How to Protect Against Radiation Exposure

Exposure to Uranium, Radium and Thorium, which occur naturally, are normally isolated geologically from the environment under shale and quartz. **Man is responsible for disturbing them, digging them up and contaminating the environment.** These naturally occurring elements are responsible for cellular mutations and cancers. **Any exposure above natural** (non-ionizing) **background radiation causes diseases** which would have been preventable. There is a difference between *external* and *internal* radiation. Internal radiation absorbed by inhalation or ingestion becomes embedded in your cells, tissues and organs releasing destructive energy for the lifetime of the person, plant or animal. External radiation from X-rays, cosmic & neutron, gamma rays can harm or kill.

Non-ionizing radiation is a type of *electromagnetic* radiation produced by television, computers, high voltage electrical lines, radio waves, microwaves, radar stations, fluorescent lights & sunlamps. Non-ionizing radiation can disrupt, shake or move molecules. There are protections available for electromagnetic radiation. **Ionizing radiation is the more harmful;** it produces charged subatomic particles from nuclear bombs, nuclear reactors, dental & medical X-rays, CT scans and also from food irradiation. **The American Thyroid Association endorses the use of radioactive iodine even though it also causes cancer of the salivary gland** — where radioactive iodine may accumulate — **as well as leukemia.** The risk of leukemia increases because radioactive iodine circulates in the blood, thus exposing bone marrow to its tissue-killing effects.

It emanates from radioactive elements which enter the body by inhalation, ingestion, or skin absorption. Hazardous radionuclides (like) Iodine-131, Cesium-137, and other isotopes. They bio-concentrate at each step of various food chains, from algae to crustaceans to small fish to bigger fish to animals to humans, as well as vegetation. They then affect specific bodily organs, including the thyroid, liver, bone and brain, where they continuously irradiate small volumes of cells with high doses of alpha, beta and/or gamma radiation, and over many years, can induce uncontrolled cell replication. That's cancer! In addition, **nuclides stay radioactive for generations, causing increased incidences of cancer and genetic diseases.**

Background radiation on earth has increased in the nuclear age coming from all the above-ground testing of the last century, nuclear plants, nuclear waste, uranium mining, and from depleted uranium weapons that are commonly used in the American, British and Israeli armies and navies and air forces.

Radiation causes death not only through cancer but also through heart disease, diabetes and other chronic situations. The role of iodine in the body goes far beyond its function of making thyroid hormones. Iodine is related to the ability to resist disease. Just over a hundred years ago iodine was allopathic medicine's most universal medicine. Iodine should satisfy everyone because it has the potential to help just about everyone who supplements with it. **We all need iodine to survive; it is essential for human physiology, so** our health is dependent on its presence in sufficient quantities. That means that **iodine will help prevent radiation of all kinds from tearing our health down to the gutter.**

It along with magnesium, selenium, sulfur, bicarbonate, vitamin C, chlorella, spirulina, superfood formulas like edible clay, chelators, glutathione and nebulizing it with bicarbonate, ALA and intestinal formulas loaded with apple pectin, NAC (*N-Acetyl-L-Cysteine*) and a long list of other things will help mitigate radioactive cellular damage and help eliminate radioactive particles from the body. Edible clay is an essential as is pure water. **We are only receiving tastes of what is to come.**

There's no such thing as an acceptable radiation level. In any amount, radiation is harmful, cumulative, permanent and unforgiving. The medical establishment is incapable of responding to the nuclear threat and the spreading contamination from Japan because it is an institution that loves to use radioactive iodine, a substance that causes cancer, to treat cancer. **Many patients are getting a thyroid cancer treatment that kills thyroid tissue,** causing harm to other tissues while at the same time actually increasing the potential for thyroid cancer.

Ionizing radiation can break molecules, at a cellular level, causing unpredictable chemical reactions. Think of vibrations breaking glass, that is what happens at a cellular level, in your body, from ionizing radiation.

Ionizing radiation is insidious; these large subatomic particles travel until they are stopped. Your skin can easily stop them. Once they are ingested, inhaled, or enter your body through a cut, they **cut through your body like knife through butter, into the cells, blood or other organs, impacting other organs and leaving behind hideous, shocking damage.** A single *alpha* particle from *Plutonium, Uranium, Americium* or *Radon* can deliver a huge blast of radiation inside your body. **This radiation energy can destroy your genetic material at a cellular level.** An emission from a radionuclide that chanced to ride on your sandwich into your stomach, an exposure so tiny that it would never be measured, has the capacity to start what might become fatal cancer.

Some people are more susceptible than others:

* Those who are already sick
* Those who have weak immune systems
* The elderly
* Children, babies & the unborn

The smaller *Beta* particles can travel farther and are more penetrating than *Alpha* particles. Beta particles pose both *internal* and *external* risks to your body. Inhalation or ingestion are the most common methods of Beta assaults. *Stontium 90* and *tritium* are released from Nuclear Power plants during normal operation. **Once in your body, Strontium 90 is mistaken for calcium, which your body uses to create new blood cells.** This increases your risk of bone and blood cancers such as Leukemia. *Tritium* binds with the most abundant element on earth, Hydrogen, which is a component of water. **Once bonded with water, your DNA is irradiated internally.**

The most penetrating and damaging radiation are the *Gamma rays* which mimic potassium in our bodies and collects in our muscles. **Cesium 137, Iodine 141 and Iodine 129 emit Gamma rays.** The thyroid gland is the first to uptake radioactive iodine.

Radiation and Diabetes

No one is going to convince the public that the increasing radiation will have a general effect on our health that can be easily traced back to the source. **Even before we get cancer from radiation we have a general down-spiraling of body functions because of all the oxidative stress.**

Pancreatic beta cells are sensitive to reactive oxygen species (ROS) attack when they are exposed to oxidative stress, because of the relatively low expression of antioxidant enzymes such as catalase and glutathione peroxidase. **Diabetes is typically accompanied by increased production of free radicals and/or impaired antioxidant defense capabilities**, indicating a central contribution of reactive oxygen species. It is also a fact that **ROS is one of the major factors that induce oxidative modification of DNA and gene mutation.**

The Chernobyl incident was a major disaster of humanity, which has resulted in a plethora of health problems that are still far from being fully recognized. Most studies analyzing the medical consequences of this catastrophe have so far focused on diseases such as thyroid cancer, leukemia, immune and autoimmune pathology, even though an increase in the incidence of type-1 diabetes mellitus, a disorder involving the immune system, was observed within the residential population of Hiroshima among survivors of the atom bomb detonation. **Studies have also shown that thymectomy and a sub-lethal dose of gamma radiation induces type 1 diabetes in rats**.

