</strong></td>
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<tr>
<td><strong>Mouth Changes</strong></td>
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<tr>
<td><strong>Nausea and Vomiting</strong></td>
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<tr>
<td><strong>Sexual and Fertility Changes</strong></td>
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<tr>
<td><strong>Skin Changes</strong></td>
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<td><strong>Throat Changes</strong></td>
</tr>
<tr>
<td><strong>Urinary and Bladder Changes</strong></td>
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</table>


But mistakes of humanity have made risks to us as well.
Radioactivity and how you can defend yourself

Has Fukushima’s Radioactive Wave Already Hit California?

Health officials confirm spike in radiation on San Francisco beach but have no answers

Paul Joseph Watson & Alex Jones
Infowars.com
January 6, 2014

Predictions that Fukushima’s radioactive ocean plume would hit the west coast of the U.S. sometime in 2014 may have already come to pass, with a new video showing Geiger counter readings of background radiation at a beach in San Francisco over five times the safe level.

Days after a YouTube video emerged showing background radiation at a Coastside beach reaching over 150 micro-REM per hour, Health officials in San Mateo County confirmed the spike but said they were “befuddled” as to its cause.

However, officials dismissed the possibility that the readings could be linked to Fukushima radiation reaching the west coast despite forecasts by experts last summer that radioactive particles from Fukushima would reach U.S. coastal waters in 2014.

The video shows a man measuring radiation readings at different spots on a beach south of Pillar Point Harbor. Background radiation in the areas immediately surrounding the beach are normal, but once the man approaches the water itself, the radiation spikes to at least 500 per cent safe levels and the Geiger counter’s alarm goes off.

The man behind the video claims that on his previous visit to the same beach, radiation readings were 13 times the safe level.

“In the following days, other amateurs with Geiger counters began posting similar videos online,” reports the Half Moon Bay Review. “The videos follow other alarming news last month that starfish were mysteriously disintegrating along the West Coast, a trend that has not been linked yet to any cause.”

The U.S. Environmental Protection Agency and state Department of Public Health are now investigating the cause of the radiation and more information is expected to be released this week.


While officials will almost certainly downplay the situation in order to prevent panic, it’s important to remember that genuine public health crises are virtually always preceded by government duplicity. TEPCO and the Japanese government have repeatedly been caught lying in their efforts to downplay the scale of the Fukushima disaster. In September it was confirmed that radiation readings around the power
plant were 18 times higher than previously reported by TEPCO. After a tank leaked 300 tonnes of toxic water in August, groundwater radiation readings at the plant soared to 400,000 becquerels per litre, the highest reading since the nuclear accident occurred in March 2011.

EPA officials in America also lied in the weeks after 9/11 when they told rescue workers and the general public that the air at ground zero was safe to breathe. According to insiders, EPA officials knew that the dust in the air was laden with asbestos but chose to cover up the truth, leading to at least 20,000 ground zero workers suffering debilitating illnesses and numerous deaths.

Mainstream media outlets have also largely toed the line on Fukushima despite overwhelming evidence of a cover-up of the true scale of the crisis by Japanese authorities. Former MSNBC host Cenk Uygur was told not to warn the public about the danger posed by the meltdown at the Fukushima nuclear plant during his time as a host on the cable network.

Concerns that the federal government is preparing for some form of nuclear emergency have heightened after it was revealed that the Department of Health and Human Services has ordered 14 million doses of potassium iodide, the compound that protects the body from radioactive poisoning in the aftermath of severe nuclear accidents, to be delivered before the beginning of February.

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Massive, uncontained leak at Fukushima is pouring over 710 billion becquerels of radioactive materials into atmosphere

Wednesday, April 24, 2013 by: J. D. Heyes

(NaturalNews) The tsunami-caused nuclear accident at the Fukushima power station in Japan is the disaster that never ends, as new reports indicate that a wealth of new radioactive materials have been spewed into the atmosphere.
According to Singapore-based news outlet AsiaOne, the Tokyo Electric Power Co., which owns the multi-nuclear reactor power station at Fukushima, announced April 6 that some 120 tons of water that had been contaminated with radioactive substances had leaked from an underground storage facility at the No. 1 atomic power plant site.

Running out of storage room?

TEPCO officials announced the leak late in the day April 5, a Friday, "but said measures to address the problem had not been taken for two days because the cause had not been identified," AsiaOne reported. The company "assumed the water was still leaking."

According to company officials TEPCO estimates that the leaked water contains about 710 billion becquerels of radioactive substances, making it the largest leak of radioactive materials ever at the plant. Discovery of the leak led the company to transfer about 13,000 tons of polluted, radioactive water in the questionable storage area to a neighboring underground storage unit.

That storage unit, TEPCO said, is 60 meters long, 53 meters wide and six meters deep. It is pool-like in structure and has a three-layer waterproof sheet with a concrete cover.

According to the company, water that has leaked from damaged nuclear reactors is run through filters and additional devices in order to remove radioactive elements. The water is then stored in facilities for low-level contaminated water.

TEPCO began using the storage facility Feb. 1. As of April 5, 13,000 tons of radioactive water was being stored there - very close to the 14,000-ton limit.
More leaking contamination

AsiaOne reported that water samples taken by TEPCO from soil surrounding the damaged facility a few days later showed 35 becquerels per cubic centimeter of radioactive substances, which is abnormal. "Safe" levels of becquerels is 300 per kilogram of water, according to New Scientist.

However, TEPCO officials did not publicly announce their findings right away after not finding any other unusual changes in water quality data, such as chloride concentration.

On April 5, the report said, two days after the problem was first noticed, water with 6,000 becquerels per cubic centimeter of radioactive substances was located between the first and second layers of the waterproof sheet, which alerted TEPCO engineers and plant officials that a leak had occurred.

Per AsiaOne:

As the sheet’s layers were joined when the facility was constructed, TEPCO assumed that the sheet may have been damaged, or that a mistake had been made during construction. An average of about 400 tons a day of groundwater seeped into buildings housing nuclear reactors and turbines, increasing the quantity of polluted water.

The latest problem will create a storage shortage; TEPCO officials said storage of polluted water at the facility will be reduced from 53,000 tons to 40,000 - a significant reduction. That will make it necessary for the power company to go over procedures for handling polluted water, which will include increasing the number of storage units.

The disaster that keeps on giving

TEPCO said earlier this month it expected the water transfer would take about five days to complete.

"As the height of the water storage facility is relatively low, we think it's unlikely that the polluted water mixed into underground water and reached the sea 800 meters away," said Masayuki Ono, the acting chief of TEPCO's nuclear facilities department, at a press conference April 6.

