

RADIATION PREVENTION AND DETOX

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This report is offered to you with love and has been gleaned from many sources, including Dr. Marc Sircus, Dr. Frank Cuns-Rial, Dr. David Brownstein, Dr. Kae Liu Thompson, Dr. Aajonus Vonderplanitz, Shirley's Wellness Café, and my own work, *The Rife Handbook of Frequency Therapy with a Holistic Health Primer* (available at www.rifehandbook.com).

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Part I. Harmful Nuclear Radiation: a Brief Summary

WHAT IS NUCLEAR RADIATION?

Nuclear radiation can result from nuclear reactors installed to provide energy, or nuclear bombs. The release of radiation can affect the entire planet, depending on the amount released, and how quickly the radiation spreads due to air currents and ocean tides. Different types of harmful nuclear radiation include depleted uranium, cesium-137, plutonium-238, plutonium-239, cobalt-60, zinc-65 (a product of nuclear reactors, not the beneficial mineral zinc), sulfur-35 (a product of nuclear reactors, not the beneficial mineral sulfur), and a *radioactive isotope* of Iodine (normal Iodine is a vital nutrient). ***Important: Depending on the type of radiation to which you are exposed, you need different substances to escort the particles out of your body so you can heal.***

HISTORY

The first huge wave of illness from nuclear weapons was in 1945. Japan bore the brunt of the effects of nuclear radiation, effects that can still be measured today. Almost 45% of the survivors of Nagasaki who were studied have identifiable thyroid disease. The American Medical Association reported, "It is remarkable that a biological effect from a single brief environmental exposure nearly 60 years in the past is still present and can be detected." ["Thyroid Disease 60 Years After Hiroshima and 20 Years After Chernobyl." JAMA 295 (9). 2006.] When the United States "tested" nuclear weapons in the 1950s, North Pacific residents—on islands almost 200 miles from the "tests"—developed thyroid cancer. This spurred the FDA, in 1978, to issue a request that Potassium Iodide (KI) be made available in the event of a disaster from a nuclear power plant or weapon. Finally, the World Health Organization (WHO) is reported to have accurately located and counted people who had developed cancer after the Chernobyl accident that took place in the former USSR. Presumably, they found and documented an increase in thyroid cancer up to 500 km from the accident site. WHO also cautioned that significant doses from radioactive Iodine can occur hundreds of kilometers from the site, even beyond the so-called "emergency zones." In 2002, the United Nations reported that the number of people with thyroid cancer "exceeded expectations. Over 11,000 cases have already been reported." [United Nations: Office for the Coordination of Humanitarian Affairs (OCHA), Chernobyl, a Continuing Catastrophe, New York and Geneva, 2000]

WHY IT'S IMPORTANT TO PREPARE NOW

In view of the recent disaster in Japan—with six nuclear reactors damaged—the jet streams have already spread this radiation to the Western US and Canada. Some sources estimate that as many as 750 RADS of radioactive iodine could contaminate the areas closest to the nuclear reactors. (To give a comparison, one chest x-ray is about 3/100 RADS and one CT scan is 1 RAD.) Plus, there are many more radioactive elements that are spreading.

This disaster has helped publicize both the dangers of nuclear radiation and the need to take care of ourselves before a crisis escalates. While not all of Earth's inhabitants are exposed to the highest levels of dangerous radiation, we can still proactively keep ourselves as healthy as possible to minimize or avoid damage to our systems in the future.

Monitor the progression of the airborne radiation by visiting www.radiationnetwork.com/ and checking back with them periodically, as the map is updated in real time every one (1) minute.

Part II. Treatments for Radioactive Iodine

THE BODY NEEDS IODINE

The entire body needs iodine. This includes the adrenals, breasts, digestive tract, eyes, kidneys, liver, lungs, pancreas, reproductive organs, salivary glands, sinuses, skin, white blood cells—and of course, the thyroid gland, which is what most people think of when they hear about the need for iodine. Among other functions, the thyroid regulates available energy, cell metabolism, protein utilization and temperature regulation. When this critical gland malfunctions, people gain or lose excessive weight, and suffer from low body temperature, insomnia, digestive disturbances, brain fog, brittle hair and nails, and more. The thyroid needs iodine—along with the minerals selenium and zinc, and the amino acid tyrosine—to produce thyroid hormone. (Thyroid hormone consists of T1, T2, T3, and T4, which work synergistically. However, most doctors prescribe only T3 and T4 when treating for hypothyroid disorders.)