Researchers at the Pediatric Hospital A. Meyer, Florence, Italy studied this question by assessing the incidence of the disease in children in Gomel, Belarus in the years subsequent to the Chernobyl disaster. The results of the study seem to confirm the hypothesis that environmental pollution such as that subsequent to the Chernobyl accident can cause diabetes.

Mass screening for diabetes mellitus has been conducted on 64,000-113,000 atomic bomb survivors residing in Hiroshima City since 1961. **From 1971 to 1992 a 2.7-fold increase in the prevalence of diabetes mellitus was observed in males and a 3.2-fold increase in females**. *We have a significant and documented increase in the incidence of* type-*1 diabetes in children and adolescents after Chernobyl in the radioactively contaminated area of Gomel compared to Minsk.*

When beginning to build a protocol against the radiation and heavy metal onslaught, we need to stick with the basics and they are *magnesium, iodine, sodium bicarbonate, vitamin C, selenium, clay, THC* (cannabis), as well as *a natural chelator* and *superfoods*. Properly *filtered water* also is essential. There is always more we can do but even affording these basics is a challenge to many.

These basic medicines are not only the mainstay of emergency rooms and intensive care wards but are the backbone of a new form of medicine called *Natural Allopathic Medicine*, which makes sense in the age of toxicity that we all have live in.

Most Common Diseases from Ionizing Radiation:

* leukemia	* endocrine disruption
* lymphoma	* reproductive abnormalities
* solid tumors or any organ	* accelerated aging process
* bone & blood disorders	* birth defects
* lung cancer	* congenital malformations
* breast cancer	* kidney, liver damage

These diseases and mutations don't stop with us. If ionizing radiation enters our genes, not only does it cause irreversible damage to this generation, but to future generations.

* *Cesium 137* accumulates in fatty tissues, liver, spleen and muscles
* *Iodide-131* accumulates in Thyroid, breast and ovaries
* *Strontium-90* concentrates in your bones and liver
* *Barium-140* causes bone tumors up to 30 years later
* *Tellurium-132* causes cell mutations, repeatedly via replication
* *Yttrium-0* damage to liver and respiration
* *Putonium-244* concentrates in your liver
* *Uranium 235* accumulates in your bones and liver

In 1972 Dr Abram Petkau discovered that **low levels of radiation, over a longer period of time, were more damaging than higher doses over a short period of time.** Once you ingest or inhale even very low levels of radioactive particles the *Petkau effect* immediately starts potentially lethal tissue ionization. The Petkau effect basically means that **you are ionizing or irradiating yourself continuously from the inside out.** This insidious burning at your molecular level **will impair your body long before there is a diagnosable disease.**

Free radicals are generated during long-term exposure to extremely low levels of radiation, which will exhaust our defenses unless our body has an abundant reserve of *antioxidants*.

Free radicals, or radicals, are atoms, molecules or ions with unpaired electrons. These highly reactive, molecules are unstable and contribute to the weakening of the body by destroying our cellular structure and making us more vulnerable to disease. When molecules in the body oxidize they become free radicals. **Without sufficient antioxidants to combat the extreme low levels of radiation you will suffer from gene mutation, birth defects, infertility and increased risk for immune related disease and cancers.**

Damage Attributed To Free Radicals

* degenerative disease
* memory loss
* neurological diseases
* atherosclerosis
* Alzheimer's
* Parkinson's
* arthritis or other joint disorders
* heart disease or stroke

* diabetes
* HIV
* cataracts
* cancer
* aging

Isn't it easy to see how the above diseases would never be associated with low levels of radiation?

The recent CDC Morbidity and Mortality Weekly Report indicates that **eight cities in the northwest U.S.** (Boise ID, Seattle WA, Portland OR, plus the northern California cities of Santa Cruz, Sacramento, San Francisco, San Jose, and Berkeley) reported **a 35% increase in the deaths among those younger than one year of age**:

4 weeks ending March 19, 2011 – 37 deaths (avg. 9.25 per week)
10 weeks ending May 28, 2011 – 125 deaths (avg.12.50 per week)

Those dates include the four weeks *before* and the ten weeks *after* the Fukushima Nuclear Power Plant disaster. This amounts to an increase of 35% (the total for the entire U.S. rose about 2.3%), and is statistically significant.

What to Do

For radionuclides in a municipal drinking water system, the water can be cleaned relatively affordably. Depending on the specific contaminant**, the water can be treated with *reverse osmosis,* activated carbon, *distillation,* ion exchange**, or better: all four.

Wash your produce! The ***ultrasonic food washer*** is ideal for this situation. It utilizes ozone, ultrasound, and has silver ions impregnated into the body of the washer.

People can take several supplements to protect against the effects of radiation. Taking these supplements not only protects you against radiation but a lot of other diseases including cancer, brain degeneration. Many nutrients contain antioxidants and many of these behave in your vital antioxidant network to protect your DNA from damage. In your diet these nutrients come from fruits, vegetables, whey protein, and whole grains. Additionally, almost any nutrient supplement with antioxidant properties, such as vitamin C, will help bolster your antioxidant team.

Iodine is obviously not the only substance that we should run to in the face of increasing radiation threats. **Magnesium is a vital mineral whose lack leaves us open to not only radioactive damages but also those from heavy metals and thousands of chemicals,** which we are commonly exposed to. Mercury and now a long list of radioactive particles are floating in the environment like invisible clouds that have spread out everywhere. They are raining down on us, damaging and damning our future. We can no longer be passive about building our defenses against the toxic onslaught.

Magnesium

Without sufficient magnesium, the body accumulates toxins and acid residues, degenerates rapidly, and ages prematurely. Just about everyone who is writing protocols for radiation toxicity is forgetting about the importance of magnesium salts. Worse still, **governments and the entire institution of medicine are purposely ignorant about magnesium**, so **they cannot possibly be trusted for valuable health and medical information** that will help us in our time of dire need. The need was dire before Fukushima but they did not want to admit that; they let the public get obsessed with CO_2 emissions and **said nothing about the mercury**. Now with radioactive nuclides steadily building up in the background, **we are in more trouble than any of us care to admit**. Today the situation has gone nuclear and **there has never before been a need so great for detoxification and chelation.**

Magnesium is a crucial factor in the natural self-cleansing and detoxification responses of the body. Magnesium is also necessary for effective chelation. It stimulates the sodium potassium pump on the cell wall and this initiates the cleansing process in part because the sodium-potassium-ATPase pump regulates intracellular and extracellular potassium levels. The healthy cell wall favors intake of nutrients and elimination of waste products.