The plant was damaged by a huge earthquake-caused tsunami March 11, 2011. At the time of the incident, three of the plant’s atomic reactors were shut down: No. 4 had been de-fueled and Nos. 5 and 6 were in cold shut-down for maintenance.

The remaining three automatically shut down at the time of the accident and emergency generators came on to keep coolant systems operating.
Radioactivity and how you can defend yourself

NUCLEAR Fallout Map

- 3000 RADs
- 1500 RADs
- 750 RADs

- 3 days
- 6 days
- 10 days

Nuclear Meltdown
Fukushima Daiichi Plant
Radioactivity and how you can defend yourself

RADIATION DETOX PROGRAM

There is always a possibility that there is some radiation particle absorbed and lodged in the digestive tract, such as radioactive Cesium, Uranium or Cobalt. From fallout of experiments in radiation there is a chance. Here we see again that we are constantly being bombarded by radiation.

Annual US Radiation Exposure

- Radon 55%
- Internal 11%
- Consumer Products 3%
- Fallout <0.3%
- Cosmic 8%
- Medical 11%
- Other <1%
- Nuclear Power 0.1%
- Terrestrial 8%
- Nuclear Medicine 4%
- Occupational 0.3%
- Miscellaneous 0.1%

Power Frequency fields of a 765 KV line in relation to observed biological effects.
The Atmospheric detonation of three A-bombs by Harry S Truman with his War Crimes and subsequent atmospheric testing results in this pattern of radiation fallout exposure. And the Cancer death toll rises as we see proof that Harry Truman killed more Americans with the bomb than Japanese.
Radioactivity and how you can defend yourself

Radiation and the human body

**THYROID**
- Iodine-131 (beta, gamma), 8 days

**SKIN**
- Sulfur-35 (beta), 87 days

**LIVER**
- Cobalt-60 (beta, gamma), 5 years

**LUNGS**
- Radon-222 (alpha), 38 days
- Uranium-233 (alpha, 162,000 years)

**SPLICE**
- Polonium-210 (alpha), 138 days

**KIDNEYS**
- Ruthenium-106 (gamma, beta, 1 year)

**MUSCLE**
- Potassium-42 (beta, gamma), 12 hours
- Cesium-137 (beta, gamma), 30 years

**OVARY**
- The Reproductive Organs are attacked by all radioactive isotopes emitting gamma radiation. In addition, plutonium-239 concentrates in the gonads, leading to birth defects and miscarriages in the first and in future generations.

**BONE**
- Radium-226 (alpha, 1,620 years)
- Zinc-65 (beta, gamma), 245 days
- Strontium-90 (beta, 28 years)
- Tantalum-90 (beta, 64 hours)
- Promethium-147 (beta, 1 year)
- Barium-140 (beta, gamma), 11 days
- Thallium-204 (beta, 24.1 days)
- Phosphorus-32 (beta), 14 days
- Carbon-14 (beta), 5,730 years
Radioactivity and how you can defend yourself

**Ionising Radiation And Health Effects:**

**THERE IS NO SAFE DOSE of IONIZING RADIATION**

**Natural** radiation is all around us and comes mostly from the sun. In recent years artificial sources of radiation have increased dramatically. In the workplace and at home new technologies expose us more and more to various kinds of radiation.

Most radiation is unseen and unfelt. But we do sense some radiation. We see by the visible rays from the sun and feel the warmth of its infra-red rays. We are aware of ultraviolet rays by the way they tan our skin.

Our radiation exposures are broadly classed as either ionising or non-ionising according to how they effect body tissues. X-rays and the rays emitted by radioactive materials are ionising.

The **electromagnetic radiations** (EMR) associated with electricity and electronic equipment used for telecommunications are non-ionising. At least since the 1930s **ionising radiation** has been known to damage human health, even at extremely low exposures. Knowledge of damage of non-ionising EMR, at low exposures is more recent. Here we deal only with the ionising radiations.

<table>
<thead>
<tr>
<th>Ionising Radiation Exposure</th>
<th>Naturally Occurring</th>
<th>Dose (milliSv(^1)/year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>cosmic rays</td>
<td></td>
<td>0.32</td>
</tr>
<tr>
<td>internal (from air, food, and water)</td>
<td></td>
<td>1.30</td>
</tr>
<tr>
<td>external (from soil and rocks)</td>
<td></td>
<td>0.35</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>1.97</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Artificially Created</th>
<th>Dose (milliSv(^1)/year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>medical exposure</td>
<td></td>
<td>0.50</td>
</tr>
<tr>
<td>fallout from nuclear testing</td>
<td></td>
<td>0.04</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>0.54</strong></td>
</tr>
</tbody>
</table>

\(^1\) - A unit of radiation.

As radioactive materials decay they emit **alpha, beta and gamma rays**. Alpha and beta rays behave as streams of particles; gamma rays are electromagnetic like X-rays though more penetrating.
Only ten out of the 92 natural elements have atoms which are radioactive. Uranium and thorium are two of these. Many more radioactive atoms would have been present when the earth was formed but most had decayed long before life evolved on earth. Today we live with a weak background of ionizing radiation from natural sources (see table above).

**The Nature Of Ionising Radiation**

Ionising radiations are powerful enough to knock electrons out of atoms forming the molecules from which our body tissues are built. X-RAYS CAN AND DO CAUSE CANCER. Cancer incidents went up after the yearly x-ray check. And in countries where they use x-ray checks the incidents of cancer is greater. Yes the x-ray can cause cancer. There is no such thing as a safe dose, but the odds of an x-ray doing this are slim.

When an atom loses an electron the molecule to which it belongs is left with an electrical charge. Electrically charged atoms and molecules are called ions hence ionizing radiation. Ions react chemically with molecules in living cells causing mutations which result in cancer and immune deficiencies.

**Alpha particles** carry a positive charge and travel no more than 40 millimetres through air. They penetrate the body to just below the dead skin. When released inside our bodies from material we breathe or swallow, alpha rays are able to transfer their energy at short range to damage body cells.

**Beta particles** carry a negative charge; they travel about one metre through air and penetrate the skin, to reach internal tissue. Beta rays are especially dangerous when emitted inside the body.

**Gamma rays** behave like X-rays in the body; having no electrical charge and being weightless they penetrate deeply into the body, or pass through it, creating ions as they collide with atoms along their path.
A Legacy Of Radioactive Fallout

The atomic bombings of Hiroshima and Nagasaki in August 1945 brought great human suffering from exposure to high levels of gamma rays. People suffered nausea, vomiting, loss of hair, haemorrhage and destruction of the digestive system leading to loss of body fluids.

Death occurred over weeks in great agony. At lower exposures victims suffered vomiting, loss of appetite, chromosome damage, cataracts and loss of hair.