Normally, when heavy metals or radioactive isotopes enter the body, the thyroid gland produces *reverse* T3 and T4, which block the receptor sites to the thyroid and prevent the heavy metals from entering the thyroid tissue. The thyroid can produce enough reverse T3 and T4 if there is already sufficient iodine in the system and the gland is functioning well.

USING IODINE TO TREAT THE DAMAGE FROM NUCLEAR RADIATION

During nuclear reactor malfunctions and nuclear fallout, radioactive iodine isotopes are released into the air. If the iodine store in the body is insufficient, the radioactive isotopes will latch onto the thyroid gland instead, causing severe illness and even death. Since half of the Earth's population is estimated to be deficient in daily iodine, this is a good time to start your iodine supplementation.

TYPES OF IODINE

Iodine exists in food and in supplement form. In its synthetic chemical form, Potassium Iodide (KI) is iodine bound to potassium. When KI naturally occurs in foods (it's abundant in sea vegetables and raw dairy), the iodine is bound both to potassium and to protein (peptides). KI from food is transported easily through the bloodstream and readily absorbed. Specially prepared, so-called "unbound" iodine—which for the purposes of this discussion I'll call Atomic Iodine (AI)—is less commonly used. The thyroid gland typically uses KI. Most other parts of the body use iodine in its unbound state.

Iodine requires a very narrow alkaline pH range in the blood to be absorbed well. If the blood is too alkaline (with a pH of 7.45 or 7.46, as opposed to 7.4), this means that the extracellular fluids are too acidic. It also means that the blood won't release enough oxygen to the cells, which are starving for oxygen. This delicate balance can be corrected by eating more leafy greens. Americans typically don't absorb iodine well, due to their pH blood range.

a) Potassium Iodide (KI) *(used by itself, without other iodine products)*

Definition: When not obtained from food, Potassium Iodide (KI) is administered as a synthesized chemical or drug. Over 100 years ago, KI was regarded as a universal medicine, and was often used when no other pharmaceuticals worked.

Nuclear fallout experts and most health practitioners agree that ***in large doses, KI should be used solely to prevent poisoning from radioactive iodine isotopes. The CDC (Centers for Disease Control) recommends taking high-dose KI only for nuclear fallout emergencies, and only briefly—not under any other circumstances!*** One source advises: if there's only 10%–20% more radiation than usual, you don't need it.

KI works by closing the receptor sites to the thyroid so the nuclear radiation and heavy metals that destroy the thyroid will not be able to latch onto the gland. However, some practitioners point out, ***by blocking all thyroid receptor sites, KI may also block the uptake of vital beneficial minerals.*** (This is not a problem if KI is taken for only brief periods in emergencies.) Doctors warn pregnant and breastfeeding women against using large doses of KI—otherwise, an increase in fetal goiters could result. In excessive amounts, KI can cause acne, fever, weakness, loss of appetite, fatigue, swelling in the neck and throat, mouth sores, skin rash/hives, nausea and vomiting, stomach pains, irregular and rapid heartbeat, numbness and tingling of hands and feet, a metallic taste in the mouth, and swelling of the parotid gland (one of three glands that secrete saliva) due to its stimulation of saliva production. These so-called "side effects" are iodine poisoning.

How to Prepare It: KI comes as tablets, capsules, pre-mixed liquid, and as crystals you mix into water to make a solution. (Mixing instructions are at www.youtube.com/watch?v=BwOl2_Kg5IU.) Keep dry crystals (not in solution) in airtight opaque container for maximum shelf life of up to 7 years. Once in solution, shelf life ranges from 2 to 5 years. KI can be prepared by completely saturating water with KI (without using a measuring scale). It's estimated that 2 drops of solution are approximately equivalent to one 130 mg KI tablet (100 mg iodide).

