

Radiation Sickness

From: <http://www.natural-health-home-remedies.com/radiation.html>

This page is dedicated to the nameless Fukushima Fifty who knowingly risked radiation sickness and death, with the hopes of preventing an even greater radioactive global disaster. It is thought that there were about 200 courageous individuals working in 15 minute shifts at the Fukushima Nuclear Power Plant, fully aware of their continual radiation bombardment. Five have already died and apparently 15 others are seriously ill.

No matter the end result, can we salute their courage and honor their valor? Their sacrifice deserves to be embedded in our memories that they may never be forgotten. The courage and fortitude of the Japanese people, who handled their heart breaking tragedy with dignity and grace, will help them with the battles to come.

Also not to be forgotten is that Governments subsidize the Nuclear Industry with our money and that Tokyo electric is sacrificing their workers to protect their financial investment. The growing DEAD ZONE around Fukushima will continue and expand.

A continual crisis becomes normal. Isn't that what has happened at Fukushima? The world wondered how long profits would be put above all else?

The soil around Fukushima is poisoned, the ground water is poisoned, the land is radioactive sludge, the salt water used to cool the reactors is poisoned, contaminating the earth on it's route to contaminate the sea. The foul radiation fills the air, joins the trade winds and the jet stream and carries contamination, poison and sickness to many parts of the world.

Yet, we are told that radiation exposure is limited to Fukushima. We are assured that radiation levels in US are normal. Nothing is mentioned about long term environmental impact or radiation side effects. They sing us the same song, no need for any alarm, concern or preparation.

Never believe anything until it's been officially denied" ~ Francis Claud Cockburn"

Nuclear expert Helen Caldicott called Fukushima "an unprecedented absolute disaster, multiples worse than Chernobyl. The situation is very grim and not just for the Japanese people.

Only one Chernobyl reactor blew, and it was only three months old with relatively little radiation. It burned out of control for only 10 days.

Fukushima's have been operating for 40 years, and would hold about 30 times more radiation than Chernobyl.

Chernobyl killed nearly one million people and counting, according to the New York Academy of Sciences. Many deaths will never be included in the official count, because their cancers won't be connected to Chernobyl. The long term impact of a compromised immune system and the subsequent health challenges will never be officially traced to Chernobyl.

What Is Radiation?

Radiation is energy that travels in waves and can't be seen, tasted, smelled, heard or felt. Some familiar sources of radiation exposure are microwaves, wireless devices (use microwave signals), [cell phones](#), radiation therapy, radio waves, visible light, electric blankets, X-Rays, TV, solar flares, ultraviolet light, industrial pollution, living near electrical transformers or near a nuclear plant.

Microwave ovens were banned in the Soviet Union in 1976 because of their known health dangers. Microwave Radiation changes the molecular structure of food, rendering it harmful and completely void of nutritional value. Yet most North Americans use Microwave ovens daily.

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 Xrays, CT scans and is also used in **food irradiation**.

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, their grotesque potent force cuts 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.

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.

Strontium 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 and it mimics potassium in our bodies which collects in our muscles. Cesium 137, Iodine 141 and Iodine 129 emit Gamma rays.

The thyroid gland is the first to uptake radioactive iodine.

Ionizing Radiation Diseases

Once radionuclides are released into the environment they circulate and are carried with the winds until they become part of the soil and food chain. They land in our drinking water, are on the pastures that our livestock graze on, are on our vegetables and in our fruit trees.

This is particularly dangerous for humans because we are at the top of the food chain, where the higher concentrations of

radionuclides are.

Most Common Diseases From Ionizing Radiation:

- * leukemia
- * lymphoma
- * solid tumors or any organ
- * bone & blood disorders
- * lung cancer
- * breast cancer
- * endocrine disruption
- * reproductive abnormalities
- * accelerated aging process
- * birth defects
- * congenital malformations
- * 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, as evidenced by children being born years after Chernobyl.

Marie Sklodowska Curie a pioneer research physicist in radioactivity is credited with the discovery of radium. Radium caused many excruciating deaths among the European aristocracy who were unknowingly exposing themselves to dangerous radioactive materials. Radium was used in water, and painted on pocket watch faces.

Marie Curie died of Aplastic anemia caused from her miscalculations regarding the dangerous effects of radiation poisoning from her exposure to radium. Her papers and notebooks from the 1890's continue to be highly radioactive. They are kept in lead lined boxes. Anyone who wishes to consult them must wear the appropriate protective gear.

Safe Radiation Levels

While the radiation from the wrecked Fukushima reactors continues, we hear about the safe, harmless and less than dangerous exposure levels. To convince the public that nuclear energy is safe governments have radiation exposure limits:

- * permissible radiation levels
- * allowable radiation levels
- * legal radiation levels

These levels are reached during routine operations or during emergencies and are found in the ground water, tap water, vegetables, milk, animals and humans.

They are permitted under law, but are they really safe?

The amount of natural Cosmic radiation we are exposed to in our daily lives is about 1 millisievert per year. Recently the Japanese Chief Cabinet Secretary admitted that 1,500 millisieverts, per hour, were spewing from Fukushima.

When you multiple 365 days in a year by 24 hours in a day, you get 8,760 yearly hours.
Multiply 1,500 millisieverts, per hour, by the yearly 8,760 hours and that is 12,690,000 times normal!

Do you consider that safe? And that's just the figures that they admit to. That will continue 24 hours a day until it's stopped.

Professor Higley head of nuclear engineering and radiation health physics at Oregon State University, said that the average person receives about one to two millisieverts a year from natural sources in their environments, and one chest x-ray yields about 0.2 millisievert.

