

Reducing Radiation Exposure with Natural Remedies

Unless otherwise marked these natural remedies are for Non-Ionizing Radiation – from wifi modems, mobile phones, mobile, Smart Towers, 4GTX Hotspots, microwave ovens etc.

Please NB: these are not listed in any particular order

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Reducing Radiation Exposure with Natural Remedies

1. Nascent Iodine

For both ionizing and non-ionizing radiation exposure

Radiation has a direct effect on the thyroid gland, prohibiting its ability to create iodine, an imperative player in healthy DNA integrity, immune function, metabolic and endocrine balance, as well as cardiovascular health. Supplementing with nascent iodine helps counteract the effects of radioactive Iodine.

Supplier:- Nascent Iodine <http://www.integratedhealth.com/hpdspec/nascent-iodine.html>

2. Calcium and Magnesium

for both ionizing and non-ionizing radiation exposure

Each of these essential minerals can decontaminate a form of nuclear waste known as Strontium 90. Dr. Linus Pauling recommends calcium supplementation, as it can lower Strontium absorption by up to 90 percent. I recommend using calcium and magnesium orotate found in the product **IntraCal**.

Supplier :- IntraCal <http://shop.gapsaustralia.com.au/intracal-advanced-calcium-magnesium-orotate-formula-90-vegetarian-caps/> \$40 - 90 caps

3. Zeolites & other clays

Nuclear waste is typically "cleaned" or "stored" in the environment by mixing it with Zeolite clay and packing it underground. Zeolites can attach themselves to and remove nuclear waste from the cellular level – used at Chernobyl and other nuclear accidents <http://www.klinghardtacademy.com>

Suppliers-

Powdered Zeolite - for **liver detox**– some health food stores

Diatom (Zeolite) Earth 3 parts water 1 part Clay x twice daily

parasites, worms, heavy metal detox, sweeps foreign bodies out of the system – good for nails skin, hair (facial scrub) 85% amorphous silica 33% silicon, 19% calcium, 5% sodium, 3% magnesium and 2% iron, as well fifteen other trace minerals like boron, manganese, titanium, copper and zirconium.²

<http://www.globalhealingcenter.com/benefits-of/diatomaceous-earth>

Activated Liquid Zeolite for **bowel detox**

http://www.vitalityplusaustralia.com/products/Activated-Liquid-Zeolite_128.htm

Thanks Sue Detox Online - comprehensive diagnosis/naturopathic prescriptions info@detoxonline.com.au
Beware:- some Zeolites may be contaminated with aluminium.

Kaolin, Red Clay, Bentonite, Fuller's Earth, Montmorillonite. French Green Clay is another absorptive clay shown to possess the ability to rid radiation, toxic metals and chemical residues from the human body. – used in Chernobyl

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Green Clay

Drawing power of toxins and heavy metals through skin. The best easiest way is to make the mud - store and use regularly as required. Good for body and face.

<http://www.echolife.com.au/categories/natural-health/green-clay.html>

4. Activated Charcoal

Another substance heralded for its absorption properties. Studies show that charcoal possesses the unique ability to neutralize radiation, and that 10 grams of charcoal can neutralize up to 7 grams of toxic material.

Bamboo & Charcoal - Health socks, underwear, singlets & t-shirts

Help with grounding and detox <http://www.bambootextiles.com.au/> under **Products** – to order;-
Our Retailers

5. Papain Papaya extract

Papain is a cysteine hydrolase extracted from papaya fruit known for its ability to reduce toxicants. In one laboratory study on rats, it was found that half of rats supplementing with papain could survive a lethal amount of radiation, whereas control rats did not survive.

6. Bee Pollen –

Initial evidence suggests that bee pollen may significantly lower the negative side effects of radiation exposure, in particular that of radium, x-rays and cobalt-60 radiotherapy. Because exposure to radiation lowers many of your body's natural vital substances like white and red blood cells and antibodies, bee pollen is a natural way of boosting these vital functions. NB: bee stings can also be used in combination with acupuncture

IN YOUR KITCHEN

7. Pure Water, water, water!

Hydrate your cells with good water and minerals and to be sure your lymph fluids are flowing so you detox the bad fluid, and replace it with the good you are putting in. Water problems, dehydration causes the main symptoms of EMR issues.

8. Beetroot

Wonderful in juicing & raw – upon radiation exposure, the body's blood haemoglobin can be broken down. Studies show that beetroot can help aid the body in rebuilding this damaged haemoglobin.

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9. Cold-pressed Organic Vegetable Oils

Oils such as sesame oil, extra virgin olive oil and coconut oil also help pull radiation out. Sources recommend drinking 4 ounces of oil if you have been exposed.

10. Organic Brewer's Yeast

Sources recommend using organic Brewers use for prevention against radiation exposure. In terms of amount, 5 mg. to 15 mg. should be given to children, and 25 mg. to 50 mg. can be given to adults. For cases of direct exposure, these amounts can be doubled, or tripled. Brewer's yeast may aid the body in both repair after exposure, as well as protection.]

11. Electrolytes

Include pure coconut water – with recipe below

Essential to assist the kidneys and brain in returning to balance after being zapped by EMR.