Children born of mothers pregnant at the time of the bombing suffered a high rate of microencephaly a reduction in the size of head and brain.

People in the outer areas of the two cities received low radiation exposures. In the years since the bombings the survivors' health has been closely followed. The number of deaths from cancer has been plotted against the radiation dose to individual survivors. The results of this study are used to estimate the risk of cancer from radiation exposures and for setting safety standards.

When leaders of the major powers began testing nuclear weapons they knew the fallout would damage the health of their own, and other, citizens. By the time of the signing of the Comprehensive Test Ban Treaty in 1996 the six major nuclear-weapons nations had tested around 2000 nuclear weapons. Of these 518 have been in the atmosphere, under water or in space.
The Australian government agreed, without consulting the Australian people, to the British government testing at Monte Bello Island, Emu fields and Maralinga.

Nuclear test sites became mock radioactive battlefields to train 'atomic' soldiers for nuclear war. Some nuclear veterans developed cancer later as a result of their radiation exposures.

In 1963 the Partial Test Ban Treaty banning open-air tests came into force. Since then 1400 tests have been conducted underground around the world.

A study of the health and environmental effects of radioactive fallout by the International Physicians for the Prevention of Nuclear War has found that:

- atmospheric testing will cause 430,000 cancer deaths by year 2000 and eventually over 2 million cancer deaths.
- thousands of people downwind of the test nuclear explosions were dangerously exposed to high levels of radioactivity.
- underground testing creates large quantities of waste in highly fractured underground caverns which could one day contaminate water supplies.

Communities In Danger

In the early hours of the morning on 26 April 1986 a reactor at the Chernobyl nuclear power station, in the Ukraine, exploded. Radioactive material was blasted high into the sky. Fallout descended on Soviet farmlands and cities for hundreds of kilometres. Finer radioactive dust covered vast areas of Europe. The finest dust reached the stratosphere and descended during rain on North America.

Soviet citizen groups are preparing a Black Book compiling the human cost of the disaster.

According to Ukrainian physicist, Vladimir Chernousenko by 1990 the Black Book held 7000 names of people who had died from leukemia and birth defects. Depression of the immune system called 'Chernobyl AIDS' has reduced resistance to disease especially among children.

Ten years after the accident three million people remain exposed to dangerous radiation emanating from the long-lived strontium-90 and cesium-137 in the fallout.

In 1945 nuclear reactors at Hanford, in the United States, produced the first plutonium for nuclear weapons. Today small farming communities close to the plant are paying a high price for their country's nuclear weaponry.
Clouds of strontium-90, cesium-137 and plutonium issuing from the plant's stacks have concentrated in 'hotspots' where radiation levels can be as high as those from the Chernobyl fallout.

Of 28 families along a 'death mile', in 27 of them there has been cancer, thyroid abnormalities, a handicapped child, stillbirth or general bad health.

Far away in Rajasthan, in India, villagers living near a nuclear power station tell a similar story of woe to the Hanford community.

Since 1989 village midwives have seen a doubling of the number of miscarriages and deformed children born with no fingers, joined toes, missing genital organs and abnormal heads.

Visitors witnessed villagers suffering a rare skin disease which causes large blue lumps to grow on their bodies.

The British nuclear reprocessing plant at Sellafield isolates plutonium from radioactive wastes discharged from nuclear reactors. Millions of litres of radioactive effluent pour daily into the Irish Sea. Ocean currents have carried radioactive effluent as far as the Scandinavian coast.

Seascale village lies three kilometres from Sellafield. The village children suffer an excess of leukemia and multiple myeloma six times the national rate.

The villagers saw an obvious link with the plant but the management denied any link. Then in 1990 a research team, headed by Dr Martin Gardner, found that children of male workers at the plant had six times greater chance of developing cancer than other children.

After the release of the report worried workers were told by the plant's health officer: "Don't have a family".

**The Pathways**

Once released into the environment *radionuclides* the radioactive atoms of elements find their way into food along innumerable pathways.
In the sea small marine creatures concentrate radionuclides which have been absorbed on to seabed sediments. As predators eat their prey the radionuclides pass, in turn, from shrimps to crabs to fish, many varieties of which are eaten by humans.

Seaweeds and other algae have a remarkable capacity to concentrate radionuclides. Welsh people have been warned not to eat their traditional lava bread made from a local seaweed because it is badly contaminated by ruthenium-106.

On pastures strontium-90 and iodine-131 migrate from soil through the grass eaten by cows to milk. Cesium-137 accumulates in animals from farm fodder. Fungi and mosses concentrate radionuclides. Reindeer meat is the staple diet of Laplanders but since Chernobyl it has been highly contaminated with radionuclides from the fallout.

Radionuclides produced in a nuclear reactor behave chemically in the same way as nutrient elements, which are vital for keeping good health. Their chemical resemblance to the essential nutrients means they are taken up by the body; once in the body they follow the same metabolic pathways to particular organs as the nutrient elements.
Iodine-131 mimics natural iodine and so finds its way into the human thyroid. Here it can irradiate the tissue at close range with beta rays. Strontium-90 mimics calcium and so follows the same pathway into bone where it irradiates bone marrow.

Because it behaves like potassium cesium-137 has an affinity for muscle and other soft tissue where it could cause us to age more quickly. Plutonium mimics iron and finds its way into bone and reproductive organs.

There are radiation exposures from elements that give off alpha or beta waves. These are almost impossible to detect. And yet they are the most devastating. Since these rays will not show on medical detection, an unknowing person could inhale or ingest a small amount of a product and it would devastate the inside slowly with cancer and other degeneration.

Smoke detectors are made with a small amount of a radioactive sample of Americanium. This emits alpha particle which even the smoke can block, but if this was ingested the effects would be critical and devastating. An improperly destroyed smoke detector could release this poison and it could find its way into your gut.

Prussian blue the paint color can detox many of these alpha and beta wave radioactive products out of your systemout of the system.
Prussian blue is a dark blue pigment – one of the first synthetic pigments – which was synthesized for the first time in Berlin around the year 1703. It was named "Preußisch blau" and "Berlinisch Blau" in 1709 by its first trader. Another name for the color Prussian blue is Berlin blue or, in painting, Parisian blue.

The key colored substance in Prussian blue pigment is an insoluble inorganic compound composed of iron and cyanide ions, with water. It has the idealized formula \( \text{Fe}_7(\text{CN})_{18} \) with 14 to 16 \( \text{H}_2\text{O} \). The pigment may also contain variable amounts of other ions. The color of the pigment depends partly on the size of precipitated particles formed when it precipitates from addition of iron(III) to soluble ferrocyanide. With several other names (see table to right), this dark blue solid is commonly abbreviated "PB." Because it is easily synthesized in impure form, it is the object of instructional experiments. It has a complicated chemistry, however, that has led to extensive speculation on its structure.