According to the World Nuclear Association Fifty millisieverts is the lowest cumulative annual dose for which there is evidence of radiation-related cancer in adults. **When you ingest or inhale radioactive material it can go anywhere in your body and will stay there.**

Can that amount really be compared to a CT scan or X ray? In the 1950's research showed that a single pelvic X-ray of a pregnant woman would double the rate of childhood leukemia in the unborn baby!

If that X-ray were given in the first 3 months of pregnancy, that risk increased 10 times higher.

Just 2 abdominal X-Rays to a male increase the risk of his children developing leukemia.

CT scans are considered to be low risks from radiation, yet a 40 year old woman has a 1 in 270 chance of getting cancer from a CT scan, a 20 year old has a 2 in 270 chance.

In the US there are 70 million CT scans which cause 29,000 cancers yearly. Is this safe?

Dental X-rays double your odds of getting thyroid cancer.

Radiation risks are continually misrepresented.

There is no safe level of radiation, ever.

What Radiation Is Hitting North America

When you hear the news or some Nuclear or Health Official telling you that "only extremely low levels of radiation have been detected and therefore there is no need to be concerned, there is no health threat to the American public."

Do not be comforted by this false sense of security. The first part of the statement is true, but the remainder is false.

It's not the loud noise that break glass molecules, it's the frequency.

It's not the strong microwave levels that cause cellular damage, it's the frequency

It's not the strong wireless signal that causes cellular damage, it's the vibrational frequency.

It's not just high levels of radiation that cause damage, extreme low levels of radiation do too.

These extreme low levels of biologically significant radiation hit North America Mid March 2011. Low levels of radiation were found in Washington and California milk by the end of March.

North American Radiation

- * **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-90** damage to liver and respiration
- * **Plutonium-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 phenomenon of 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?

Radiation Risks North America

The Geiger counter readings on numerous sites have truthfully shown continuously very low levels of radiation.

What few are talking about is the harm that will be done if you don't take aggressive measures now.

The first radiation from Japan hit the west coast March 18, 2011.

By April 1 2011 the Fukushima radiation will have passed over all of North America leaving many areas with very low levels of radiation depending on jet stream distribution.

As the jet stream continues around the world some radioactive particles will fall with rain, snow or as dust particles, before it continues it's deadly circle. The number of radioactive particles may diminish but the **STRENGTH** of each particle does not diminish.

When Reactor 2 at Fukushima melted down on March 29 the contents in the containment building released radiation 10 million times higher than during normal operations.

Of course, you'll remember these figures were given by TEPCO Engineers, but the government decided that these numbers were too high and the figures were revised downward.

Some of the smaller radioactive particles like Uranium and Plutonium will reach the West Coast within the first week of April 2011, and then continue their lethal circle around the globe. The jet stream will control where they visit.

Low levels of radiation will enter our food and water supply over the weeks and months ahead.

Even after (when and if) Fukushima is decommissioned we can still expect numerous health problems. Many of these might ordinarily not be noticed by individuals, just part of life when a child develops leukemia, or when someone else gets cancer, or a friend develops a horrible immune system disorder, or people just don't seem as healthy as before.

Dr Ernest Sternglass of University of Pittsburg presented the following infant mortality rate for the Pacific states, following chernobyl fallout in May 1986, just one month after Chernobyl:

- * May 1986 54% increase infant mortality in Washington state

- * May 1986 48% increase infant mortality in California compared to previous June
- * June 1986 245% increase deaths per thousand live births in Washington state
- * June 1986 900% increase infant mortality rate per live births in Massachusetts

These problems will face those who inhale or ingest even the smallest particle of radioactive material:

- * premature births
- * increased deaths after live births
- * increased infant pneumonia & influenza
- * increased leukemia
- * increased learning defects
- * increased thyroid cancer
- * increased breast cancer
- * immune deficiency disorders
- * increased chronic degenerative disorders

Misleading Radiation Levels

There are direct lies and lies by omission.

The media continues to announce that radiation didn't reach dangerous levels, leading us to believe that there are risk free radiation levels.

March 25, 2011 Dr Helmut Hirsh of Greenpeace Germany released a statement that, according to analysis of radiation released to date, has reclassified Fukushima at Level 7, comparable to Chernobyl.

April 11, 2011 TEPCO reluctantly admitted that Fukushima was now a Level 7, the worst possible. However, nobody disputes that it is multiple times worse than Chernobyl, yet there isn't any higher measurement. If TEPCO had admitted it sooner, would people have taken other precautionary measures?

The total amount of radionuclides iodine-131 and cesium-137 released since the start of the accident until March 23rd 2011 is so high that they are equal to three class 7 accidents and it continues until stopped.

Chernobyl had one nuclear reactor and only 3 months of radiation while Fukushima has failures at four nuclear reactors which hold about 1,000 times more radiation than the bombs at Hiroshima, and 40 years of improper nuclear storage and numerous smaller nuclear events. All federal agencies that regulate radioactive exposures agree that any radiation exposure raises the cancer risk.

Chernobyl took aggressive action after only 10 days of burning out of control. They dumped tons of sand and Boron and began entombment procedures. TEPCO worsened the nuclear disaster by adding salt water! Are they that incompetent, do they believe the laws of chemistry cease to exist in Japan, or is there something more deliberate going on? Is this really about protecting future profits?

"There is no safe level of exposure and there is no dose of (ionizing) radiation so low that the risk of a malignancy is zero"-- Dr. Karl Morgan, the father of Health Physics.