Dose: *To prevent injury from radioactive iodine fallout only*, the CDC recommends:

- ◆ Adults: 130 mg of Potassium Iodide.
- ◆ Women who are breastfeeding: 130 mg of Potassium Iodide.
- ◆ Children, adult size: adult dose, 130 mg of Potassium Iodide.
- ◆ Children 3 to 18 years: 65 mg of Potassium Iodide.
- ◆ Infants and children, 1 month to 3 years: 32 mg of Potassium Iodide.
- ◆ Newborns, birth to 1 month: 16 mg of Potassium Iodide.

KI lasts for only 24 hours; but radiation usually lasts for only 24 hours as well. Thus, one dose of KI should be sufficient. However, if the radioactive iodine persists, you will need to take KI for a longer period. Check with a reliable source to find out whether or not the radiation has dissipated.

Where to Buy Potassium Iodide:

VitaCost (www.vitacost.com)

iherb (www.iherb.com)

Natural Cures Store (www.naturalcuresstore.com)

b) Elemental Iodine / Colloidal Iodine / Atomic Iodine / Nascent Iodine / Atomidine

(it has many names and different recipes, some of them proprietary)

Definition: Originally based on an Edgar Cayce recipe, this comes in glycerin or alcohol. Toxins typically have a positive charge, and Atomic Iodine has a negative charge that allows it to bind to toxins. AI's beneficial high-energy electromagnetic charge lasts for a minimum of 2–3 hours in the body once it's diluted in water and ingested. Not only is this Iodine unbound to any other substance, but, assert AI manufacturers, due to its unique molecular structure, it is absorbable by the entire body, including the thyroid gland. In the 1950s, KI was the only existing treatment for emergencies, so that's what people continue to look for. But now that Atomic Iodine is on the market, using KI may be unnecessary.

Dose: For the Atomidine, 1 drop = 600 mcg iodine. For other brands, 10-12 drops per day should be plenty to neutralize the highest levels of radiation; or 3 drops in water (if formula is in alcohol) and 5 drops in water (if formula is in glycerin). One source says split it into 2 doses per day and take it at least 1 hour before and after food; while another source says take it with meals. Always dilute it in water. **Read the label** of the specific brand for amounts and times. If you're already low in Iodine, don't wait—start taking it immediately!

Where to Buy Atomic Iodine:

Voice Bio (www.voicebio.com) (in glycerin)

Nascent Iodine (www.thyroidnascentiodine.com/)

Herbal Healer (www.herbalhealer.com/monthly.html)

c) Lugol's, Dr. Clark's, and Similar Solutions

(a combination of unbound iodine and KI in **liquid form**)

Definition: This is a combination of Potassium Iodide and unbound iodine, in water.

Opinions differ as to how and when Lugol's should be used. Dr. David Brownstein and other holistically-oriented doctors routinely use a **combination** of KI and unbound iodine (in the form of Lugol's solution or Iodoral—see below) in high milligram (mg) rather than microgram (mcg) doses. They report successfully helping thousands of people with often hard-to-treat underactive, overactive, and autoimmune-related thyroid disorders. Significantly, the doctors using Lugol's/Iodoral give clients selenium for several weeks before to eliminate future unwanted "side effects" (they call it "thyroid storm").

Despite Brownstein's success rates, many practitioners state categorically that KI is more than a synthetic chemical—it's a "non-prescription drug." Dr. Aajonus Vonderplanitz cites (as yet unverified) research on the Chernobyl disaster, showing that KI drives the radioactive iodine isotopes deeper into the bones and bone marrow, thereby causing leukemia and bone cancer. So, if KI acts as a drug, are its negative effects somewhat mitigated (or entirely changed) when used together with unbound iodine—which is Lugol's? Remember, Brownstein and other doctors use a **combination of KI and unbound iodine**, not KI alone. Many people apparently benefit from this form. However, they might be deficient in potassium, which is also why they feel better.

Dose (Oral Ingestion): A "drop" is 6.5mg and two drops = approximately 12.5 mg (5 mg iodine, 7.5 mg iodide). Dr. Clark's Iodine Solution contains 5 mg of Iodine per drop. (At a 2% solution, it's sold as a "vegetable wash.") The stronger Lugol's contains 5% Iodine and 10% Potassium Iodide (KI) in distilled water. The weaker Lugol's contains 2% Iodine and 4% Potassium Iodide (KI) in distilled water. Most people can obtain only the weaker formula. Approximately double the use level to achieve the same dosage as the Lugol's Solution 5%; the ingredients are the same. One source suggests: adults, 6 drops in a 1/2 cup of water; children, 3 drops in 1/4 cup water, taken for 3–6 days if radiation persists.

