

Radiation Antidotes Immune System Boosting

From: Richard Hahnemann <rahahnemann@yahoo.com>
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To: BIH STUDY HALL <hstudy_hall@yahoogleroups.com>
Cc: Ellen Madono <ellen.madono@gmail.com>
From: michelle@espanolavalleywomenshealth.org
Subject: Fwd: [HS] A must read: Radiation antidotes!
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To: Kathy Sanchez Tewa Women United

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

By imposing this diet on his staff and patients, no one succumbed to radiation poisoning whereas the occupants of hospitals located much further away from the blast incident suffered severe radiation fatalities. Much of this positive result has to do with the fact that the sea vegetables contain substances that bind radioactive particles and escort them out of the body. This is why seaweed sales usually skyrocket after radiation disasters, and why various seaweeds and algae are typically used to treat radiation victims.

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

In 1968 a group of Canadian researchers at McGill University of Montreal, headed by Dr. Stanley Skoryna, actually set out to devise a method to counteract the effects of nuclear fallout. The key finding from their studies was that sea vegetables contained a polysaccharide substance, called sodium alginate, which selectively bound radioactive strontium and eliminated it from the body. Sodium alginate is found in many seaweeds, especially kelp, and since that time the Russians have been seriously researching the use of their own kelps from Vladivostok, from which they have isolated the polysaccharide U-Fuoidan, which is another radioactive detoxifier. Because miso soup was so effective in helping prevent radiation sickness, the Japanese have also done research identifying the presence of an active ingredient called zybicolin, discovered in 1972, which acts as a binding agent to also detoxify and eliminate radioactive elements (such as strontium) and other pollutants from the body.

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

In short, after any sort of radioactive exposure you want to be eating seaweeds and algae along with almost any type of commercial heavy metal chelating formula to bind radioactive particles and help escort them out of the body. Whether you're worried about depleted uranium, plutonium or other

isotopes, this is the wise thing to do which can possibly help, and certainly won't hurt. Many nutritional supplements have been developed for the purpose of detoxifying heavy metals, most of which contain the algae and plant fibers and other binding substances. Basically, an anti-radiation diet should focus on the following foods:

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

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

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

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

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

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

While we've discussed just a few of the many supplements and protocols you can use to help detox the body of the lingering results of radioactive contamination, including the residues of depleted uranium, the last thing that might be of interest is that there is a plant that is a natural geiger counter. The spiderwort plant is so sensitive to changes in radiation levels (its petals change color upon exposure) that it's often used as a natural radiation detector (dosimeter), just as they use canaries in

mines as detectors of poisonous gas. Some people like knowing that they have an ongoing monitoring system for radiation in the environment, and this is just another tip available in "How to Neutralize the Harmful Effects of Radiation or Radioactive Exposure." Learn more: Ebook How to Help Heal Your Body of Radiation Damage and Detox Away Ingested Radioactive Dusts" ebook manua

"The chemical pollution in air, soil and water is particularly serious, since the pollutants find their way into the food chain and their absorption into the body can be hazardous ... Our investigation has shown that alginate can bind radioactive strontium .. binds with other metal pollutants such as excess barium, cadmium and zinc." "There is no family of foods more protective against radiation and environmental pollutants than sea vegetables.

Sea vegetables can prevent assimilation of different radionuclides, heavy metals such as cadmium, and other environmental toxins." An experiment conducted by J.F. Stara at the Environmental Protection Agency showed that sodium alginate significantly reduced the amount of radio active strontium in the bones of cats. Stara observed that radio active strontium in the bones is resecreted into the intestines where it is bound by alginate, neutralized then excreted in the stools."