The involvement of free radicals in tissue injury induced by **magnesium deficiency causes an accumulation of oxidative products in heart, liver, kidney, skeletal muscle tissues and in red blood cells, leaving them more vulnerable to oxidative stress caused by radiation exposure**. **Both *radiation exposure* and *heavy metals* produce oxidative stress** through the creation of increased levels of *reactive oxygen species* (ROS—oxygen free radicals, peroxides, and singlet oxygen). These increased levels of intracellular ROS are sufficient to trigger *apoptosis* (cell death).

Magnesium Oil

Glutathione is Magnesium-Dependent

Glutathione protects the cells from oxidative-stress-induced apoptosis and **glutathione levels are magnesium dependent**! **Glutathione is a very important detoxifying agent**, enabling the body to get rid of undesirable toxins and pollutants. **It forms a soluble compound with the toxin that can then be excreted through the urine or the gut. The liver and kidneys contain high levels of glutathione** as they have the greatest exposure to toxins. **The lungs are also rich in glutathione** partly for the same reason. **Many cancer-producing chemicals, heavy metals, drug metabolites etc. are disposed of in this way**.

Glutathione (glū'tə-thī'ōn') is a polypeptide, C10H17N3O6S, of glycine, cysteine, and glutamic acid.

***Glutathione synthetase* requires *γ-glutamyl cysteine, glycine, ATP*, and *magnesium* ions to form glutathione.** In magnesium deficiency, the *ss y-glutamyltranspeptidase* is lowered. **There is a direct relationship between cellular magnesium, GSH/GSSG ratios, and tissue glucose metabolism. Magnesium deficiency causes glutathione loss** and this is unwelcome as the clouds of radiation are touching down across the northern hemisphere. **Magnesium deficiency causes glutathione loss**, which is not at all healthy because **glutathione helps to defend the body against damage** from cigarette smoking, exposure to radiation, cancer chemotherapy, and toxins such as alcohol and just about everything else.

According to Dr. Russell Blaylock, **low magnesium is associated with dramatic increases in free radical generation as well as glutathione depletion** and this is vital since **glutathione is one of the few antioxidant molecules known to neutralize mercury**. **"For every molecule of pesticide that your body detoxifies, you throw away or use up forever a molecule of glutathione, magnesium and more,"** says Dr. Sherry Rogers who goes on to say that, "Your body uses nutrients to make this glutathione and it uses up energy as well. **Every time we detoxify a chemical, we use up, lose, throw away forever, a certain amount of nutrients."**

Mineral Deficiencies

Deficiencies in basic minerals like magnesium and selenium can make all the difference between health and disease, between being able to withstand chemical, heavy metal and radiation exposure. Dr. Rogers has indicated that **there is as much as a 500-fold difference in the ability of individuals to detoxify the same chemicals** and much of that will be true for radiation as well. A key marker of this difference is each individual's magnesium level. **Deficiencies in magnesium will wreak havoc with our body's ability to detoxify and chelate heavy radioactive particles and explains much of the difference between one person withstanding radiation exposures and another person falling to radiation sickness.**

Dr. Leslie Fisher has treated in excess of 35,000 patients where **mineral therapy was prescribed as the sole form of medication**. He has conducted research within his own clinics and the Department of Psychiatry, Austin Hospital, Melbourne. Mineral therapy is the foundation upon which chelation treatments and protocols are built. **Magnesium protects cells from aluminum, mercury, lead, cadmium, beryllium and nickel,** which explains why re-mineralization is so essential for heavy metal detoxification and chelation as well as radiation protection. **Magnesium is essential for the survival of our cells** but takes on further importance now where **our bodies are being bombarded on a daily basis with heavy metals and radiation.**

We suggest that everyone consume a broad spectrum of antioxidant support as the minimum. Indeed, **a cocktail of antioxidants (*selenium*, *vitamin C*, *N-acetyl cysteine*, *alpha-lipoic acid*, *alpha-tocopherol succinate*, and *co-enzyme Q10*) started 24 hours after a lethal level of radiation exposure has been shown to be highly protective.**

There are three specific nutrients that have science showing they can protect your body against radiation damage: *tocotrienols, antioxidants from berries*, and *lipoic acid*. *Tocotrienols* are a unique form of vitamin E that offers protection that regular vitamin E does not. In a recent animal experiment carried out by the U.S. Armed Forces Radiobiology Research Institute it was shown that ***gamma tocotrienol* can protect against whole body radiation exposure.**

Excessive radiation exposure damages DNA, especially DNA relating to the system in our bone marrow that produces all the red and white blood cells that are vital for survival. Therefore radiation exposure has adverse consequences on circulatory health and immune system competence, disturbing energy balance and **increasing the risk for cancer.**
Of particular importance are the *hematopoietic stem cells* (HSCs) that constantly rejuvenate blood and can become any of the white or red blood cells, as well as the *hematopoietic progenitor cells* (HPCs) that transform into specific blood cells. **Both HSCs and HPCs are the life force of blood cell rejuvenation and essential to your good health.**

Stem cell colonies (HSCs) are 80% - 86% maintained in **gamma tocotrienol**-treated mice, while they were 50% reduced in controls. Similarly, progenitor cells (HPCs) have recovered completely within 7 days in gamma tocotrienol treated mice, while they remained at 30% for weeks in the controls. A detailed analysis of the bone marrow showed that **gamma tocotrienol maintained the regenerative integrity of bone marrow cells.**

Gamma tocotrienol protects hematopoietic tissue by preserving the HSCs and HPCs and by preventing persistent DNA damage. **Gamma tocotrienol can offset the adverse effects of radiation exposure, including the reduction of *peroxynitrite*, the most damaging free radical.** This is important because as free radicals begin forming, their reactions can cascade into producing large amounts of the most damaging of all free radicals, *peroxynitrite*. Short-circuiting peroxynitrite formation in response to radiation exposure is of immense importance to protecting DNA.

Lipoic acid is a very small and versatile fat- and water-soluble antioxidant. Animal studies show that it helps maintain the antioxidant defense system in multiple body tissues upon radiation exposure, especially protecting the brain, liver, spleen, kidney, and testes.