Dose (On Skin): Some practitioners recommend painting these iodine products onto the skin and seeing how long it takes for the stain to disappear. The premise is: the faster the stain disappears, the more rapidly the iodine is being absorbed into the bloodstream, which indicates how much the person needs iodine. According to Dr. Frank Cuns-Rial, if the stain is absorbed in less than 6 hours, supplementation is definitely required. If the stain takes between 6 and 12 hours to disappear, he administers a half dose of what the person would normally take. And if the stain takes longer than 12 hours to disappear, the person may or may not require more Lugol's, depending on the individual and various other lab test results. However, in such cases, long-term ingestion of kelp is indicated.

Where to Buy Lugol's and Dr. Clark's Iodine:

Herb Healers (www.herbhealers.com)

Quailwood Herbal (www.quailwoodherbal.com)

Dr. Hulda Clark's store (www.drclarkstore.com/lugols-iodine-kit-dr-clark-.html)

d) Iodoral (combination of AI and KI in **tablet** form)

Definition: More expensive, but convenient tablet form of Lugol's (5%)—see entry directly above. Unlike liquid iodine preparations, Iodoral doesn't stain. One tablet contains 5 mg iodine, 7.5 mg Potassium Iodide, plus Colloidal Silicon Excipient and Pharmaceutical Glaze. 1 tablet = 2 drops Lugol's = 12.5 mg iodine (5 mg iodine + 7.5 mg KI).

Dose: Follow directions on bottle or take according to your doctor's instructions.

Where to Buy Iodoral:

Swanson Vitamins (<http://www.swansonvitamins.com/OPC001/ItemDetail>)

iherb (www.iherb.com)

Caution When Taking Iodine Supplementation

The following advice applies to iodine supplements *only* and not food that is rich in iodine.

Take at the Proper Time. Don't take iodine with meals, because the chloride in the stomach's hydrochloric acid will simply displace the iodine and the body will excrete it. Don't take Iodine in chlorinated water, for the same reason. Take Potassium Iodide (KI) 1 hour before meals and 3 hours afterward.

Don't Use Iodine If You Have Negative Reactions. It should be obvious, but do not take iodine supplements if you develop headaches, gastrointestinal distress (upset stomach, nausea or vomiting), or other distress. If you're not sure where your reactions are coming from, discontinue the supplement and see a doctor!

That said, negative reactions to iodine are commonly regarded as an allergy. But since iodine is a mineral essential to life, it's unlikely that a true allergy to iodine exists. If you're taking iodine tablets, you may be reacting to the fillers or binders used to hold the tablets together. Just as likely, negative reactions may be due to the *toxins* that are released as the iodine displaces other, poisonous elements such as fluoride, bromine and chlorine—which are now coursing through your bloodstream and need to be excreted from the body.

Also, it's possible to react negatively to one form of iodine and not another. See a qualified health professional if you have problems with iodine! You may do better eating kelp and other sea vegetables, which naturally contain high levels of iodine.

Make Sure the Iodine is in the Correct Form. Do not drink topical antiseptic iodine products such as Betadine or iodine tinctures. These are not suitable for human consumption (although they are presumed safe enough to be painted onto the skin).

**Remember: Iodine protects
against only *one* aspect of radiation poisoning.
Continue reading.**

Part III. Treatments for Other Radioactive Materials

1. BAKING SODA / SODIUM BICARBONATE / BICARBONATE OF SODA

Definition: The kidneys are usually the first organs to show chemical damage from uranium exposure. Military manuals suggest sodium bicarbonate to help neutralize depleted uranium and promotes its excretion. Sodium bicarbonate is also suggested to help alkalize the urine.