Prussian blue is a common pigment, used in paints, and it is the traditional "blue" in blueprints. It has been used as an antidote for certain kinds of heavy metal poisoning.

Prussian blue and its analogs have been extensively studied by inorganic chemists and solid-state physicists because of its unusual properties.

- It undergoes intervalence charge transfer. Although intervalence charge transfer is well-understood today, Prussian blue was the subject of intense study when the phenomenon was discovered.
- It is electrochromic—changing from blue to colorless upon reduction. This change is caused by reduction of the Fe(III) to Fe(II) eliminating the intervalence charge transfer that causes Prussian blue's color.
Despite the presence of the cyanide ion, Prussian blue is not especially toxic because the cyanide groups are tightly bound. Other cyanometalates are similarly stable with low toxicity. Treatment with acids, however, can liberate hydrogen cyanide which is extremely toxic, as discussed in the article on cyanide.

Prussian Blue in Medicine

Prussian blue's ability to incorporate cations that have one unit of positive charge makes it useful as a sequestering agent for certain heavy-metals ions. Pharmaceutical-grade Prussian blue in particular is used for patients who have ingested thallium or radioactive cesium. According to the International Atomic Energy Agency, an adult male can eat at least 10 grams of Prussian blue per day without any serious harm. The U.S. Food and Drug Administration (FDA) has determined that the "500 mg Prussian blue capsules, when manufactured under the conditions of an approved New Drug Application (NDA), can be found safe and effective therapy" in certain poisoning cases. Radiogardase (Prussian blue insoluble capsules) is a commercial product for the removal of cesium-137 from the bloodstream.

It is better to pretend that the gun is loaded. Here is my formula for a detox you can do safely once a year or so to detox.

1. Take 2 grams of Prussian blue stir into a 4oz. glass of water drink. Use double the dose if you are sure there was exposure. It looks and tastes awful.
2. Then thirty minutes later take 1 tablespoon of activated charcoal powder stir into a 4 oz glass of water drink.
3. Then thirty minutes later take 1 tablespoon of bentonite clay stir into a 4 oz glass of water drink.
4. Then thirty minutes later take 1 tablespoon of psyllium seed powder stir into a 4 oz glass of water drink.
5. Then take some high fiber pills.
6. For the next ten days have miso soup once a day and use the New Vistas Algin for homeopathic detox 6 drops twice a day.
7. You must keep the bowels working every day. Use enemas, or natural laxatives if you need to.
8. Use probiotic yogurts for the next week.

This will detox out some of the radiation compounds concerns from the digestive tract. As well as it will detox out other poisons. Do this twice a week but just once a year, and yes your stool will be blue.
Radioactivity and how you can defend yourself

18 Foods That Naturally Detox Radiation

Kelp  Pumpkin  Alfalfa Sprouts
Wheatgrass  Rosemary  Spirulina
Bee Pollen  Brown Rice  Seaweed
Onions  Ginger  Garlic
Broccoli  Apple  Olive Oil
Beets  Leafy Greens  Blue-Green Algae
Here are some other detox programs for you to consider using with the above program. Once we get out the cause, we need to attack the tumors with natural chemotherapy, we need to repair the altered DNA with the other therapies.

**TOP TEN DETOX RULES**

- NO RED MEAT
- NO DAIRY PRODUCE
- NO FRUIT – EXCEPT BANANAS
- NO WHEAT, GLUTEN, YEAST
- NO ALCOHOL
- NO BISCUITS, CAKES, DOUGHNUTS
- NO JAMS, SPREADS – EXCEPT HONEY
- NO COFFEE, DECAFTEINATED COFFEE OR TEA – EXCEPT HERBAL TEAS
- NO SUGAR, CHOCOLATE OR SWEETS
- NO ARTIFICIALLY PRODUCED

**Flavourings:** TOMATO KETCHUP, VINEGAR, MUSTARD ETC.

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**Radiation Detox**

By Talia Rose

Sodium Alginate: An effective preventive and therapeutic substance against radiation and heavy metals according to Tanaka. In two experiments using rats, sodium alginate decreased by a factor of 12, the uptake of several radioactive isotopes—including strontium-90, strontium-85, barium, radium, and calcium. Skoryna et al. concluded that ingestion of small but regular does of alginate is effective in preventing the daily absorption of small doses of radioactive strontium and other contaminants that are present in the environment. Brown sea vegetables such as kelp are the most effective sources. Alginate is nontoxic and is not reabsorbed for the GI tract and appears to have no adverse affects even at high doses. Red sea vegetables, such a dulse are most effective at binding plutonium, and green algae binds...
cesium most effectively. Dose: The Atomic Energy Commission recommends for maximum protection against radioactive poisoning for humans, taking a minimum of 2 to 3 ounces of sea vegetables a week or 10 grams (two tablespoons) a day of sodium alginate supplements. During or after exposure to radiation, the dosage should be increased to two full tablespoons of alginate four times daily to insure that there is a continual supply in the GI or gastrointestinal tract. There may be a rare problem of constipation but this can be avoided if the sodium alginate is made into a fruit gelatin. Agar, derived from sodium alginate in kelp, is a safe, nontoxic substance that can be used as a thickening agent or gelatin. (Solaray has a great product I use now called Detox Blend.) Another benefit of sea vegetables is the natural iodine. If there is insufficient iodine in the diet radioactive iodine-131 will be absorbed and collected in the thyroid gland. Even if radioactive iodine is absorbed by the thyroid, taking natural iodine helps offset the side effects of exposure. According to Dr. Russell Morgan, one mg. of iodine for children and five mg. for adults taken daily will reduce by about 80 percent the radioactive iodine accumulated in the thyroid. Whole foods are the best source of iodine, e.g. sea vegetables like hijiki, arame, kombu and dulse. Iodine is leached from the thyroid gland by drinking chlorinated water. Avoid iodized salt which contains excessive sodium and no potassium. Sea vegetables are rich in vitamins and contain most if not all of the essential minerals and trace elements. Sea vegetables also help dissolve fat and mucus deposits.