The National Council on Radiation Protection says, "every increment of radiation exposure produces an incremental increase in the risk of cancer."

In the Bulletin of the Atomic Sciences, "No Dose Too Low" Dr Ian Fairlie and Dr Marvin Resnikoff report "One can no longer speak of a 'safe' dose level."

Mary Olson, of Nuclear Information and Resource Service writes, "Radiation carries a risk, not a certainty, of **DNA damage at every level of exposure**. An emission from a radionuclide that chanced to ride on your sandwich into your tummy, an exposure so tiny that it would never be measured, has the capacity to start what might become fatal cancer."

This doesn't mention the diseases caused from a weakened immune system.

March 21, 2011 Dr. Chris Busby at European Committee on Radiation Risk (ECCR) predicts 120,000 cancers worldwide from Fukushima accident based on current known releases. He also confirmed that three spent fuel pools are burned up which puts the radiation levels at 24,000 Hiroshimas x 3 spent pools or 72,000 times the radiation of Hiroshima is now in the atmosphere.

This amount represents only that from the spent fuel pools. Radiation continues to escape from the reactors until there are rebuilt or entombed.

It appears that the truth about the Fukushima Nuclear disaster has yet to be told. Pro nuclear groups assure us that Nuclear energy is safe, and alleged experts twist and spin words to deceive us.

Nuclear Power Risks

Contaminated Fukushima particles are highly radioactive and are joining the jet stream giving off very toxic, dangerous radioactive waves. Fukushima is not the only facility with cooling problems and 40 year old technology.

Nuclear power plants use vast amounts of water, diesel, petrol and coal to keep cool. They are never economical or green.

In order to keep the nuclear reaction in check and to prevent overheating, huge amounts of coolant are used and up to a million gallons of water per minute is used, which is why Nuclear power plants are located on the coast or near lakes or other water sources.

Basically they are used to boil water into steam which is syphoned off into a container vessel built up under pressure, which gushes through a turbine that turns the dynamo and that is where the electricity comes from, it does not come from the core.

Huge amounts of radioactive material are made to go through a chain reaction, a process in which atomic particles bombard the nuclei of atoms, causing them to break up and generate heat.

"Nuclear power is one hell of a way to boil water!" - Albert Einstein

If the water which cools the reactor core containing 200,000 to 300,000 pounds of radioactive fuel, stops flowing, the emergency back up cooling system must immediately send water in to cool the core.

It takes less than a minute for the nuclear fuel to reach 5,000 degrees Fahrenheit. This excessive heat burns through the cement bottom of the plant and bores downward into the earth. US Nuclear scientist have called this the "China Syndrome."

Perhaps the Fukushima experts may now call this the "US Syndrome" where the nuclear accident seems to send it's radioactive core through the earth to the other side.

Using seawater is insane to cool the reactors is an act of desperation. The sodium in the sea water reacts and produces more hydrogen, everything touching, the pipes or concrete becomes radioactive. If there is a crack in a pipe the sodium reacts with moisture in the air and will explode. The radioactive sea water is run off into the ground and back into the sea carrying the radioactivity with it.

This is unprecedented.

Deliberately destroying sea water destroys everything else. What logic would compel dumping 1-2 million gallons of radioactive sea water back into the ocean? What long term disasters will this cause to all living organisms in the area, and beyond?

A Nuclear power plant meltdown, or explosion from a nuclear bomb releases radioactive iodine-131 into the atmosphere, which is then carried via the Jet stream. The fallout dissipates with distance and is heavily influenced by weather pressure systems directing it toward or away from areas.

A variety of dangerous radioactive materials are present at Fukushima, including plutonium. But the most worrying are cesium-137 and iodine-131. Both vaporize easily and thus can disperse over large distances.

What Is Radiation Sickness

People get radiation sickness, also known as acute radiation syndrome, after receiving high radiation doses in a short period of time ranging from a few minutes to hours. The radiation particles deeply penetrate the body causing immense biological damage, loss of organ function, cellular damage, a depleted immune system and cancer. High radiation can destroy the human body from radiation poisoning in less than 30 days.

When radiation is at the 400-millisieverts an hour level, the nuclear plant workers are at risk of radiation sickness. A total dose of 1,000 millisieverts a day can cause temporary radiation sickness leading to decreased blood count, nausea and other symptoms, but not death. However, the long term consequences are speculation because of damage to the immune system.

Of particular concern at Fukushima are the spent fuel ponds which hold 5-10 times more radioactivity than the reactor core. It's estimated that Fukushima has 20-50 million curies, while Chernobyl's disaster released only about 40% of the core's 6 million curies.

Radiation-induced thyroid cancer

Fukushima is releasing radioactive iodine. Cesium 137. Iodine 131 and Iodine 129 emit Gamma rays. Cesium-137 mimics potassium inside the body, seeking out muscle. Iodine-131 is rapidly absorbed by the thyroid gland and increases the risk of thyroid cancer. The thyroid gland is the first to uptake radioactive iodine.

When the thyroid is iodine deficient it accumulates the first available mineral, and the danger is if the first available mineral is radioactive. When radioactive iodine is inhaled it will accumulate and be trapped by the thyroid gland causing increased risk of radiation induced thyroid cancer.

Potassium iodide (KI) administered in pharmacologic doses (50-100 mg for adults) within 24 hours before or eight hours after radiation exposure can offer thyroid protection radiation exposure thus reducing the risk of thyroid cancer. In 1986 after the Chernobyl accident Poland used potassium iodide which explains less childhood thyroid cancer compared to areas where potassium iodide was not used.