Manufactured sodium bicarbonate (NaHCO_3) is related to a naturally occurring mineral found in bile (produced by the liver). The bile duct excretes the sodium bicarbonate into the small intestine to neutralize the acidity of the hydrochloric acid produced by the stomach. A sterile solution of the white crystalline sodium bicarbonate powder in water may be injected into the body to replenish electrolytes and alkalize the system. Solutions are available in concentrations of 7.5% and 8.4%.

Do not confuse baking soda with baking powder! These are two completely different substances (and besides, baking powder may contain aluminum). Be sure you have 100% pure baking soda.

Dose (oral ingestion): The United States Army recommends the oral ingestion of sodium bicarbonate to protect the kidneys from uranium radiation damage. Oncologists also inject bicarbonate of soda intravenously to help protect people with cancer from the toxic effects of chemo. Italian doctor Tullio Simoncini injects sodium bicarbonate directly into tumor sites to shrink and eliminate the cancers. In 1925, the Arm and Hammer Company (which manufactured sodium bicarbonate) recommended taking it for colds and flu. They suggested:

- ◆ Day 1: Take $\frac{1}{2}$ teaspoon of sodium bicarbonate in a glass of water, at 2-hour intervals, six times a day.
- ◆ Day 2: Take $\frac{1}{2}$ teaspoon, at 2-hour intervals, four times a day.
- ◆ Day 3: Take $\frac{1}{2}$ teaspoon, in the morning and evening. Subsequently, take the same amount each morning until better.

If you miss a dose, take it immediately—except if it's almost time for your next dose, in which case skip the missed dose and go back to your regular dosing schedule. ***Do not take double doses.***

Dr. Marc Sircus advises: Take 1 teaspoon in a glass of water on an empty stomach, at least 1 hour before meals and 1 hour after meals. This will help your body excrete radiation and other toxins.

To make the urine more alkaline (less acidic), with sodium bicarbonate powder:

- ◆ Adults and teenagers: 1 (one) teaspoon in an 8 oz glass of water every 4 hours. The dose is usually not more than 4 teaspoons a day.
- ◆ Children—Dose must be determined by your doctor.

Dose (Bathing): To help pull out toxins and radiation from the body, stay in a hot tub for 15–30 minutes with either:

- ◆ 1 cup of baking soda and 1 cup of sea salt.
- ◆ 1 cup of baking soda and 1 cup of magnesium chloride.
- ◆ 1 cup of baking soda, 1 cup of magnesium chloride and 1 cup of sodium bentonite clay.

Where to Buy Baking Soda: Any drug store or supermarket. Sam's Club and similar stores sell it in bulk.

2. SEAWEED AND SODIUM ALGINATE

Definition: Sea vegetables and algae build immune response, protect from radiation, and bind heavy metals. Seaweeds include Arame, Dulse, Hijiki, Irish Moss, Kelp, Kombu, Laver, Nori, Rockweed, Sea Lettuce and Wakame. Algae include Chlorella and Spirulina (not discussed here).

History of Use: During the atomic bombing in World War II, Dr. Tatsuichiro Akizuki—Director of the Department of Internal Medicine at St. Francis’s Hospital in Nagasaki—fed his staff and patients a strict diet of brown rice, miso and tamari soy soup, wakame, kombu and other sea vegetables, Hokkaido pumpkin, and sea salt. *He also prohibited the consumption of sugar and sweets, since they suppress the immune system.* No one developed radiation poisoning, whereas the occupants of hospitals located much further away from the blast suffered severe fatalities. At the Institute of Radiation Medicine in Minsk, children ate 5 grams of spirulina a day for 45 days, and had enhanced immune systems, increased immune T-cell counts, and lower radioactivity levels. The Russians also isolated the polysaccharide U-Fucoidan from Vladivostok kelp, which is another radioactivity detoxifier. And Israeli scientists normalized the blood chemistry of Chernobyl children with natural beta carotene from Dunaliella algae.

Iodine: Seaweeds (a natural source of iodine) help prevent the uptake of iodine-131.

Minerals: The high mineral content of sea vegetables help protect against radioactivity exposure. The iron in seaweeds inhibits the absorption of plutonium-238 and plutonium-239; Vitamin B-12 inhibits the uptake of cobalt-60 (used in nuclear medicine); zinc inhibits the uptake of zinc-65; and sulfur inhibits the uptake of sulfur-35 (a product of nuclear reactors).