Chlorophyll: A number of studies found that chlorophyll-rich foods can decrease radiation toxicity. Spirulina and chlorella are two micro-algae that are rich in this substance, as are leafy greens, celery, parsley, the sprouts of any grain or bean, the young shoots of any edible grass and sunflower greens. Chlorophyll is similar in structure to hemoglobin. Sea Vegetables: Sodium alginate is one of the more powerful protective substances in sea vegetables like kelp, which includes arame, wakame, kombu, and hijiki. Sodium alginate reduces the amount of strontium-90 absorbed by bone tissue by 50 to 83 percent. (You can also obtain a great source of this in a fantastic herbal combo by Solaray called Detox Blend SP-25.) Bee Pollen: Studies show that bee pollen can significantly reduce the usual side effects of both radium and cobalt-60 radiotherapy and also the sickness after massive abdominal x-rays. One study showed that the proliferation of cancer cells stopped in cancerous tumors induced in mice. (This is only indicative and does not purport to be medical advice. One should go to the source and study the relevant information before drawing conclusions. Try to get real bee pollen from an organic bee keeper, uncooked.) Bee Propolis: Besides the healing and anti-bacterial qualities of this substance, it has been effective in clinical stages of radio-epithelitis, i.e. inflammation of epithelial tissue due to radiation. (Same as above. Get unheated, raw organic honey; it is a good source of pollen, royal jelly and propolis.) Fermented Foods: Due to their multiple beneficial effect on the intestines, fermented foods help to counteract the toxins from radioactive fallout that is ingested from foods, e.g. yogurt, sauerkraut, kefir, etc. Beets: Beets have been shown to rebuild hemoglobin of the blood after exposure to radiation. Rats fed a diet of 20 percent beet pulp were able to prevent cesium-137 absorption and 97 to 100 percent more effectively than rats given no beets. Primary-grown Nutritional Yeast: Besides having Vitamin E, it also contains the nucleic acids RNA and DNA, both of which have been shown to have radio protective qualities. It has been shown to help rebuild and regenerate cells damaged by radiation, and also to produce relief from radiation poisoning and it’s many horrible symptoms. Nutritional yeast has a good amount of many important nutrients. Primary–grown yeasts bonds with and absorb heavy metals such as uranium, lead and mercury! Garlic and Onions: Cysteine, also present in onions, binds with and deactivates both the radioactive isotopes and toxic metals such as cadmium, lead and mercury. The
sulfur in cysteine helps the kidneys and liver detoxify the body. Garlic has many wonderful healing properties and should be researched. Chlorophyll: Lourau and Lartigue reported that green cabbage increased the resistance of guinea pigs to radiation. The US Army found that broccoli, green cabbage and alfalfa reduced the effects of radiation on guinea pigs by 50 percent! (You can get a good organic alfalfa pill very cheap from Nature’s Plus.) Oils: Dr. James Ashikava found that mice will survive normally lethal doses of x-rays if they are given common edible unprocessed vegetable oils—especially olive or peanut oils. It is reported from Mexico, that those who work or live near sources of radiation, such as atomic labs or nuclear power plants, eat or rub vegetable oils on their skin for greater protection. In one mice study, olive oil taken internally fully protected rats against progressive doses of x-rays ranging from 300 to 2,400 roentgens. The olive oil provided optimal protection when comprised about 15 percent of the total calories of the diet. Olive oil and sesame oil are more resistant to breaking down from heat while cooking and have a longer shelf life. Vitamin A: In 1974, researchers from India found that vitamin A, when taken internally by humans, hastened recovery from radiation. In 1984, Dr. Eli Seifter and a team of researchers from the Albert Einstein College of Medicine reported vitamin A and beta-carotene counteracted both partial and total body gamma radiation. It also improved the healing of wounds; reduced weight loss, thymic and splenic atrophy, and adrenal enlargement; and prevented gastro-ulceration and an abnormal decrease in red and white blood cell formation. (The therapeutic purposes, 25,000 to 35,000 IU are recommended for adults. During emergencies or crisis situations, intensive exposure may warrant as much as 40,000 to 100,000 IU of beta-carotene, but should be taken for no more than three to four weeks. Infants should not consume high amounts. This info is only very partial and you should consult the book for specifics.) Vitamin B Complex: There are so many benefits to the B vitamins that there is no space to list them. One of the many is they normalize the red and white blood cell count, because the destruction of white blood cells by radiation can last for extended periods of time. The various B vitamins have different effects and should be taken together. Vitamin C and Bioflavonoids: Not to be redundant; researchers at Harvard Medical School said, “Our experiment showed that vitamin C can prevent damage from radiation...it somehow keeps the radiation from killing the cells.” Their experiment indicates that the dosage for humans exposed to intensive radiation would be approximately 10 grams per day—a mega dose. (More about C and radiation later from Dr. Thomas Levy. The literature must be studied before mega dosing but levels up to 50,000 and more have been administered for short periods with good results. If more than 750 mg. of vitamin C is taken daily, calcium, magnesium, B6 (within the whole B Complex), and sufficient water to prevent kidney stones. The body cannot store much C and it is used for darn near everything in the body, so make sure you get enough.) Vitamin D: An adult therapeutic dose would range from 400 IU per day to 1,000 IU daily. During an emergency, adult daily dosage could go as high as 2,000 IU, if taken for no longer than one month. (I would say to find a natural vitamin D as there have been reports that synthetic vitamin D has some bad side effects.) Vitamin E: It can protect against the effects of x-rays and radioactive cobalt. It improves anemia following exposure to radiation. It can provide internal and external protection against cesium-137 which is a common component of fallout and nuclear power plant leaks and routine emissions. For the form of E d-alpha-tocopherol, an adult weighting about 155 would need about 900 IU per day. (I take more than this every day normally. On exposure, I would take 1600 IU as I have many times for several weeks. I prefer to get the dry, water dispersable E, but any kind is good as long as it is fresh. The oil can go rancid. Also, try to get the most natural form.) E also helps prevent the destruction
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of Vitamin A and fatty acids by massive doses of x-rays. If large doses of C, B and E are taken before exposure, the terrible symptoms of radiation sickness can be reduced or eliminated to a large degree. Caution: E should be used cautiously if you have high blood pressure or rheumatic heart disease.