Chernobyl has taught us that countries with nuclear power, such as Japan, France, India, China, the United States, and Germany - must distribute stable potassium iodide (KI) before an accident, because it must be used within the first 24 hours and repeated every 24 hours until the radiation levels are within normal ranges.

Chernobyl

The Chernobyl nuclear plant was only 3 months old and the accident was a result of an April 25th 1986 miscalculated safety test that went critically wrong. Engineers deliberately closed down cooling to all 4 reactors at the same time to see if their emergency cooling systems would be properly triggered.

Guess what? Their emergency cooling systems failed. Why emergency test simulations weren't performed earlier is a mystery.

A hydrogen bubble inside steel and concrete built up because the core was heating much faster than expected. The roof weighed 1,000 metric tons and was made of concrete and steel, designed to withstand and contain any nuclear explosion.

The roof simply blew off, like a cork out of a Champaign bottle, and flipped over onto the core, completely smashing it. This caused the hydrogen to ignite.

The core was not being cooled and the heat intensified to the point it melted through the reactor floor. Melting floor after floor, after floor...more of that phenomena known as The China Syndrome.

Chernobyl only burned for 10 days.

The Chernobyl crew dumped a mixture of sand and boron to soak up free neutrons which melted into glass. This mixture stuck to everything and slowed the heating of the core until it got thicker and thicker and finally stopped. Chernobyl was then encased in a lead, steel and cement sarcophagus.

During the erection of the concrete entombment at Chernobyl workers did 40 second work shifts, the radiation was so great.

Radioactive waves do penetrate concrete breaking it down molecularly. Six foot extra layers of concrete are added to the sarcophagus every 5 years or soon and this must be done for the next 30,000 years.

Twenty five years after meltdown, Chernobyl just keeps on giving, the radioactivity is so intense that even a 90 second exposure is equivalent to 250 X-rays!

The sarcophagus will soon be the size of Luxembourg and has a full time on site crew monitoring it. Clean and green Nuclear energy!

During those 10 days that Chernobyl was burning, radioactive particles were sent around the world, those who inhaled or ingested the particles received continuous, low levels of internal radiation exposure.

The consequences of Chernobyl reported from 170,000 sources and 30,000 publications, the Russian death rates analysis covers a dozen contaminated area, with 7 million people in each area.

The Chernobyl death estimates (from burning just 10 days) from April 1986 through 2004 estimate the mortality rates at 985,000, or a hundred times more than the WHO/IAEA calculations.

On average, spent fuel ponds hold five to ten times more long-lived radioactivity than a reactor core. Particularly worrisome at Fukushima, is the large amount of cesium-137 in fuel ponds, which contain anywhere from 20 to 50 million curies of this dangerous radioactive isotope.

With a half-life of 30 years, cesium-137 gives off highly penetrating radiation and is absorbed in the food chain as if it were potassium. Half life does not mean that it's gone in 30 years.

According to [Brainmass](#) here's how you calculate how long it would take to disintegrate:

After 30 years, half of the original amount would remain (1/2-gram).

After another 30 years, half of that half would remain (1/4-gram).

After the remaining 30 years, half of the 1/4-gram would remain, or 1/8-gram would still remain.

In comparison, the 1986 Chernobyl accident released about 40 percent of the reactor core's 6 million curies. A 1997 report for the Nuclear Regulatory Commission (NRC) by Brookhaven National Laboratory also found that a severe pool fire could render about 188 square miles uninhabitable, cause as many as 28,000 cancer fatalities, and cost \$59 billion in damage.

A single spent fuel pond holds more cesium-137 than was deposited by all atmospheric nuclear weapons tests in the Northern Hemisphere combined.

Reactors 1 & 3 are still operating today, providing 6,000 jobs and about 6% of the Ukraine's electricity. Reactor 2 was closed after a fire in 1991; the construction of Reactors 5 and 6 came to a grinding halt after the explosion. Much of the area is planted in Hemp and Sunflowers to soak up the radioactive contamination.

Chernobyl Deja Vu

Just my luck to be in Germany during Chernobyl! How easily the clock turns back to April 1986 remembering the precautions that were taken to avoid bringing fallout into a home, I also remember the horrible immune system health disorders that I endured during 1987. From a person who has had just one cold and has never had flu, this was significant and clearly a result of Chernobyl:

- * Pneumonia
- * Cytomeglo virus
- * Epstein Barr Syndrome

My mother was with me in Germany and died of cancer 6 years after Chernobyl and did not eat processed foods, smoke, drink, or have any lifestyle factors that were conducive to cancer. It was Chernobyl.

I also aggressively [detoxed with clay](#) and other [herbs](#) and she did not.

There will always be people who overcome health obstacles and survive. My 1987 health challenges gave me the opportunity to seriously detox and improve my [immune system](#).

While Fukushima will not rank among the best news any of us could experience, my faith and confidence in the forces of natural, [healthy foods](#) and herbal remedies that have helped me in the past, will not fail now. What is important to understand is that low levels of radiation are very harmful.

What I did then, is what I'm doing now.

- * Protect the Thyroid
- * [Detox specifically for heavy metals](#)
- * [Detox](#) on a regular basis as my body requires
- * Support a robust [immune system](#)
- * Eat [Super Foods](#) and [Antioxidants](#) daily.

And all of our [animals](#) will also be included in this special care.

Just a tablespoon, or so, of [clay](#) in their water will remove heavy metals, detox & remove parasites, bacteria & viruses.