Sodium Alginate: This seaweed polysaccharide, discovered (in 1968) by Dr. Stanley Skoryna’s research team at McGill University of Montreal, selectively binds—and escorts out of the body—radioactive particles of strontium, excess barium, cadmium, and (the harmful form of) zinc.

Dose (Sea Vegetables, for Iodine): The usual suggested 5 grams a day of dried sea vegetables is only 0.17637 ounces, providing only 100–150 *micrograms—not milligrams*—of iodine. You need *nine times* more seaweed to reach the therapeutic milligram dosage of iodine, or almost 1.6 ounces of dried seaweed. For maximum protection against radiation poisoning, the Atomic Energy Commission suggests *a minimum of 2–3 ounces of seaweed a week.*

Dose (pure Sodium Alginate powder): To optimize their sodium alginate content, sea vegetables should be consumed *after* exposure to radioactive contamination. For maximum protection against radiation poisoning, the Atomic Energy Commission suggests taking 10 grams (2 tablespoons) a day of sodium alginate.

Do not rinse the seaweed before using—you want to retain all the minerals and other beneficial nutrients!

Where to Buy Sea Vegetables:

Maine Seaweed Company (www.alcasoft.com/seaweed); The Seaweed Man (www.theseaweedman.com) [same folks]
Maine Coast Sea Vegetables (www.seaveg.com)
Mountain Rose Herbs (www.mountainroseherbs.com)

Where to Buy Sodium Alginate:

Poseidon’s Harvest (www.poseidonsharvest.com/modifilan) (*Laminaria japonica* seaweed extract Modofilan)
Will Powder (www.willpowder.net/sodiumAlginate.html) (in bulk—Sodium Alginate is used in baking)

3. GLUTATHIONE / GSH

Definition: Exposure to all types of radiation not only triggers about 3% of cancers by producing a very reactive free radical called a “hydroxyl radical,” but it depletes the body’s supply of Glutathione (GSH). Glutathione, a unique type of antioxidant produced by the body from three amino acids, helps the body detoxify metals and neutralize toxins, including dangerous free radicals that damage cells. White blood immune cells, the liver, and the lungs especially require GSH in order to function. Studies conducted worldwide, from Switzerland to Spain to India to Germany, show that people given radiation for cancer experience less cell damage and injury, and fewer negative effects overall, when their Glutathione levels are raised prior to exposure.

One source suggests nebulizing to quickly increase Glutathione levels. A medical nebulizer is an electrical device that breaks up fluids into a fine mist to disperse the fluids into the lungs. The main cancer risk from inhaled uranium oxide and other airborne radioactive particles would be from tiny insoluble particles lodged deep in the lungs. That’s a good reason to nebulize both glutathione and bicarbonate directly into the lungs.

Since radiation depletes GSH levels, which in turn allows yet more damage to occur from radiation, GSH must be replenished in the body. However, most oral supplements are useless, as they are destroyed by the stomach acid. Therefore, the body must be given the *precursors* to produce the Glutathione on its own. These precursors include:

- ◆ L-Cysteine (or N-Acetyl-Cysteine)
- ◆ Methionine (or L-Methionine)
- ◆ Melatonin
- ◆ Glutamine
- ◆ Lipoic Acid (Alpha-Lipoic Acid)
- ◆ Silymarin (Milk Thistle)
- ◆ Whey Protein (hormone-free and non-denatured)
- ◆ Sulfur Compounds

Where to Buy Glutathione:

If you cannot tolerate whey or do not wish to take so many different capsule and tablet supplements, there’s another way to obtain Glutathione. The Lifewave company makes non-transdermal glutathione patches that are highly effective. To purchase Glutathione patches WHOLESALE, go to www.lifewave.com and click “Sign Up” at the top right. For “Sponsor,” put in this ID#: 705101. For more information, contact Dr. Nengah Sylver. Go to her website www.nenahsylv.com and fill in the form to contact Nengah. Or, simply [click here](#).