Calcium: By the mechanism of selective uptake, calcium blocks or decreases the absorption of strontium-90, calcium-45 and other radioactive isotopes by the skeletal system. Calcium also helps to eliminate radioactive isotopes that are lodged in the bones! The National Research Council recommends that adults consume 800 mg. of calcium per day. For children and lactating women this is 1,000 mg. and 1,400 mg. Too much calcium can be harmful. The best forms of supplemental calcium are calcium citrate, gluconate, carbonate, lactate, or amino acid chelated calcium. It is good to take a calcium—magnesium combination. Magnesium: Like calcium, magnesium prevents the uptake of radioisotopes and helps to eliminate already stored strontium-90. One reason not to use synthetic vitamin D (Calciferol) is that it can combine with magnesium and carry it out of the body. Calciferol is contained in much commercial milk. Fluoride also leaches calcium from the body among other horrendous things. The optimal diet should contain about ⅓ as much magnesium as calcium. The RDA for calcium is 350 mg. to 700 mg. The high end should not be exceeded but since the Standard American Diet or SAD does not supply enough magnesium, supplements are recommended. Selenium: Wonderful element. Does so many positive things impossible to list. It fortifies the immune system, reduces the rate of cancer in humans and helps to alleviate leukopenia, (abnormal decreases of white blood cells). The RDA is 50 to 200 micrograms per day. Some recommend as much as 100 to 300 micrograms per day, but more should be under medical supervision. It is most effective when taken with vitamins A and E. Potassium: If there is a deficiency, radionuclides like cesium-137, cesium-134, potassium-40 and potassium-42, are absorbed through selective uptake etc. RDA is uncertain but health authorities suggest a minimum of 2,000 to 6,000 mg. in the diet. Usually supplementation is not necessary and too much can be dangerous. Zinc: A diet that supplies sufficient zinc blocks the uptake of radioactive zinc-65. Zinc DTPA has been used to chelate americium-241 from a nuclear accident victim. Natural zinc also will help the body eliminate several toxic heavy metals including cadmium, aluminum, lead, and excess copper. Although doses over 50 mg. per day have been used it should be under a doctor’s care. Dose: Preventive—adults—15 mg.-------pregnant women—30 mg.--------lactating women—40 mg. Therapeutic—adults—15-50 mg. --------pregnant women—30-50 mg.-------- Lactating women—40—50 mg. per day. Iron: A number of studies indicate exposure to radiation significantly decreases levels of iron in the body. Radioactive iron and plutonium, isotopes similar in structure to iron, can be carried to iron storage sites such as liver, bone marrow, ovaries or testes, and lungs if the body is deficiency in iron. The National Research Council recommends a daily intake of 18 mg. for women, 30 to 60 mg. daily if pregnant or more if lactating; 10 mg. for men, and 10 to 18 mg. for children. After exposure to radiation or loss of blood, supplementation of approximately 10 to 18 mg. daily. Siberian Ginseng: Eleutherococcus senticosus is the best for medicinal purposes. Soviet researchers reported that eleuthero extract has radio protective qualities, and can be used in conditions of acute or chronic radiation sicknesses such as hemorrhaging, severe anemia, dizziness, nausea, vomiting and headaches due to x-rays. It can lengthen survival time after exposure. The list is too long. Do some research. It is almost miraculous protecting against infections. poisons, etc. It increases human resistance to a remarkably wide variety of stressors. Adult extract treatment doses: 20 to 40 drops before meals, two or three times per day. Children: single dose one drop per each year of age,
repeated twice a day. Panax Ginseng: Studies have found this Asian version is effective against radiation as well. Researchers observed, ginseng increases the rate of production of serum albumin and gamma-globulin as well as DNA and RNA protein, and lipid synthesis in bone marrow cells. Also, human subjects taking ginseng root were able to acclimatize more easily to oxygen-deficient air. Both types can be taken daily as they build up in the body in a positive way. Best to take small amounts over a long period. Aloe: Of the more than 200 species of Aloe, these species have shown evidence of being radio-protectants: aloe barbadensis (aloevera), aloe arborescens, aloe striatula, and aloe saponaria. Emulsions can prevent the development of local reactions in radiation therapy and treating radiation burns of second and third degrees. Aloe also accelerates the process of tissue repair and normal cell growth. It is optimal to use its fresh form direct from the juicy leaves of the plant. It also has pain-relieving properties. Use fully mature leaves from outer leaves first Chaparral: Also known as the creosote bush, one of the active ingredients is NDGA. One thing it does is inhibit the tumor electron transport system, which denies such growths the electrical energy they require. It also corrects malignant melanoma in many cancer patients. Chaparral is an excellent antibiotic and helps purify and detoxify the blood. Use with caution and supervision. Dose: If taken in tablet form take an extra 300-750 mg. of vitamin C per day to help the body process the concentrated resins and gums in the herb.<Green Tea and Black Tea: Indications are that the radio-protective effects of tea catechins are associated with the antioxidative property, taken both before and after irradiation. Caution with large use of black or green teas because they contain large amounts of caffeine and tannic acid. Also, some evidence that green tea takes up large amounts of fluoride. Nucleic acids: RNA and DNA increase the survival rate of mammals exposed to irradiation. Bee pollen, nutritional yeast and certain sea algae such as chlorella contain relatively large percentages of nucleic acids. Onions contain RNA.Cysteine: A natural amino acid helps counteract several kinds of radiation. Caution: Do not take as a separate supplement. Can be a dangerous excitotoxin like glutamate (MSG) or aspartate in abnormal quantities. Occurs in sulfur containing vegetables most of which are in the cabbage family. Kale is by far the best source with watercress and Brussels sprouts good sources too. Make sure you get non-irradiated vegetables. Pectin: Obtained from ripe fruit like apples. Like sodium alginate in agar and kelp, pectin bonds or chelates with radioisotopes, especially strontium-90, and reduces the absorption into the skeletal system Papain: In one study, 50 percent of the rats given papain survived a normally lethal dose of radiation Medicinal Charcoal: Has the ability to absorb and neutralize radioactive substances and some toxic materials. Researchers report that 10 grams or 1 tablespoon of charcoal can absorb about 3 to 7 grams of materials.
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Detox

Your Body

The Liver Detox Pathways and Essential Nutrients

Detoxification Pathways

Toxins

STEP 1

STEP 2

Waste Products

Eliminated from the body via:

- Gall Bladder
- Kidneys
- Bile
- Bowel actions
- Urine

Toxin List:

- metabolic end products, microorganisms,
- contaminants / pollutants, insecticides,
- pesticides, food additives, drugs, alcohol

Required Nutrients

- Amino Acids
- Glutathione
- Antioxidants
- Magnesium
- Vitamin E
- Vitamin C

Required Nutrients

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19 Foods to Naturally Help You Detox Radiation

by geobear7 • 19Sep2013

Alicia Bayer over at Examiner has developed a quick list of 19 foods to detox radiation, including brown rice, kelp and miso. But, she notes, “there are plenty of foods that naturally protect our bodies from radiation.” Read the full list over at Examiner.

Food Freedom News has been collecting radiation detox foods, supplements and practices since the Fukushima disaster. So, drawing on past articles, we’ve come up with the following summaries:

Dori Midnight adds mushrooms, onions and love to the list. She specifically recommends a delicious looking soup consisting of mushrooms, miso and seaweed, providing a recipe.