And our soil where the garden is will be decontaminated before the garden is planted.

What Is Iodine

Iodine comes from the Greek Word ioeides which means violet. Iodine is the largest of the 25 elements that make up the human body. Our depleted soils and poor diets cause many people to be iodine deficient. Iodine is a water soluble essential trace element that is fairly rare in our soils, but abundant in the sea.

Because [Iodine](#) is water soluble it travels in the lymph fluid and delivers this critical element to every cell of our body. Iodine has the highest vibratory rates of all elements. It is usually one of the 4 most critically missing elements in humans.

What Does Iodine Do?

[Iodine](#) is required by the thyroid which regulates your emotions, metabolism, hormones, ovaries, mammary glands, protein synthesis, strengthens the immune system, enzymatic activity. Your brain, skeletal and nervous system require Iodine. 30% of Iodine is utilized by the Thyroid gland, the remainder is used by the mammary glands, eye, gastric mucosa, cervix, thymus and salivary glands.

Iodine also destroys viruses, cancerous cells and removes toxic chemicals, such as aluminum, mercury, fluoride, bromide and from the body. Stress depletes your body of iodine.

During an infection Thyroid hormones gathers in damaged or diseased tissue, and it mobilizes when your immune systems does battle with toxins or bacteria. This suggests that iodine is mobilized for critical defensive health battles.

Who Should Take [Iodine](#)?

Really, almost everyone is probably deficient in Iodine [Iodine](#) and certain natural healthy foods are **goitrogens**.

When these goitrogenic foods are eaten raw, **they prevent iodine uptake by the thyroid gland**, cooking does diminish this problem. Until Radioactive Iodine quits circling the earth, I'll skip these foods. It's important to consider adding Iodine rich foods If you eat a lot of the following:

- * Broccoli, Chinese broccoli, Bok Choy, Bamboo shoots
- * Cauliflower, Brussel sprouts, Cabbage,
- * Kale, Collar greens, Mustard greens, Spinach
- * Pears, Peaches
- * Peanuts, Pine nuts

- * Sweet Potatoes, Turnips
- * Radishes, Rutabagas
- * [Soy anything](#)

How Much [Iodine](#) Do I Need?

According to the World Health Organization there are iodine deficiencies in 54 countries. Processed foods lose their iodine content, and refined sugars have no iodine. Iodized salt can provide excess amounts.

The thyroid and other organs can't store iodine so your body need to have a little every day, about 150 microgram as a daily requirement. Too much iodine can be toxic.

[Potassium Iodide \(KI\)](#)

Potassium iodide is available without prescription and may protect the thyroid against exposure to radioactive iodine if a sufficient amount is taken before or within 24 hours of the radiation exposure. It must continue to be taken every 24 hours until the emergency has passed. KI will not help with radiation damage to other parts of your body.

The FDA has approved two different forms of KI, tablets and liquid, that people can take by mouth after a nuclear radiation emergency. Tablets come in two strengths, 130 milligram (mg) and 65 mg. According to the FDA, the following doses are appropriate to take after internal contamination with, or likely internal contamination, with radioactive iodine:

- * Adults should take 130 mg tablets OR two mL of solution
- * Breastfeeding women should take the adult dose of 130 mg
- * Children 3 and 18 years of age should take one 65 mg tablet OR 1 mL of solution
- * Children who are adult size >150 pounds should take the full adult dose
- * Infants and children between 1 month and 3 years of age should take 1/2 of a 65 mg tablet OR 1/2 mL of solution
- * Newborns from birth to 1 month of age should be given 1/4 of a 65 mg tablet or 1/4 mL of solution

If you're unable to find an oral source of iodine, you can still put Betadine or other Iodine tincture on your skin. **DO NOT DRINK IT!** This method is said to block thyroid radioactive iodine uptake up to 99 percent. You can paint a patch on the abdomen, or on your throat above your thyroid, it will be absorbed into your skin.

Personally, I prefer super saturated Potassium iodide (SSKI) on the soles of the feet. Your body will absorb the amount that is needed and will deliver the KI to all organs of your body, including the thyroid gland. This is easy to do, can be done just before bed, you don't have to worry about taking too much. The acupuncture meridian lines loop through the feet and are very effective for delivery of herbs, oils & natural remedies.

High Iodine Diet

People in North America eat about 240 micrograms of [Iodine](#) daily.

People in Japan eat about 12 milligrams (mg) daily or about 50 times more than North Americans.

Most Americans are iodine deficient and would need to consume 12.5 mg a day for 1 year in order to have sufficient whole body iodine levels.

The Japanese eat lots of seaweed and other [sea vegetables](#) which protect them from the harmful effects of radioactive iodine. For thyroid protection they should not need to take additional iodine supplements. Their abundant consumption of iodine rich foods helps their thyroid but more will be needed to protect their other organs from radiation damage.

High Iodine Foods

Levels of iodine in animal products will vary depending on the type of food given to the animal. This is an even more critical time to avoid grain fed, or soy fed animals. **Soy is a goitrogen which will prevent iodine uptake into your thyroid gland.**

- * Consuming foods rich in [natural iodine](#) helps protect the uptake of radioactive iodine-131

- * [Iron](#) inhibits the absorption of plutonium
- * [Vitamin B12](#) inhibits cobalt
- * Sulfur is a preventative for sulfur-35, a product of nuclear reactors. I now include 1 tsp of [MSM](#) also beneficial for improved concentration, pain relief for headaches, arthritis or other inflammation, gastrointestinal relief, improved hair and nail growth, considered to be anti-aging, helps with increased wound healing, improves metabolism and insulin resistance.