The health status of some 6,000 workers from Latvia who went to clean-up the Chernobyl Nuclear Power Plant has been followed for several decades. **These workers suffered higher-than-normal rates of problems in their nervous, digestive, respiratory, cardiovascular, endocrine system** (especially thyroid) **and immunological systems.**

A study conducted on some of these workers 10 years after the fact showed that **600 mg of lipoic acid for two months was able to normalize many, but not all, of their lab abnormalities.** Too bad they didn't have protection prior to and during exposure. Pretreatment with lipoic acid has been shown to significantly reduce radiation exposure damage to the brain. Recent animal research conducted by the United States Department of Agriculture showed that **blueberry and strawberry extracts helped prevent brain damage from radiation exposure.** Interestingly, the *polyphenols* of each fruit protected different areas of the brain – supporting a variety of dietary berry intake and/or supplements with multiple berries. Having an adequate ***antioxidant defense*** system for more optimal health is common sense.

During times of increased stress your needs for antioxidants rise – and this relates to any type of stress. **Radiation exposure is simply one more type of stress** – a rather nasty type. The demands in your life or existing health concerns may already be testing your antioxidant bank account. Bolstering your antioxidant defense system to compensate for a potential challenge is common sense. If you have been exposed to too many X-rays or CAT scans, if you fly too much, work with diagnostic medical equipment or are environmentally sensitive and have ingested elevated levels of radioactive contaminated food, air or water, you also want to partake of the following protocol on a regular basis.

Sodium Bicarbonate (Baking Soda)

The oral administration of sodium bicarbonate diminishes the severity of the changes produced by uranium in the kidneys. The kidneys are usually the first organs to show chemical damage upon uranium exposure. Old 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.

So useful and strong is sodium bicarbonate that the Los Alamos National Laboratory in New Mexico has **used baking soda to clean soil contaminated with uranium.** Sodium bicarbonate binds with uranium, separating it from the dirt; so far, they have removed as much as 92 percent of the uranium from contaminated soil samples. **The United States Army recommends the use of bicarbonate to protect the kidneys from radiation damage.**

Sodium bicarbonate can safely remove paint, grease, oil and smoke residue, decreasing workers' exposure to harsh chemicals and eliminating much of the hazardous waste associated with other cleaners. "Sodium bicarbonate is able to clean in areas where other substances pose fire hazards, because baking soda is a natural fire extinguisher," says Kenneth Colbert, a general manager for Arm & Hammer. This is the reason it's used by oncology centers to control chemo agent spills and it's actually used intravenously to protect patients from the hazardous toxicity of chemotherapy.

Uranium is one of the only metals that get significant bonding from carbonate. Just flushing a lot of bicarbonate through the system, along with whatever kidney support you are going to use, will be very helpful. **There is no better therapy for radiation sickness then intense sodium bicarbonate** (baking soda) **and magnesium baths with the appropriate clay added in.** Even ***sodium thiosulfate*** can be added to these baths and that **instantly neutralizes any chlorine in the bath water while simultaneously providing sulfur for the vital sulfur pathways.**

Bicarbonate and Nuclear Fallout

If the bombs start dropping anywhere on earth, or if you live near a nuclear plant, **you will want to have a large amount of sodium bicarbonate on hand. Minimum stocks should be 25 or 50 pounds.** Normally we recommend someone start with using one pound of bicarbonate in a bath but that could easily become **2 or 3 pounds in an emergency situation. You will also need a lot of magnesium salts** and the very best and most penetrating of them is the *magnesium chloride* in the form of ***magnesium bath flakes***. *Dead Sea salt* is also fine for this application because it is high in magnesium. Exposure to radiation causes a cascade of free radicals that wreak havoc on the body. **Radiation decimates the body's supply of *glutathione*.**

Nebulization is one of the best ways to quickly increase glutathione levels as is the use of glutathione rectal suppositories. The main cancer risk from inhaled uranium oxide and other airborne radioactive particles is from tiny insoluble particles lodged deep in the lungs. That's a good reason to **nebulize both *glutathione and bicarbonate* directly into the lungs** and one must wonder why governments and health officials haven't sponsored this.

Uranium oxide can be inhaled by soldiers and civilians, it sticks to the lining of the lungs, it is taken up by cells of the immune systems and gets into lymph glands, bone, brain, hormone producing glands, ovaries and testes. It stays in these organs for many decades and is only very slowly excreted in urine. Nebulization topically treats the lung tissues allowing for best effect on contaminated lung tissues.

There are sophisticated detoxification systems based on enhancing the natural removal of metals through the intestines. **Detoxification and chelation of radioactive poisons use the same pathways as mercury.** Combining this with ***chlorella powder*** gives the best possible medical formula to help remove radioactive contamination as long as ***iodine***, ***magnesium chloride***, ***a super-food, spirulina-based powerful chlorophyll-rich formula*** that is easy to administer in high quantities because of its exceptionally pleasant taste, and ***edible clay*** are used as well. The intense levels of will quickly help build up a person's immune system and help them recover from the RNA/DNA damage caused by radiation exposure.

Uranium-238 can be eliminated in the hair using heavy-metal detox protocols; to **date there is no *natural* chelating agent known to mobilize and eliminate uranium-238 from body tissues.**

Cilantro will move heavy metals and radioactive material out of the brain cells into the detoxification pathways with rectal suppositories of ***Detoxamin*** working on the liver's glutathione pathway to get the material out through the intestines. The internal consumption of ***edible clay*** and ***external clays*** dramatically facilitate this process. Zeolite clay baths are a very effective way of removing heavy metals from the body and increase one's chances of survival if exposed to nuclear fallout. Also ***activated charcoal powder*** in water will bind these toxins and pass them out of the body.

Iodine

Iodine is the most obvious and important element in protecting against radiation damages. Radioactive iodine will plunge into any and all iodine receptor cites that have no iodine in them due to iodine deficiencies. This is a serious problem because **over 90 percent of people in North America are iodine deficient.** This leaves them incredibly vulnerable to radioactive iodine, which is one of the principle forms of radiation given off in nuclear accidents and from nuclear weapons.

Intravenous Cocktails

In cases of serious exposure, IV cocktails with high dosages of vitamin C, magnesium chloride or sulfate, sodium bicarbonate and very pure seawater full of all the minerals necessary for life would be ideal. Dr. David Brownstein administers a slow IV vitamin C drip—usually 25-50 gm, with minerals, and he adds 10cc of sodium bicarbonate. The addition of bicarb to the IV's made a huge clinical improvement.

Fighting Radiation Damage the Natural Way with Medical Marijuana

Cannabis is an excellent treatment for radiation sickness and exposure.