4. MISO

Definition: Miso is a fermented paste made usually from soy, and with an additional agent such as barley or rice. Some specialty Miso products are made from adzuki beans, chickpeas or other legumes; and one Miso is made solely from soybeans, but it takes longer to ferment.) Unlike unfermented soy products, properly fermented Miso is healthful. Miso is very effective in helping prevent radiation sickness: Japanese researchers have identified the presence of an active ingredient called zybicolin (discovered in 1972), which acts as a binding agent to detoxify and eliminate radioactive elements such as strontium, and other pollutants, from the body.

How to Prepare It: For basic Miso soup that serves one person, bring 1 cup of water to just under a boil, and pour it over 1 teaspoon of Miso (or more, to taste). *Do not boil the miso;* let it slowly dissolve in the water. You can add sea vegetables, cabbage, scallions, Shitake mushrooms, beef, and toasted sesame oil (at the very end, for flavoring) for a delicious and nourishing meal.

Where to Buy Miso:

Health food stores, Asian Markets and even supermarkets. Buy organic miso; otherwise, it might contain Genetically Engineered (GE) soy. Those sensitive to gluten should get miso made with *rice*, not wheat or barley. Natural Import Company (www.naturalimport.com) (has non-soy and organic miso)

5. GREEN TEA

Definition: Green tea is made from the *Camellia sinensis* plant. The green leaves are steamed, which prevents them from degrading. (Black tea is simply green tea whose leaves have oxidized and fermented.) Studies from Japan and China show that Green Tea has radioactivity antagonists with proven “radioprotective effects,” whether consumed before or after exposure to radiation.

Where to Buy Green Tea:

Health food stores, Asian Markets and even supermarkets. Make sure your green tea is organic, as the plant concentrates in its leaves any fluoride that naturally occurs in the soil; and you don’t want to ingest extra fluoride. There is some evidence that green tea may negate the benefits of some other herbs, so if you have concerns, consult an experienced herbalist who can help you formulate what to take.

6. MSM (METHYLSULFONYLMETHANE) AND OTHER SULFUR SUPPLEMENTS

Definition. Sulfur is a common mineral involved in many bodily functions. Nuclear workers potentially exposed to radioactive sulfur need a higher content of Sulfur in their diet to displace the radioactive sulfur and excrete it from the body. The liver—a major detoxification organ of the body—depends upon sulfur-based enzymes to do its job. Sulfur-based MSM provides high levels of dietary sulfur. Cysteine (and N-Acetyl-Cysteine) are precursors to sulfur-based amino acids (amino acids are the building blocks of protein). Alpha-Lipoic Acid is an enzyme rich in sulfur. Garlic and onions, eggs, raw dairy, and most meats are high in sulfur.

Where to Buy MSM:

iherb (www.iherb.com)

Mountain Rose Herbs (www.mountainroseherbs.com) (in bulk)

Federal Laboratories (www.federalabs.com) (in bulk, in fairly large amounts)

7. ANTIOXIDANTS

Definition: Antioxidants prevent free radicals from damaging cells. Free radicals are atoms with too few electrons in the outer shell to maintain stability. The atoms seek to add more electrons to their outer shell—either by combining with another atom (and thereby producing a more stable compound), or by knocking off an electron from another highly reactive atom. The atom that loses its electron becomes a free radical itself, seeking to stabilize by finding an electron to steal from yet another atom. This starts a chain reaction of atoms that bombard the system like billiard balls. Fake foods produce lots of free radicals. Properly prepared real, fresh organic foods do not produce free radicals, and abound in antioxidants. Many nutritional supplements contain antioxidants.

Antioxidants include Carotenoids (the most potent are Alpha-carotene, Beta-carotene, Lutein, Cryptoxanthin, Lycopene and Zeaxanthin); Vitamins A, C and E; Flavonoids (including Catechins, Resveratrol and Proanthocyanidins, with 50 times more antioxidant activity than Vitamins C and E); Glutathione (produced in the liver from amino acids—see page 8 of this document); Alpha-Lipoic Acid (it's an antioxidant itself but also enhances the activities of other antioxidants in the body); Melatonin; Superoxide Dismutase; the herb Ginkgo Biloba; and Coenzyme-Q10 (more absorbable in another form called Ubiquinol).