In addition to “organic apples with the skin on (and the wax rubbed off), or applesauce,” Dr. Ilya Sandra Perlingieri suggests we also “drink unfiltered, organic apple juice with Bragg’s Aminos (1 teaspoon per 8 oz for adults). Apple pectin is a known aid (and helped the children at Chernobyl); and it actually binds with various radioactive particles.”

**Elderberry Syrup, avocados and lemons,** and the following supplements in your radiation detox program are recommended:

**Vitamin C** daily with bioflavinoids [this helps with C absorption] and rutin: Adults: 2-3 grams daily.

**Vitamin B-Complex**: For adults, 50 mg (max) of each of the major B vitamins (B-1, B-2, B-5 [called the “anti-stress” vitamin], B-6, and B-12).

**Vitamin A** with mixed carotenoids, Vitamin E and Coenzyme Q-10. (no dosages given).

**Vitamin D-3**: 1,000 mg of Vitamin D-3 daily.

Dr Perlingieri also recommends lemon-honey-fresh ginger-root tea, organic bee pollen and buckwheat flour.

Melissa Patterson, ND, has posted a more extensive list of radiation resistance foods which includes the above, and provides dosages (for adults).

Mark Sircus of International Medical Veritas Assn, strongly recommends adding DMSO to your protocol:
“Dr. Segura recently posted an important page on the Net that introduces DMSO (dimethyl sulfoxide). We need extra sulfur in our systems to help protect and treat radiation contamination. Segura published that,

’Sulfur has a long history of use as an antidote for acute exposure to radioactive material. DMSO is the classical sulfur compound. Remember that boosting your body’s detox capabilities and overall antioxidant levels is a key to survive in these stressful times.’

“DMSO is also an effective painkiller. It blocks nerve conduction fibers that produce pain. It reduces inflammation and swelling by reducing inflammatory chemicals. It improves blood supply to an area of injury by dilating blood vessels and increasing delivery of oxygen and by reducing blood platelet stickiness. It stimulates healing, which is a key to its usefulness in any condition. It is among the most potent free radical scavengers known to man, if not the most potent one.

“DMSO is useful as a pain reliever, in burns, acne, arthritis, mental retardation, strokes, amyloidosis, head injury, scleroderma; it soothes toothaches, eases headaches, hemorrhoids, muscle strains; it prevents paralysis from spinal chord injuries; it softens scar tissues. In fact, it is useful in well over 300 ailments and is safe to use.

“There are four ways to get sulfur into our systems that I know of. There is DMSO, then sodium Thiosulfate, which I have recommended to people for years to put in their therapeutic baths and can be taken orally as well; there is also Miracle Mineral Supplement (MSM) and of course Epsom salts.”

Then, consider your gardens and dairy. Hawaiian farmers Britton and Shekinah remind us that:

“[M]ilk represents the overall condition of the entire food chain, since cows consume grass and are exposed to the same elements as crops. So, when milk tests positive for radiation, it indicates the entire food chain is contaminated since cows eat grass. When grass is contaminated, everything grown in the same soil is contaminated.”

Their solution? Boron.

“Boron can be safely ingested at a dosage of 4-10 mg per day. Borax, 11% boron, can be used as a tea and sprayed on your gardens, or land surrounding your home, at a rate of 10# of Borax per acre, 1#, if using elemental boron. Borax can also be ingested at 1/8 tsp to 1 litre water for women, ¼ tsp to 1 litre water for men.

“Fortunately, red wine and coffee are significant sources of boron, as well as non-citrus fruits, red grapes, plums, pears, apples, avocados, legumes and nuts! Boron is known to be non-carcinogenic, non-mutagenic and has been used internally to protect the astronauts in space as they leave the earth’s protective magnetic field.”
How to Detox Your Body of Depleted Uranium Residues, the Effects of Radiation, and Radioactive Contamination

http://www.radiationdetox.com/depleted-uranium-detox.htm

It's sad but true that there are thousands of scientific references and medical studies out there on the fact that radiation and radioactivity can harm you, yet despite millions of dollars spent by the government to study radiation, virtually nothing is available about a detoxification diet or nutritional supplements you might use if you are exposed to radioactive contamination.

Here's some of the information we do know from the only book in the world on the topic. Keep this information in the back of your mind as it may one day help save you or someone you know.

Most people are aware taking potassium iodide (KI) or potassium iodate (KIO3) tablets will help block your thyroid gland from absorbing radioactive iodine should there ever be a dirty bomb explosion or nuclear power plant mishap such as the Three Mile Island incident. In 1999, another such accident happened in Tokaimura, Japan where several individuals died from radiation exposure in a fuel processing facility.

What people don't recognize is that potassium iodide or iodate tablets only protect the thyroid gland and do not provide protection from any other radiation exposure, so taking them should not give you a false sense of security. It's important to detox your body after radioactive exposure!

One question is, what do you do if KI or KIO3 tablets aren't available during an emergency? Interestingly enough, according to research by Ken Miller,
Radioactivity and how you can defend yourself

health physicist at the Hershey Medical Center, he found that an adult could get a blocking dose of stable iodine by painting 8 ml of a 2 percent tincture of Iodine on the abdomen or forearm approximately 2 hours prior to I-131 contamination. Potassium iodine tablets are best, but if they're not available this is the next best thing.

An entirely different problem arises after you've been exposed to radioactive contamination because now you have to get rid of any radioactive particles you may have ingested through the air you breathed, water you drank, or food you ate. Some people suggest Epson salt, Clorox or clay baths to remove any residues on your skin and to leach out any heavy metals you may have absorbed, but the big worry is internal contamination. To gain some insights into what to do, we have to turn to the story of the atomic bombing of Nagasaki.

At the time of the atomic bombing, Tatsuichiro Akizuki, M.D. was Director of the Department of Internal Medicine at St. Francis's Hospital in Nagasaki and he fed his staff and patients a strict diet of brown rice, miso and tamari soy soup, wakame, kombu and other seaweed, Hokkaido pumpkin, and sea salt. He also prohibited the consumption of sugar and sweets since they suppress the immune system.

By imposing this diet on his staff and patients, no one succumbed to radiation poisoning whereas the occupants of hospitals located much further away from the blast incident suffered severe radiation fatalities.

Much of this positive result has to do with the fact that the sea vegetables contain substances that bind radioactive particles and escort them out of the body. This is why seaweed sales usually skyrocket after radiation disasters, and why various seaweeds and algae are typically used to treat radiation victims.