Eating these natural healthy foods will help supply sufficient iodine and boost other mineral levels. This is a very important time to ensure that you are eating organic food rather than pesticide sprayed or false foods. Iodine concentrations differ and are found to some degree in every living plant and animal.

Best Natural Iodine Sources

- * [Chlorella](#), [Bladderwrack](#), [sea vegetables](#), [Kelp](#), [Dulse](#)
- * blueberries, bananas, prunes, watermelon
- * asparagus, garlic, onions, eggplant, oats
- * papayas, pineapples, mangoes
- * eggs, liver, [raw goat milk](#), yogurt, salmon
- * green peppers, [Cilantro](#), Swiss chard, [14 Organic Greens](#), [tomatoes](#), watermelon

Radiation Detoxification and Immune Support

My personal health plan will have several aspects, while I'm including extra detoxification and [bone support](#) precautions, many of these things are already a part of my normal healthy lifestyle.

- * Protecting the thyroid with sufficient [Iodine supplements](#) and food
- * Detoxification, internally and externally
- * Combat free radicals with [antioxidants](#)
- * [Bone support](#)
- * Control [stress levels](#)
- * [Bach Floral Remedies](#) help balance the emotions, relieve stress, and reduce fear and nervousness in stressful, traumatic or emergency situations. Animals also appreciate them.
- * [Decontaminate the garden](#) where food crops grow
- * Supply all animals with weight appropriate [detox Immune system](#) and mineral support

Protecting the [thyroid](#) and other organs with iodine rich food is critical. We started super saturated Potassium Iodide March 14, 2011 for ourselves and a couple of days later for our animals. Radioactive Iodide-131 accumulates in your Thyroid, breasts and ovaries.

We'll continue taking this type of precaution until at least a month after the radiation quits pouring out of Fukushima. Fortunately, Iodine 131 has a very short half life.

Detoxification of heavy metals and other radioactive contamination is equally important. The shot gun approach works for me, so I'll include and rotate between various [Herbal Detoxification](#) blends that include [Traditional Chinese Medicinal Detox](#) and [Ayurvedic Herbal Detox Remedies](#) or the tasty and time proven classic blends of Organic Burdock root, Organic Sheep sorrel, Organic Slippery elm powder and Organic Rhubarb root powder [Organic Essiac Tea](#)

[Kelatox EDTA Detox](#) is a potent, time released, rectal suppository that releases Calcium Disodium EDTA directly into the blood via the colon to bind with and remove harmful heavy metals from your body. Each suppository will dissolve through body heat and gradually spread over the lining of the colon and be absorbed directly into the blood stream in approximately 90-120 minutes.

In this wireless technology and polluted environment detox is something I do on a regular basis, now thanks to Fukushima, it will be forever.

[N-Acetyl-Cysteine](#) is a simple sulfur containing amino acid that offers potent protection from toxic metals. It acts as a stabilizer for the formation of protein structures, and for the formation of Glutathione. [NAC](#) can be used on a daily basis to help your body build antioxidant defenses against free radicals. [NAC](#) is inexpensive and very effective.

[1,000mg of Vitamin C](#) 3 times daily, supplies a good distribution of antioxidants.

Do you eat an apple a day? That saying takes on more meaning, and it's doubtful that one apple will have a significant impact. [The National Institute of Health](#) research confirming that [Apple Pectin](#) reduced Radioactive Cesium in Chernobyl Children! Apple pectin significantly removes radioactive Strontium 90, heavy metals and Cesium 137 and protects against radiation exposure.

[Milk Thistle](#) offers powerful liver protecting & cleansing properties. It doesn't really wash or cleanse the liver, but rather causes an irritation that enables the liver to slough off dead, diseased or damaged cells, while replacing them with healthy vibrant ones, the liver under goes a cleansing. It prevents damage and improves function.

Milk thistle supports healthy digestions and many various liver related illnesses. It's believed to accelerate the regeneration and production of liver cells and increases the effectiveness of an antioxidant found in the liver.

It's used to help treat liver disease, including cirrhosis and hepatitis, also used to treat gallstones and psoriasis. This herb is a must for any animal that has been on steroids at any time, had vaccines, chemical wormers, chemotherapy, or given heart worm drugs or other toxic drugs that destroy the liver.

Milk Thistle and Dandelion make a good & gentle liver cleanser, detoxifier, and help rebalance and repair. Has been used for liver or kidney damage, hepatitis, jaundice, leptospirosis, and parvovirus recovery. It may be helpful in chronic skin disorders, tumors, and cancer.

Milk Thistle is a major antioxidant and also used in anti-aging formulas.

[Chlorella and Spirulina](#) were used by The Institute of Radiation Medicine in Russia to enhance immune systems and normalize blood chemistry after Chernobyl. [Chlorella](#) is a powerful heavy metal detoxification and protects against radioactivity by binding heavy metals, it's very nourishing and is great to blend into a smoothie or yogurt, don't be alarmed about the deep green, almost black color.

Our earth provides us with everything that we need for our health. [Natural Clays](#) can be used for detoxification on a daily basis or when exposed to radiation. If you're not used to taking clay internally start with small amounts, I use 1 tsp daily on an empty stomach.

If you believe you might be exposed to radioactive particles you might consider clay detoxification twice daily and waiting 30 minutes before eating or drinking anything. I also use clay in my dogs or other animals water. They will enjoy it and it will help detoxify them and destroy toxins and parasites.