Radiation Symptoms

- Nausea
- Vomiting
- Diarrhea
- Weight loss
- Loss of appetite
- Weakness
- Red itchy skin
- Sore throat
- Hair loss
- Recurrent infections
- Bleeding
- Anemia

Benefits of Medical Marijuana

- Reduced Nausea
- Increased appetite
- Reduced vomiting
- Weight gain
- Sleeping aid

With all the radiation that is now entering our atmosphere, it is urgent that we now all start ingesting a list of natural medicinals to diminish our reactions to radioactive particles the damage this radiation will cause.

If used properly, high quality hemp oil can provide a solution that will be of help to mankind in alleviating the effects of increasing radiation. **There is nothing more effective or more harmless that can reduce the damage caused by radiation.**

People suffering from cancer who were badly damaged by the effects of radiation treatments were able to completely eliminate the damage in a short time. Some who had radiation treatments and were burned so badly by its effects that their skin looked like red leather. **After ingesting the oil treatment their skin went back to its normal healthy state and the radiation burns disappeared completely.** This can be an effective way to combat the effects of the radiation now emanating from Japan. Now with the menace that all this escaping radiation presents, we would have to be insane to turn our backs on the use of hemp extracts to help us all deal with this situation.

Marijuana cuts lung cancer tumor growth in half, in a 2007 Harvard Medical School study. **The active ingredient in marijuana cuts tumor growth in common lung cancer in half and significantly reduces the ability of the cancer to spread.**
Scientific trials have for decades documented the anti-cancer properties of cannabis and its constituents. Yet it took until the end of May, 2011 for the website of the National Institute of Cancer, a component of the U.S. government's National Institutes of Health, to finally acknowledge the herb's therapeutic utility for patients living with disease or suffering from the adverse side effects of cancer treatment.

In test-tube experiments, researchers at the National Institutes of Health (NIH) in Bethesda, Md. exposed rat nerve cells to a toxin that is typically released during strokes. ***Cannabidiol* reduces the extent of damage** reported the National Academy of Sciences. More effective than vitamins C or E, strong antioxidants such as cannabidiol will neutralize free radicals and limit the damage and reduce the severity of radiation.

Hemp Oil Dosage Information

By Rick Simpson

It takes the average person about 90 days to ingest the full 60-gram treatment. A person starts with 3 doses per day, about half the size of a grain of dry rice. A dose such as this would equal about 1/4 of a drop. After four days at this dosage, increasing the doses every four days until they are at the point where they are ingesting about **1 gram in 24 hours**, so **each dose should equal 1/3 of a gram**.

It takes the average person about five weeks to get to the point where they can ingest a gram per day. Once they reach this dosage they can continue at this rate until the cancer disappears. **A gram is just slightly less than 1 milliliter.** Using this method allows the body to build up its tolerance slowly; there are many reports from people who took the oil treatment and never got "high," We all have different tolerances for any medication. **Your size and body weight have little to do with your tolerance for hemp oil.**

Be aware when commencing treatment with hemp oil that it will lower your blood pressure, so if you are currently taking blood pressure medication, it is very likely that you will no longer need it.

When people are taking the oil, the faster they take the oil the better their chance of surviving. At the end of their treatment most people continue taking the oil but at a much reduced rate. **Six to 12 grams a year** would be a good maintenance dose. **An overdose does no harm.** The main side effect of this medication is sleep and rest, which play an important role in the healing process. **Usually, within an hour or so of taking a dose, the oil is telling you to lie down and relax.** Don't fight the sleepy feeling, just lie down and go with it. Usually within a month, the daytime tiredness associated with this treatment fades away but the patient continues to sleep very well at night. The only time it is recommended that people start out with larger doses is to get off addictive and dangerous pain medications. When people who are using such medications begin the oil treatment, **they usually cut their pain medications in half**. The object is to **take enough oil to take care of the pain** and to help get off the dangerous pharmaceutical drugs. **Taking the oil makes it much easier to get off these addictive chemicals.**

The oil will do one of two things; it will either cure their cancer or in cases where it is too late to affect a cure, the oil will ease their way out and they can at least die with dignity. **Hemp oil has a very high success rate in the treatment of cancer**; unfortunately many people have been badly damaged by the medical system with chemo and radiation, etc. The damage such treatments cause has a lasting effect and **people who have suffered the effects of such treatments are the hardest to cure**. The oil rejuvenates vital organs like the pancreas. Many diabetics who have taken the oil find that after about six weeks on the oil that they no longer require insulin since **their pancreas is again doing its job**.

Properlymade hemp medicine is the greatest healer on this planet bar none. Once you experience what this medication can do you will understand why history and I call hemp medicine a cure-all.

Hemp Oil Home Production

Growing your own hemp, either in a small indoor grow system or outdoors, will eliminate the high cost associated with buying hemp from drug dealers. The cost of hemp can vary greatly from dealer to dealer and so can the quality of the hemp. For anyone new to growing hemp, a good book or video on the subject is a necessity. If you go to ***Cannabis Culture***, you will be pointed in the right direction.

Caution:

Oils that drug dealers sell can have many contaminants and often little or no THC. **Most hemp oil available on the street should be avoided for medicinal use.** Make your own oil or have someone you trust produce the oil to assure a very pure, high-quality oil is produced.

How much to make and take?

One pound (500g) **of bone-dry hemp buds will usually produce about two ounces** (55-60 mL) **of high-grade oil**. This amount of oil will cure most serious cancers; **the average person can ingest this amount in about three months**. This oil is very potent so one must **begin treatment with small doses**. **A drop of oil about half the size of a grain of rice, two to four times a day is a good beginning**. After four or five days, start increasing your daily dosage very gradually. As time goes on the body builds a tolerance to the oil and more and more can be taken. In cases where people are in a great deal of pain, their dosage can be quickly increased until it kills the pain. **High quality hemp oil will stop pain even when morphine is not effective.** The oil can be applied to external injuries for pain relief in minutes.

Will I get high?

Following the dosage previously described, many people can take the full treatment and never get high. In regards to hemp, getting "high" is a joke; even if a person does take too much oil the effect wears off quickly and no harm is done. **No one has ever died from the use of hemp medicine.**

Will I become addicted?

Hemp oil does not cause your body to crave more. **It is non-addictive, harmless, and effective for practically any medical condition.**

Is this the same as hemp seed oil?

No! This is ***hemp oil*, made from the bud and small leaves of the hemp plant**. It is the essential oil of the hemp plant. Health food store sells oil made from hemp seed that is often mislabeled as hemp oil. **Although seed oil is very beneficial, it does not contain enough THC to have any effect on cancer and other serious illnesses.**

Are hemp and marijuana the same?