Radiation Detoxification Clay Bath

"This silent killer is everywhere present and we are daily exposed to it in our technical world and in our atmosphere. We have special herbs and spices in this formula specifically addressing the removal process of radiation from the body. Radiation in excess results in flu-like symptoms and definitely affects the throat or thyroid area as other parts of the body. Sources: Computers, microwaves, electric blankets, industrial pollution, nuclear plants, air pollution, x-rays, cell phones (causing brain tumors), radiation therapy for cancer, televisions, airplane flights, and of course nuclear bombs. Solar flares (which we have had more in recent years). Microwave ovens change the molecular structure of food with radiation! Associated Symptoms and Diseases: Anxiety, hysteria, insatiable hunger, feeling of unreality, dizziness and vertigo, rheumatic pains, hearing problems, complete exhaustion, extreme tiredness, mood swings, hot and cold flashes, loss of will power, gastric distress, extreme headache, aches in the joints, memory loss, sore throat and most of all ---flu-like symptoms.

Clays are particularly known for their ability to remove toxic metals from the air, water, and soil because of their unusual structure of "pores" (channels and holes) that allows them to absorb huge amounts of contaminant materials. Toxic gases, chemicals, mold, heavy metals, and other toxins are drawn by the natural negative electrical charge into the crystal micro pores of the clay. The unique structure of clay provides literally millions of pores or sieves - "shape-selective catalysts" - that catch only molecules small enough to fit into the cavities while excluding larger molecules.

The unique structure of clays therefore gives them unusual filtering capabilities for absorbing toxic wastes, including radioactive contaminants. In just one gram of Zeolite clay, for instance, the three dimensional structure of the channels in its crystalline structure provide up to several hundred square meters of surface area on which absorption (and channel reactions) can take place. The Zeolites are particularly useful for removing heavy metals and radioactive species from water.

LL's Magnetic Clay Baths has a superior Environmental Detox Bath, composed of Bentonite clay with very trace amounts of aluminum content and are used for heavy metal detox and also to remove radiation. As with all clays, the more you use, the quicker you tend to detox. The Environmental Detox Bath is another possibility for heavy metal detoxification that is stronger than Zeo-Rad Bath, and is usually taken just once a week.

Internal clays have been used for a detoxification supplement for hundreds of years to remove disease symptoms. It has the ability to remove toxic metals and chemical residues, bacteria, and blood toxins with virtually no side effects of constipation, diarrhea, or stomach cramping and is also known to remove radiation, arsenic, lead, mercury, and aluminum amid other toxic metals in less than six

weeks. It's said that after the meltdown of the Chernobyl Soviet nuclear power plant in 1986, the Soviet Union put French Green clay in chocolate bars and dispensed them freely to the masses to remove radiation they may have been exposed to. more

Radiation Detoxification Clay Bath

Other Radiation Protection:

Wheatgrass and radiation Tests have been made which point to a chlorophyll (wheatgrass) rich diet affecting the survival of experimental animals after lethal doses of radiation.* In 1950, Lourau and Lartigue reported that cabbage supplement (chlorophyll) increases the resistance of guinea pigs to radiation.

Sea Vegetables "There is no family of foods more protective against radiation and environmental pollutants than sea vegetables ... sea vegetables can prevent assimilation of different radionuclides, heavy metals such as cadmium, and other environmental toxins." Steven Schecter, N.D

Therapeutic Clay "Russian scientists use bentonite to protect their bodies from radiation when working with nuclear material, by coating their hands and bodies with a hydrated bentonite "magma" before donning radiation suits. Bentonite adsorbs radiation so well, in fact, that it was the choice material used to dump into Chernobyl after the nuclear meltdown in the former Soviet Union." Dr. Jensen, N.D., D.C., Ph.D., suggests using bentonite to absorb radiation from the bones. Since so many of us are subject to various forms of radiation, whether from X-rays or television or computers, this would be something to consider. This could be extremely important for those who have undergone radiation treatment for cancer.

Marine phytoplankton to reduce the side effects of chemo and radiation Research indicates marine phytoplankton can protect against some of the noxious side effects of chemotherapy and radiation.

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