[French Green Clay](#) has enormous absorbent powers due to the constitution of its micro molecules. It literally "drinks" oils, toxic substances, and impurities from your body and skin.

Radioactive material carries a positive ionic charge. [Calcium Bentonite Clay](#) is a negatively charged ion. Calcium Bentonite Clay adsorbs and absorbs, capturing positive charged ions, that are safely bound and pass through your body. Bentonite is a naturally occurring from volcanic ash sediments. Traditionally used as an internal supplement to assist in mineral deficiencies, and to help bind toxins making them more soluble. Animals happily drink water with clay and it also aids in removing internal parasites.

[Herbal detoxification](#) work great when combined with teas or clays. They're inexpensive, gentle and effective.

Something as simple as Baking Soda also helps remove radioactive particles.

Edible Earth

What are the Benefits of Edible Earth?

- * Soothes and Purifies the Digestive Tract
- * Remineralizes Cells and Tissues
- * Promotes Bacterial Balance in the Colon

- * Assists in Heavy Metal and Chemical Detoxification
- * Augments Digestive Efficiency
- * Supports Nutrient Assimilation in the Gut
- * Alkalizes the Body

[Activated Charcoal](#) is good to keep on hand, it adsorbs and binds toxins and safely removes them from your body.

[Oregano](#) was the first plant to grow back after Hiroshima and Chernobyl. Oregano has a powerful, spicy, herbaceous aroma. Powerful as an antioxidant, helps relieve arthritis, asthma, body odor, emphysema, glaucoma, high blood pressure, HIV, sinusitis, has 22 antibacterial chemicals, is an excellent anti-inflammatory, anti oxidant, antiseptic, anti-spasmodic, has numerous anti tumor properties, works well as a fungicide and is good as an expectorant.

Oregano essential oil is very potent as an antiseptic and kills viruses, bacteria, fungus and parasites. Said to be beneficial for respiratory conditions, contains analgesic properties and works as an expectorant. Said to have inhibitory effects against 25 different bacteria including animal and plant pathogens. An excellent germicide capable of killing various fungi.

In the entire table of elements, including subatomic particles, there is only one mineral that is capable of accepting and ionizing radiation that never changes the innards or the nucleus of the cell, and that element is [Boron](#).

"The Russians used boron carbide during the Chernobyl nuclear power plant meltdown. It is routinely used at nuclear power plants to reduce pipe corrosion and as a safety element because it will absorb extra radiation." The protons and the neutrons do not change under any conditions in the boron molecule. [Boron](#) can take radiation and release it without upsetting this very delicate balance.

Many people have simply taken the laundry detergent Borax. It is considered safe and has been used for decades. It is suggested that adults take 4-10 mg daily. Boron is also found in beans, tomatoes, peanut butter, olives, nuts, grapes and apples.

[Bone meal powder](#) will also protect against radioactive strontium poisoning and penetration of uranium into bone. I consider this additional to what I would normally be doing, but certainly worth it. [Bone Meal Powder](#) is a natural source of minerals derived from cattle raised in the United States. This sterilized and sanitary Bone Meal Powder is tested for heavy metals such as lead and aluminum to assure the lowest levels possible.

[Bone Builder](#) is an exquisite comprehensive bone support formula featuring microcrystalline hydroxyapatite concentrate (MCHC). MCHC is a crystalline compound composed primarily of calcium, phosphorus, bone-derived growth factors, protein matrix, and trace minerals - ingredients that naturally comprise healthy bone.

Bone Builder stands apart from other calcium formulas:

- * Bioavailable calcium, minerals, and organic factors for bone nourishment.
- * Cryogenic process preserves the delicate ingredients.
- * X-ray diffraction analysis verifies microcrystalline structure.
- * Regularly assayed for heavy metal contamination.
- * The MCHC in Bone Builder is imported from New Zealand and derived from free range fed cattle raised on land where no pesticides are used.

[Strontium](#) is a naturally occurring mineral present in water and food. Trace amounts of strontium are found in the human skeleton. Strontium has an affinity for bone and is taken up at the bone matrix crystal surface. The influence of strontium on the bone metabolism has been researched since the 1950's. Studies indicate that strontium positively effects bone metabolism to promote bone formation and decrease bone resorption, leading to normalized bone density.

It is chemically similar to calcium and is metabolized in the body in a nearly identical way. Like calcium, strontium is involved in bone health. Radioactive Strontium 90 accumulates in your bones and liver.

If you want to make sure that you're getting plenty of antioxidants, you could consider some of the convenient [Antioxidant supplements and powders](#). The powders can also be included with other [Super Foods](#)

[Probiotics](#) with several billion organisms per capsule per meal protects against radioactive Strontium 90. This superior

combination of 29 probiotic microflora "Soil Based-Organisms (SBOs)" uniquely combined with a humic/fulvic acid prebiotic that enhances SBO proliferation.

This is one of the most effective probiotic supplements for restoring levels of gastrointestinal micro-flora compromised from antibiotics, medication, poor diet, stress, and digestive abnormalities.

Superfood, Sprout Powders

So many of my meals are really all in one! I can't imagine living without a [Vitamix](#). It was an investment, but they really last a lifetime and get the job done in seconds. You wouldn't believe how many herbs, herbal powders and other goodies all get tossed into my [raw goat milk](#) smoothie! What could be easier?

The goats that give my healthy raw goat milk are also taking Bentonite Clay and Apple Pectin in their water, so they will produce non radioactive milk. Do you wonder about the milk that you drink?