The word *marijuana* is one of over four hundred slang terms used worldwide to describe the cannabis /hemp plant.

Are all hemp plants the same?

When buying or growing hemp, **procure a strain that has the highest possible THC content.** To energize someone suffering from depression, a good *Sativa* strain is recommended. For most other medical conditions ***Indica*** strains should be used. **Indicas relax a person and provide them with more rest and sleep.**

How To Use It

High quality hemp oil can be vaporized, ingested or used topically. Add the oil to creams and salves for external use.

Where to Get Information about Making the Oil

For someone new to making the oil you can go to ***Run from the Cure.*** There you can watch a documentary in seven segments. Segment #4 shows how the oil can be produced at home or one can go to

http://www.PhoenixTearsMovie.com and download the full documentary. You will need a high-speed internet connection and there is no charge.
The process in the video could only be described as crude at best, but **the oil that is produced will remove cancer.** In reality, this medicine should be produced in a controlled environment, using distilling equipment, etc. to reclaim the solvent and to purify the oil.

Most people do not understand distilling and do not have access to the required equipment. This is the reason such a simple method is described in the documentary, so that **just about anyone can produce the oil.** As in the video, this process, if not done properly can be dangerous and we bear no responsibility if this educational information is misused.

The Process

Starting material: It is recommended to **work with a pound or more of good grade hemp starting material**. You can use just one ounce. **An ounce will usually produce 3 or 4 grams of oil.** The amount of oil produced per ounce of hemp will vary from strain to strain, but it all has that wonderful healing power.

1 - Place the completely dry starting material in a plastic bucket.

2 - Dampen the material with the solvent you are using. Many solvents can be used. Pure naphtha works well, but it costs $500 for a 45-gallon drum. You can use ethyl alcohol, which you can find in your local liquor store. **Alcohol absorbs more chlorophyll from the plant material than naphtha does.** This gives oils made with alcohol a darker color but does not diminish the potency of the oil to any noticeable degree. Ether, naphtha or butane and many other solvents can produce oils that are amber and transparent. Granted these clear oils do look better but dark oil can be just as potent. **If the process is done properly, little or no solvent residue is left in the oil. You will require about two gallons of solvent to strip the THC off one pound of dry starting material.** 500 milliliters of solvent should be more than enough to strip the THC from one ounce of hemp starting material.

3 - Crush the plant material using a stick of clean untreated (chemical free) wood or some such device. Even though the starting material has been dampened with the solvent, you will find that the material can be readily crushed.

4 - Add solvent until the starting material is completely covered. Use the stick to work the plant material. As you are doing this, **the THC dissolves off the plant material into the solvent**.

5 - Continue this process for about 3 minutes.

6 - Pour the solvent-oil mix off the plant material into another bucket. **You have just stripped the plant material of about 80% of its THC.**

7 - Second wash—again add solvent to the plant material and work it for another 3 minutes to get the other 20%.

8 - Pour this solvent-oil mix into the bucket containing the first mix that was poured off previously.

9 - Discard the twice-washed plant material.

10- Pour the solvent-oil mix through a coffee filter into a clean container.

11- Boil the solvent off. A rice cooker (Preferably stainless steel) will do this boil off very nicely. Some have two heat settings—high and low—and will hold over a half gallon (2.5 liters) of solvent-oil mix.

12- Add solvent-oil mix to the rice cooker until it is about 3/4 full. Make sure you are in a very well-ventilated area and set up a fan to carry the solvent fumes away. **The fumes are very flammable.** Be sure to stay away from red-hot elements, sparks, cigarettes etc. that could ignite the fumes.

13- Plug the rice cooker in and set it on high heat.

14- Continue adding solvent-oil mix as the level in the rice cooker decreases until it is all in the cooker.

15- Add a few drops of water to the solvent-oil mix as the level comes down for the last time. The amount of water added depends on how much starting material you had in the beginning. If you're producing oil from a pound of good bud, usually you'll add about ten drops of water.

16- When there is about one inch of solvent-oil-water mix left in the cooker, put on your oven mitts, pick the unit up and gently swirl the contents.

17- **Continue swirling until the solvent has been evaporated off.** The few drops of water help release the solvent residue and protect the oil somewhat from too much heat. **At no time should the temperature of the oil go over 290°F (140°C).**

18- Put on your oven mitts and remove the pot containing the oil from the rice cooker.

19- Gently pour the oil into a small stainless steel container.

20- Place this container in a dehydrator or put in on a gentle heating device such as a coffee warmer. It may take a few hours, but the water and volatile turpentine will be evaporated from the oil. **When there is no longer any activity on the surface of the oil the medicine is ready for use.**

21- Pour the hot oil into a bottle; or as in the video suck it up into a plastic syringe. Putting the oil in a plastic syringe makes it very easy to dispense the medicine.

When the oil cools off it has the consistency of thick grease. Some strains will produce very thick oil and you may have trouble squeezing it out of the syringe. If this happens, place the syringe in warm water a few minutes prior to use.

To anyone starting to use hemp oil as a medication, here are some simple facts. **Hemp oil will lower blood pressure and if you are on blood pressure medication, you may find that this medication is no longer needed**. The same is true for diabetics. Hemp oil controls blood sugar to the extent that **often, insulin is no longer needed**.

Most people, when they research the subject, will not consider taking any cancer treatments currently in use by our medical system. **Hemp oil should not be taken along with chemotherapy.** What is the sense of making your own cure and then allowing the medical system to give you massive doses of poison?

Most pharmaceutical medications are no longer needed once a person starts using hemp oil. Hemp oil seems to mix well with most natural medications but I have had a few reports from people trying to take hemp oil and pharmaceuticals who experienced stomach pain etc. All problems ceased when they stopped taking the prescription drugs.

To anyone who is going to act on this information to help a loved one, welcome to the world of real medicine. Be very careful when boiling the solvent off. **The fumes are very flammable.** Be sure to **stay away from red-hot elements, sparks, cigarettes, etc.** That could ignite the fumes.

Nutrients to the Rescue

Spirulina and chlorella have been used heavily by the Russians after the Chernobyl nuclear plant disaster. And the Japanese love their miso soup and that was said to help some of their citizens survive the fallout after the Americans attacked two of their cities. We recommend a ***green powder*** in high doses that is high spirulina and chlorella content because it is like rocket fuel for the cells, providing them with a broad range of concentrated nutrients.