In Chernobyl, for instance, spirulina was used to help save many children from radiation poisoning. By taking 5 grams of spirulina a day for 45 days, the Institute of Radiation Medicine in Minsk even proved that children on this protocol experienced enhanced immune systems, T-cell counts and reduced radioactivity. Israeli scientists have since treated Chernobyl children with doses of natural beta carotene from Dunaliella algae and proved that it helped normalize their blood chemistry. Chlorella algae, a known immune system builder and heavy metal detoxifier, has also shown radioprotective effects. Because they bind heavy metals, algae should therefore be
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consumed after exposure to any type of radioactive contamination.

In 1968 a group of Canadian researchers at McGill University of Montreal, headed by Dr. Stanley Skoryna, actually set out to devise a method to counteract the effects of nuclear fallout. The key finding from their studies was that sea vegetables contained a polysaccharide substance, called sodium alginate, which selectively bound radioactive strontium and eliminated it from the body.

Sodium alginate is found in many seaweeds, especially kelp, and since that time the Russians have been seriously researching the use of their own kelps from Vladivostok, from which they have isolated the polysaccharide U-Fucoidan, which is another radioactive detoxifier. Because miso soup was so effective in helping prevent radiation sickness, the Japanese have also done research identifying the presence of an active ingredient called zybicolin, discovered in 1972, which acts as a binding agent to also detoxify and eliminate radioactive elements (such as strontium) and other pollutants from the body.

The kelps and algaes aren't the only natural foods with radio-detoxifying effects. In terms of fluids to drink, black and green tea have shown "radioprotective effects" whether consumed either before or after exposure to radiation. This anti-radiation effect was observed in several Japanese studies, and studies from China also suggest that the ingredients in tea are radioactive antagonists.

In short, after any sort of radioactive exposure you want to be eating seaweeds and algaes along with almost any type of commercial heavy metal chelating formula to bind radioactive particles and help escort them out of the body. Whether you're worried about depleted uranium, plutonium or other isotopes, this is the wise thing to do which can possibly help, and certainly won't hurt. Many nutritional supplements have been developed for the purpose of detoxifying heavy metals, most of which contain the algaes and plant fibers and other binding substances.

Basically, an anti-radiation diet should focus on the following foods:

- Miso soup
- Spirulina, chlorella and the algaes (kelp, etc.)
- Brassica vegetables and high beta carotene vegetables
- Beans and lentils
· Potassium, calcium and mineral rich foods
· High nucleotide content foods to assist in cellular repair including spirulina, chlorella, algae, yeast, sardines, liver, anchovies and mackerel
· Cod liver oil and olive oil
· Avoid sugars and sweets and wheat
· A good multivitamin/multimineral supplement

Yet another benefit of the sea vegetables rarely discussed is their high mineral content, which is a bonus in the case of radioactive exposure. Consuming natural iodine, such as in the seaweeds, helps prevent the uptake of iodine-131 while iron inhibits the absorption of plutonium-238 and plutonium-239. Vitamin B-12 inhibits cobalt-60 uptake (used in nuclear medicine), zinc inhibits zinc-65 uptake and sulfur is preventative for sulfur-35 (a product of nuclear reactors) incorporation by the body.

Since nuclear workers are potentially exposed to radioactive sulfur, this means that workers in the atomic power industry need a higher content of sulfur in their diet. MSM supplements provide a source of dietary sulfur, but thiol supplements such as cysteine, lipoic acid and glutathione serve double-duty in this area because they help detoxify the body and attack all sorts of other health problems as well.

The immune system is usually hit hard after radiation exposure, and a number of steps can be taken to help prevent opportunistic infections after a radioactive incident. Though the full dimensions of the protective mechanism is still unknown, Siberian ginseng is one form of ginseng that exerts a definite radioprotective effect and has been demonstrated to lessen the side effects of radiation. It was widely distributed by the Soviet Union to those exposed Chernobyl radiation and is commonly used to help cancer patients undergoing radiation therapy.

Consuming Reishi mushrooms is another proven way to bolster your immune system after radiation exposure and helps reduce the damage from radiation. It's been used to decrease radiation sickness in animals and help them recover faster after potentially deadly exposure.

Panax ginseng has prevented hemorrhaging after radiation exposure, prevents bone marrow death and stimulates blood cell formation, so it's another supplement to add to one's protocol. In short, yeasts, beta glucans, bee pollen and various forms of ginseng have all been shown to bolster the
immune system after radiation incidents. In terms of radiation burns, aloe vera has a proven ability to treat serious radiation burns and offers other radioprotective effects, and can easily be grown in your house.

The amino acid L-Glutamine can be used to help repair the intestine in case of the gastrointestinal syndrome usually suffered due to radiation exposure, and a variety of substances can help rebuild blood cells to prevent hematopoietic syndrome. Those particular foods include beet juice, liver extract, spleen extract, and shark alkyglycerols. Most oncologists don't know that shark liver oil, with alkyglycerols, can help platelet counts rebound in just a matter of days.

Depleted uranium is currently in the journalistic spotlight because US weapons are made from this material, and after being fired leave a legacy of depleted uranium dust in the environment, which anyone can absorb. Because the kidneys are usually the first organs to show chemical damage upon uranium exposure, military manuals suggest doses or infusions of sodium bicarbonate to help alkalinize the urine if this happens. This makes the uranyl ion less kidney-toxic and promotes excretion of the nontoxic uranium carbonate complex.

In areas contaminated by depleted uranium dusts, it therefore makes sense to switch to drinking slightly alkaline water and to favor a non-acidic diet to assist in this detoxification. Any of the heavy metal detoxifiers, such as miso soup, chlorella, spirulina and seaweeds, are also commonsense warranted.

Another thing you can do is use homeopathics for radiation exposure. People commonly argue over whether homeopathics work or not, but if you assume the position that they produce no results whatsoever then you must also assume that they certainly won't hurt you, which means the only loss from using them is a few dollars. Frankly, there are countless cases and double-blind studies where homeopathic tinctures do provoke physical healing effects in the body. Therefore they are a viable adjunct treatment option. One homeopathic, in particular, is URANIUM NITRICUM (nitrate of uranium) which homeopaths suggest should be used in cases of depleted uranium exposure or uranium poisoning. Not just soldiers or civilians exposed to battlefield dusts, but uranium miners and radiation workers may find it more than a little bit quite useful.

While we've discussed just a few of the many supplements and protocols you can use to help detox the body of the lingering results of radioactive
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contamination, including the residues of depleted uranium, the last thing that might be of interest is that there is a plant that is a natural geiger counter. The spiderwort plant is so sensitive to changes in radiation levels (its petals change color upon exposure) that it's often used as a natural radiation detector (dosimeter), just as they use canaries in mines as detectors of poisonous gas. Some people like knowing that they have an ongoing monitoring system for radiation in the environment, and this is just another tip available in "How to Neutralize the Harmful Effects of Radiation or Radioactive Exposure."
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