[14 Organic Greens](#) Don't want to shop, wash, peel and chop? Then add this to your smoothie! All Organic blend of Organic Barley Grass Powder, Organic Wheat Grass Powder, Organic Spirulina, Organic Spinach Powder, Organic Alfalfa Leaf Powder, Organic Kelp Powder, Organic Dulse Leaf Powder, Organic Barley Grass Juice Powder, Organic Orange Peel Powder, Organic Beet Root Powder, Organic Dandelion Leaf Powder, Organic Lemon Peel Powder, Organic Ginkgo Leaf Powder & Organic Wheat Grass Juice Powder.

[Raw Protein Powders](#) taste great and are an easy way to additional protein in our diet! Take one to work and it sure beats eating a False Food Burger, doesn't it?

[Superfood Powders](#) Carob, Cacao, Bee Pollen, Mesquite, Maca, they're all here and so easy to just toss into that smoothie, top on your yogurt, blend into your oatmeal.

If you're looking for a really big bang for your Antioxidant buck? This is it! Super convenient, much easier than swallowing tons of pills, eat by the spoonful or add to your favorite drink.

[Tocotrienols \(Rice Bran Solubles\)](#) There are over 100 known antioxidants in Rice Bran Solubles. Antioxidants are vitamins, minerals, or enzymes that help protect the body from the formation of free radicals and the formation of degenerative diseases. Free radical damage is thought by scientists to be the basis for the aging process.

The Rice Bran Solubles contain natural occurring selenium, CoQ10, alpha lipoic acid, flavonoids, glutathione peroxidase, 28 unnamed tocotrienols and various tocopherols just to name a few, all forming a wealth of anti-oxidants for the body to draw from when exposed to viral, bacterial infections, and low levels of radiation.

Contains natural Vitamin A (Beta Carotene), Vitamin B1 (Thiamin), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantothenic Acid), Vitamin B6 (Pyridoxine), Vitamin C (Ascorbic Acid), Vitamin D, Vitamin E, Folic Acid, Biotin, Choline, and Inositol.

Your body cannot manufacture a single mineral. And yet, minerals are constituents of bones, muscle, blood, nerve cells, teeth and soft tissue. Minerals allow the body to assimilate vitamins. The following minerals are found in Rice Bran Solubles: Calcium, Potassium, Magnesium, Phosphorus, Iron, Zinc, Manganese, Copper, Iodine, along with many other trace minerals.

Is there anything that tastes more fresh, crisp and delicious than fresh sprouts? Sprouts offer the most bio available nutrition of any food in the plant or animal kingdom.

These enzymatically active sprouts harness high quality, complete proteins and nutrients utilized throughout the entire body. Abundant in vitamins, minerals and chlorophyll, sprouts ease the digestive system's workload and stimulate the body to function at superior levels. Sprouts also contain phytonutrients, essentially powerful antioxidants contributing to the body's energy, stamina, growth, and overall health.

[Freshly Freeze Dried Sprout Powders](#) combine the nutritional benefits of sprouts, hemp, fruit & vegetable superfoods. This potent formula supplies the body with a raw source of plant protein and nutrients essential for a healthy and fit lifestyle. Healthy blend of Sunflower Sprouts, Amaranth Sprouts, Millet Sprouts, Flaxseed Sprouts, Kale Sprouts,

Quinoa Sprouts, Mung Bean Sprouts, Alfalfa Sprouts, Hempseed Protein Powder, Goji Berry Powder, Black Maca Root Powder, Yacon Root Powder and Lucuma Powder. WOW!

Radiation Map

There are dozen of great interactive [radiation maps](#) that track the jet streams at surface, 2500m and 5,000 mt. There is a lot of different information for the various radioactive materials that are circling the world.

It seems inconceivable that Tokyo Electric doesn't view Fukushima as a futile battle. It's doubtful that their representatives or government officials, or ours, will suddenly become truthful. While we all hope for a full containment to stop further radiation risks, the question of why it's not been entombed as Chernobyl was, must be asked. How much longer will they allow it to destroy the land, sea and air?

The Jet stream moves west, reaching the West coast of North America first and spreading from there. Depending on the day, some days it reached Alaska first, some days it was Oregon and California.

The jet stream will carry radioactive particles, where they fall will change from day to day. Check radar maps so you'll know if you want to stay everyone indoors as much as possible.

Iodine 131 has a short half life, just 8 days or so.

The rest of the radioactive particles will be here long after we are gone. These low levels of radiation will become part of our soils, our food, our milk, our vegetables and unless they and we detoxify and decontaminate our health will suffer in the many ways discussed.

Location Location Location

The Earth is living, moving and continually active. Where and how we live has a very significant impact on how any man made or natural disaster will effect us. Living in a high rise building in a huge city with few roads out of town will create a different scenario than living far outside of a city.

For example, we are 12 miles outside of SmallTown USA. The small town is <4,000, population, the entire county is <20,000. Portland Oregon is 2.5 hours away, Seattle is almost 5 hours away. No tall buildings here, plenty of game, fish and open areas. This type of area is where many city people will try to find friendly faces if they need to get out of Dodge.

Most people have gardens, can food, have private water wells, many are off grid and are already on the "leading edge" of being poor. You can't eat money though, can you?

It's good that we use our own intelligence to evaluate risks and try to avoid them. Just like calling ahead for a winter pass report. No point in charging head first into an avalanche if you can avoid it.

We can't control the winds, we can only adjust our sails and act accordingly. No matter what happens in the days and years to come, we'll all be making some type of preparation, alterations to our lives and adjusting our sails and try to stay informed. Not much point in a panic.