

Coping with radiation in daily living.

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There is an increasing awareness about radiation exposure because of problems in Japan with its nuclear reactor. This may be causing unnecessary worry and concern in the US. This paper discusses **ionizing** and **non-ionizing** radiation, and presents useful nutritional information to help the body cope with small and large exposures of radiation.

Ionizing radiation consists of particles or electromagnetic waves that are energetic enough to detach electrons from atoms or molecules, thus ionizing them. Its effect is mutagenic. Ionizing radiation is used in medical applications, and there are many other daily exposures.

Non-ionizing radiation refers to any type of electromagnetic radiation that does not carry enough energy per quantum to ionize atoms or molecules. Non-ionizing radiation can produce burns, but is not mutagenic

There is a natural background radiation of both types that is present all around us. Some you don't know about or ignore, such as cell phones, microwave ovens, smoking, food. Some radiation that can cause potential problems are CAT scans and other radiographic studies, and Airport body scanners.

These sources, both ionizing and non-ionizing, have the potential of being a greater problem as the incidence and proximity of exposure increases. In other words, you have more likelihood of damage from daily living exposure than from a nuclear disaster/accident.

Individuals who are most susceptible to damage from radiation are the very old, the very young, fetuses, and those in poor health. So what can you do? Stay as healthy as possible. Susceptibility to problems from exposure varies according to the quality of one's health.

Here is a Nutritional approach to minimize damage from radiation exposure.

The simple thing to do is follow my Basic Protocol. It has been developed to supply the optimal nutrients needed by the body on a daily basis.

1. Ultra Vites - provides a high level of bioavailable minerals as well as antioxidants. It is designed to keep the body well mineralized. This presents less opportunity for radioactive minerals to be absorbed. Also see the note below.
2. Ultra Omega-Linic - is anti inflammatory. It supplies the essential fatty acids necessary to keep cell membranes functional. Essential because the body cannot make them - they **MUST** be supplied. Our oils are from the North Atlantic and are assayed for heavy metals and toxins.
3. Extra Calcium (Calcium 280 and D) keeps optimal calcium levels in the bones, thus protecting them from the uptake of radioactive calcium and strontium.

4. Argiletz French Green Illite Clay is the only one that has been approved for food use by the French National Health Superior Counsel for internal use. Its main properties are that it is Adsorbent, Absorbent, Purifying and Calming. Green clays are curative volcanic ashes that detoxify and restore mineral balance. This Illite clay contains only natural materials treated mechanically without any chemical additives. As a bacteria-destroying agent it can render contaminated water innocuous. When ingested, it travels along the digestive tract eliminating toxic agents and harmful bacteria.
5. Spirulina Plus (PhytoGreen Drink from Time Labs), uses Earthrise™ Spirulina
Note: Ultra-Preventive Multi Vitamin Mineral combines all the features of Ultra Vites, but it includes 1.1 grams of Spirulina.

Earthrise™ Spirulina studies on the children exposed after the Chernoble accident showed a 50% decrease in radioactive elements. Spirulina also stimulates recovery of white blood cells and bone marrow counts.

Spirulina Links:

<http://www.earthrise.com/pdf/earthrise.pdf>

<Http://www.spirulinasource.com/library.html> This link provides information on the following topics:

Anti-Cancer Studies

Beta Carotene, Cancer Prevention and Health Improvement

AIDS Antiviral sulfolipids

Kidney and Liver Detoxification

Immune System Improvement

Radiation Protective Effect and Immune System Improvement

Natural Sorbent of Radionucleides

<http://www.spirulinasource.com/library-radiation.html> This link covers: Radiation Protective Effect and Immune System Improvement



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