Where to Buy Antioxidant Supplements:

iherb (www.iherb.com)

Swanson Vitamins (<http://www.swansonvitamins.com>)

Puritan's Pride (www.puritan.com)

8. CALCIUM CITRATE

Definition: Enough Calcium Citrate in the bones will prevent them from absorbing toxic nuclear radiation. Calcium can be absorbed only if there is also enough Magnesium, Vitamin D and Boron.

Where to Buy Calcium Citrate Supplements:

iherb (www.iherb.com)

9. CESIUM CHLORIDE – *use under medical supervision only*

Definition: Cesium Chloride is the most alkaline of all minerals. It's so alkaline, holistic doctors sometimes use it (and a related substance, Cesium Carbonate) instead of chemo to treat people with cancer. Cesium Chloride prevents the absorption of radioactive Cesium-137. **Warning:** *Cesium radically alters the body's biochemistry. Those taking Cesium Chloride must be under strict medical supervision at all times and have their potassium levels continually monitored. Do not administer this to yourself, or by yourself! See a holistic doctor!*

Where to Buy Cesium Chloride:

Essence-of-Life LLC. (www.essence-of-life.com)

Part IV. Radiation Prevention and Treatment with Foods

Prevention is wiser than scrambling in an emergency. Start now—eat right and care for yourself!

The following are suggestions to not only prevent radiation poisoning, but also stay healthy. For lots more information, see *The Rife Handbook of Frequency Therapy with a Holistic Health Primer*, available at www.nenahsylvr.com or www.rifehandbook.com.

DELICIOUS ANTI-RADIATION MEALS

- ◆ **Soup.** Miso soup is made from fermented soy. Make sure the miso is organic, as most soy is made from genetically modified organisms (GMOs). Try to get miso made from rice instead of barley and wheat, due to the gluten in wheat that causes so much damage. Some miso is made from fermented aduki beans or chickpeas, for those who don't want to eat soy.
- ◆ **Animal Protein.** High nucleotide content foods that assist in cellular repair include sardines, anchovies, and liver from grass-fed beef or pastured (free-range) chickens.
- ◆ **Seaweeds and Algae.** These include Spirulina, Chlorella, Kelp, Kombu, Dulse, Wakame, Nori, and more. These are high nucleotide content foods that assist in cellular repair.
- ◆ **Vegetables.** High-beta carotene veggies (carrots, dark leafy greens), and Brassica family veggies. Make sure Brassica veggies are cooked, as the goitrogen compounds they contain can lower thyroid function in susceptible individuals. Leafy greens (spinach, Swiss chard, raw lettuces and salads) are rich in minerals, including magnesium, potassium and calcium.
- ◆ **Raw Dairy.** According to Dr. Vonderplanitz, eat the following raw, unsalted dairy products (organic, and preferably grass-fed): cheeses help absorb and neutralize free-radical radioactive minerals; cheeses with pineapple help dissolve cellular radiation damage and harness byproducts; butter with cheeses help prevent radioactive minerals from entering cells; butter with unheated honey help digestion and healing; and one ounce of raw milk consumed hourly helps protect intestines and nerves. (Vonderplanitz also suggests oranges with avocados to help neutralize radiation.) Some people cannot tolerate (or obtain) raw dairy, so be sensitive to what your body needs.

AVOID OR EAT SPARINGLY

- ◆ Avoid all glutinous grains: wheat (including triticale, spelt, Durham, semolina and couscous), barley and rye. **No** cookies, breads, cakes, pies, pastries, candy, etc. And avoid sweeteners, including but not limited to cane sugar, brown sugar, molasses, agave, corn syrup, xylitol and other “-tol” sugars. Xylitol does make a good sinus/mouth wash, and raw honey is medicinal.
- ◆ Limit your fruit intake, due to high fructose levels that disrupt liver and hormone function.

FOOD-BASED NUTRITIONAL SUPPLEMENTS

- ◆ Cod liver oil (an excellent fermented CLO is available from www.greenpasture.com).
- ◆ Nutritional (not Brewers) yeast.
- ◆ A good food-based multivitamin / mineral supplement, such as from Standard Process.

This article is intended for educational purposes only and is not meant to diagnose, prescribe or treat. No medical advice is being offered! I am not a medical doctor and do not diagnose, prescribe or treat. If you are ill, see a qualified health practitioner. You are responsible for your own health and your own choices.