Miso is effective for detoxifying your body of radiation. During World War II, two hospitals that were located side by side were hit with atomic radiation, in one hospital people consumed Miso and all of them survived while many people in the other hospital that did not take miso died. Miso is rich in vitamin B_{12} therefore it is suitable for vegetarians who are in shortage of vitamin B_{12}. For best results **do not cook miso.**

There are a number of foods that can better help our bodies tolerate the effects of pollution. Eating lower on the food chain minimizes our chemical intake. Consuming more whole grains has a multitude of benefits, **unless you are intolerant to certain grains.** Their high fiber content binds with toxins and lessens intestinal transit time. Their vitamin B_6 content nourishes the thymus gland and their vitamin E content helps the body to better utilize oxygen. **The grain buckwheat is high in rutin and helps to protect against radiation and stimulates new bone marrow production.**

The mucilaginous fiber in *seaweed* helps to prevent the reabsorbing of radioactive strontium 90. Sea vegetables contain a polysaccharide substance, called *sodium alginate*, which selectively bound radioactive strontium and eliminated it from the body.

Following the bombing of Nagasaki, a group of surviving macrobiotic doctors and their patients avoided radiation sickness by eating brown rice, miso and seaweed. They also did not get leukemia. Seaweeds also help to break down fatty deposits. High-chlorophyll foods like wheatgrass, barley grass, kale, collard greens, beet greens, swiss chard, etc. strengthen cells, transport oxygen, help to detoxify the blood and liver as well as help to neutralize polluting elements and stimulate RNA production. Sulfur-rich vegetables like broccoli, cabbage and mustard greens, as well as garlic, combine with heavy metals and help prevent free radical damage. **The sulfur compounds trigger increased expression of your glutathione system, which results in both metal detoxification and free radical neutralization.**

Curcumin (an antioxidant and anti-inflammatory compound found in the curry spice turmeric) protects against radiation-induced acute and chronic toxicity in skin. Curcumin also can offer protection after exposure, particularly against breast cancer.

***Aloe vera* is a natural remedy for radiation-induced skin changes preventing or minimizing radiation-induced skin reactions**. People with Acute Radiation Syndrome (ARS) typically also suffer some kind of skin damage which can start to show within a few hours after exposure and can include swelling, itching, and redness of the skin (like a bad sunburn). A mainstream treatment of radiation injury is the use of Aloe vera preparations on damaged areas of skin because it has demonstrated remarkable healing properties even for chronic ulcerations resulting from radiation exposure.

***Gingko biloba* can be protective even after exposure to radiation.** Ginkgo biloba is a tree species whose leaves have been used for centuries in Chinese medicine. Ginkgo leaf extract contains antioxidant compounds called *ginkgolides* and *bilobalides* which help scavenge free radicals that attack nearly all components of the cell, including DNA.

***Beta-glucan* protects the bone marrow.** Since the 1940s, scientists have been evolving the scientific evidence of the remarkable abilities of a simple substance derived from baker's yeast to effectively potentiate and activate the immune response, and to work through nutritional potentiation of the immune response in the body's war against cancer, ulcers, radiation exposure, infection, and trauma.

L-glutamine, a precursor of glutathione, is standardly used by nutritionists to help rebuild intestinal walls. Studies suggest glutamine might be useful in treatment of radiation injuries to the gastrointestinal tract.

Mushroom supplements can help rebuild the immune system during this period. The shortage of red blood cells (anemia) causes fatigue, weakness, paleness, and difficulty breathing with physical exertion.

Bee pollen may also be useful as it helps increase RBC and WBC counts, enhances vitality and energy, is a general immune stimulant, and has been found to protect people from radiation sickness and specifically reduces the side effects from radium and cobalt 60.

Melatonin and it's antioxidative effects offer protection against cellular damage caused by ionizing radiation.

Garlic keeps radioactive isotopes from being absorbed.

Nutritional yeast (non-MSG), high in B vitamins binds, absorbs and carries heavy metals out of our systems. Select foods that are as organic as possible. Learn to identify and eat some of the wild edible plants from unpolluted areas such as *chickweed, dandelion, malva* and *violets*.

Burdock – During the Industrial Revolution, burdock was recommended as medicine to help people cope with the increased pollution. Helps improve skin and liver conditions. Alterative, antifungal, anti-inflammatory, demulcent, nutritive and rejuvenative.

Chaparral – Alterative, antifungal, antioxidant and immune stimulant.

Dandelion – Improves function of body's organs of elimination. Consider how this plant has done a good job for itself adapting to environmental pollutants. Helps with depression, liver and skin problems. Antifungal, cholagogue, diuretic, liver tonic and nutritive.

Echinacea – Stimulates white blood cell and interferon production. Alterative, antifungal, anti-inflammatory, antiseptic, immune stimulant.

Eleuthero can help alleviate fatigue, ameliorate symptoms from chemical and radiation exposure and lessen the effects of stress. Adaptogen, chi tonic and immune stimulant.

Green and black tea – Helps with allergies, congestion, depression and fatigue. Antioxidant, decongestant, immune stimulant, nervine and stimulant.

Milk thistle seed – Use for chemical exposure, environmental illness and liver damage. Antioxidant, cholagogue and hepatoprotective.

Myrrh – Increases motility of white blood cells and normalizes mucus membrane activity. Alterative, anti-inflammatory, antifungal, antiseptic, decongestant and rejuvenative.

Nettles – Improves allergies, anemia, convalescence and headache. It helps to reduce sensitivities by binding immunoglobulin. Adrenal tonic, alterative, cholagogue, expectorant, kidney tonic, nutritive and respiratory tonic.

Red clover – Improves health in general. Alterative, anti-inflammatory, antitussive, expectorant and nutritive.

Yellow dock – Improves the function of the kidneys, liver, lymphatic system, intestines and skin thus aiding the body's natural cleansing process. Aids anemia, convalescence, heavy metal toxicity and swollen glands. Alterative, antiseptic, blood tonic and cholagogue.

Pink yarrow flower essence is a specific for environmental sensitivities.

Vitamin A and beta-carotene improves tissue strength and decrease wound healing time.

Vitamin B complex can improve stress and fatigue.

Vitamin C gives protection against a wide range of pollutants, reduces allergy symptoms and improves healing time.

Selenium, helps protect one from heavy metal toxicity.

Zinc is needed for B and T cell production. It also helps in the elimination of aluminum, cadmium, copper and lead.

Calcium helps protect the body from absorbing radioactive materials and magnesium helps prevent the uptake of strontium 90. Bee pollen is extremely nutritive.

Bentonite clay can be used for heavy metal detox as well as to remove radiation. Internal clays have been used for detoxification for hundreds of years. As with all clays, the more you use, the quicker you tend to detox and the longer the treatment the better.

High nucleotide content foods to assist in cellular repair including spirulina, chlorella, algae, yeast, sardines, liver, anchovies and mackerel.

Marine phytoplankton reduces the side effects of radiation exposure.

Anti-virals such as ***ionic silver*** and ***olive leaf extract*** to help the immune system ward off infections and illness. Immune systems are typically weakened by radiation exposure.

Clay Therapy

Ingesting clay and taking clay baths has been repeatedly observed to draw out all forms of radiation faster and more effectively than other approaches.

When you add a teaspoon of either of these three minerals to a glass of purified water the ionic properties of these is such that they electromagnetically attract and bind with heavy metals, toxins and radiation particles in your blood, through the cells in your intestinal walls and are then passed out of the body. **You can also decontaminate your drinking water and milk from radiation with these minerals.** The finer-ground the mineral is, the more effective it is.

Iodine pills will NOT protect a person from uranium, cesium or plutonium radiation exposure.

French Green Clay (i.e., Montmorillonite) and Zeolite were both taken internally after Chernobyl. Chocolate bars and biscuits containing French Green Clay were distributed to the exposed population. Sandbags of Zeolite were dropped into the seawater near the Fukushima nuclear plant to adsorb radioactive Cesium that was present there in high levels.

[Note: *Absorption* is the incorporation of a substance in one state into another of a different state (e.g., liquids being absorbed by a solid or gases being absorbed by a liquid). *Adsorption* is the physical adherence or bonding of ions and molecules onto the surface of another phase (e.g., reagents adsorbed to solid catalyst surface)].

Zeolites have uses in advanced reprocessing methods, where their micro-porous ability to capture some ions while allowing others to pass freely allow many fission products to be efficiently removed from nuclear waste and permanently trapped. **Equally important are the mineral properties of zeolites.** Their alumino-silicate construction is **extremely durable and resistant to radiation** even in porous form. Additionally, once they are loaded with trapped fission products, the zeolite-waste combination can be hot pressed into an extremely durable ceramic form, closing the pores and trapping the waste in a solid stone block. This is a waste-form-factor that greatly reduces its hazard compared to conventional reprocessing system.

This is how the French nuclear industry processes its nuclear waste, which is then buried in holes bored into solid granite mountains, far removed from any tectonic plate boundaries. The US has yet to manage the problem of its nuclear waste. Much of it has been pumped into the ground and has destroyed vast aquifers.

Homeopathic Remedies:

Cadmium sulph 30 or *Potassium iodide 30* taken once before and once after an atomic explosion. These are generally used before symptoms appear, but can be used after as well.

Cobaltum 30C has been known to remove side effects of radiation by taking it four times in one day for 2-3 days. Then an assessment is taken to determine if more is needed and how often. If needed from that point, it is generally used four

times in one day every two weeks for 2-3 months. In the hands of a skilled homeopath, this remedy may be used in a 200C potency.

Radium bromatum 30C has been used when skin eruptions or arthritis appear. Generally, take it twice daily if mild, or up to 5 times per day if more severe. It has been used for as long as many weeks, but as always, under the watchful eye of a skilled homeopath.

Arsenicum album 30C in repeated doses every few minutes to half an hour, for approximately 1-2 days, then as needed depending on symptoms.

Phosphorus 30C, 200C, and 1M, one after the other in the same fashion as Arsenicum. Together these have a history of being a very useful 1st aid.

Calc fluor 12C and *Natrum muriaticum 6C* thrice daily for months after exposure. More frequently, if necessary. regardless of which other remedies are chosen from above, these two remedies have a way of helping the body eliminate toxins in tandem with the other remedies.

The results you experience due to radiation exposure will entirely depend on the amount of radiation your body absorbs (the dose), **the type of radiation you're exposed to, the route of exposure** (the susceptibility of the tissue), **and the length of time over which you are exposed. It is essential that you use as many natural foods and supplements as possible** when utilizing methods of prevention. Toxicity levels can build up from many supplements if taken in excess and the body will not respond favorably to these conditions. Always take the recommended dosages and **try to obtain the largest percentage of your antioxidant intake from the consumption of fresh organic sources.**

Japan is already facing a food safety crisis due to the radioactive fallout. Tests found levels of radioactive iodine up to seven times the legal limit in samples of raw milk, spinach and two leaf vegetables as far away from the nuclear plant as Chiba prefecture, to the east of Tokyo. California and the Unites States may face a similar problem **as the jet stream has already carried the toxic radiation from Japan across the Pacific Ocean.**

A few years from now people in the Northern Hemisphere will likely experience increased rates of cancer, birth defects, and other health issues triggered by the Fukushima radiation release. Most people will not connect the dots as to the cause of their suffering; and, even if they do, will have trouble proving the link and obtaining compensation for injuries. **Authorities, and even the president himself, first claimed that any radiation from the stricken nuclear plant would completely dissipate, and would not reach the US at all.**

Those predictions have proven completely inaccurate as the mainland United States has been blanketed with radioactive Xenon-133 particles and is to be exposed to more dangerous cesium-137 particles. **Health authorities have gone from ambivalently telling Americans not to worry about the situation, to actively discouraging them from obtaining protective potassium iodide pills.**

Downplaying the threat in Fukushima, Japan today needlessly puts millions of people at risk that might otherwise begin making preparations to leave the area on a long-term basis. The deadly dishonesty of measuring and reporting only Iodine 131 levels is causing harm through omission or misinforming or under-responding. There is no effort to measure what is being released into the atmosphere.

As we continue to research the bits of info given to us, we too can speculate just how bad it really is!! After all, the Gulf Oil Spill is supposed to be all cleaned up now and of course the 9/11 first responders, fire fighters, police officers and volunteer workers all have cancer or have already passed. **All the while the EPA said everything was OK!!**

To see what radiation does to developing fetuses click here. And here. This is the ghastly fruit of American foreign and military policy, of more than 60 years of nuclear engineering by the military-industrial complex. The age of innocence and feigned ignorance is over. This is what the nuclear industry is doing to the human race, whether through the American military on foreign battlefields, or through the willful, criminal negligence of the nuclear power industry.

The entire nuclear complex, from uranium mining, to nuclear weapons (including depleted uranium munitions), to nuclear electrical generating plants, to research reactors, to so-called "nuclear medicine," has to go.