1/2 cup freshly squeezed orange juice; 1/4 cup freshly squeezed lemon juice; 2 cups of filtered water or coconut water; 2 -4 tablespoons raw honey, to taste; 1/8 teaspoon unrefined salt (to taste) Blend. AVOID about buying electrolyte readymade as they have harmful artificial sweeteners and other additives in them which damage the Myelin sheath of the nervous system <http://bit.ly/1EWdi61>

12. Kombucha Tea

Helping to neutralize the harmful impact of EMR on our DNA and cells
<http://www.sciencedirect.com/science/article/pii/S1687850713000149>

Make Kombucha tea at home <http://www.wikihow.com/Make-Kombucha-Tea> - thanks Ann for tip!
Has anyone had success with this?

13. Sea Salt & Bi Carb Bath

hot for 20 – 30 mins. 1 cup sea salt 1/2 cup McKenzie's bi –Carb \$7 – read the fine print re additives
1 cup baking soda Magnesium flakes Beware Epsom salts now produced by a chemical process

Stay in bath till cool. While in bath sip a glass of warm water with 1/2 teaspoon of baking soda and 1/2 teaspoon of rock salt have been dissolved. Wait four hours after bath and shower in cool shower.
(Taken from: Zapped - Ann Louise Gittleman - an excellent resource for supplements to protect and reduce effects of radiation)

For radiation exposure of any kind such as airport security and X-Ray. Detox after being hit by EMR

Olson's Sea Salt 10 kilo bag approx. \$10 or 2 kilo bag (Asian grocery store)

<http://www.olssons.com.au/sea-salt-and-minerals/gourmet-sea-salt-stockists-2/>

14. Fermented Cod Liver oil

Vit D def.- \$65 <http://www.greenpasture.org/public/Products/CodLiverOil/> order online
Thanks Sue C.

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15. Magnesium Chloride

Take internally as well as add magnesium flakes to the bath. High absorption, mixed with water and "melted " to form an oil - brilliant!

Nigari MAG Chloride higher quality magnesium flakes can also be thrown in bath with others above .

<http://www.magnesia.de> Germany order online – but appears there are no stocks at the moment
thanks Sue c. for tip

OTHER NATUROPATHIC SUPPLEMENTS

16. Cascading Revenol

Brilliant Antioxidant and complex compound of natural ingredients which chelates and escorts heavy metals (from EMR) out of the body . Used by survivors of Chernobyl.

Ingredients:- Grape, evening primrose , green tea, turmeric, tomato, rosemary, Tagetes erecta, white pine Citrus bioflavonoids Coenzyme Q10 Inositol Taurine, Vitamin C, Vitamin E, Potassium Selenium, Zinc.

Supplier:- *Neways (via Chandra Easton) complex compound for chelation of heavy metals – use for the survivors of Chernobyl* <http://bit.ly/1KKI3eP> chandraeaston7@gmail.com

17. Glutathione GSH - Cell support

(with Vit C) Amino Acids, Glutamate, cysteine, glycine. Active non oxidised form escorts free radicals from the cells via kidney excretion. NDNA protection, live protection, binding toxins & heavy metals, auto immune protection/anti-ageing

Supplier:- <http://www.mdnutritionals.com.au/>
thanks to Sue from Detox Online for her comprehensive diagnosis and naturopathic prescriptions
info@detoxonline.com.au

18. Amaranth Seed oil with squalene

I am yet to try this – all feedback welcome - marketed as a longevity superfood – also known as Warriors blood. *thanks John B. for this tip*

<http://panaseeda.com> - search for Amaranth

19. Powdered Organic Chlorella & Spirulina

Powerful antioxidant – chelates out toxins and heavy metals. Approx \$110 per Kil. This is a food as well high natural iron and other goodies .

<https://www.synergynatural.com/>

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20. CQ10

Antioxidant – good for heart, muscles, exhaustion

<http://www.chemistwarehouse.com.au/product.asp?id=67884&pname=Healthy+Care+CoEnzyme+Q10+150mg+100+Capsules>

MORE DETOX

21. Caruso quick cleanse

These are wonderful – with a combination of herbs to detox liver, kidneys, bowel as well as a 10 day probiotic boost. Available from Chemist Warehouse.

<http://www.carusosnaturalhealth.com.au/product/31/quick-cleanse-internal-cleansing-detox-program>

22. Hulda Clarke

www.HuldaClark.com thanks Sophie M.

CHINESE HERBALISM

23. Chinese Herbal dispensaries

throughout Australia brilliant (previously Tongrentang) <http://btrt.com.au/>

Individual Chinese Herbal prescriptions required

Skullcap

Antioxidant, immune system, joints, liver Other Names:

Baikal Skullcap, Baikal Skullcap Root, Chinese Skullcap, Escutellaria Asiatica, Huang Qin, Huangquin, Hwanggum, Ogon, Ou-gon, Racine de Scutellaire du Lac Baïkal, Radix Scutellariae, Scullcap, Scute, Scutellaire, Scutellaire Chinoise, Scutellaire du Lac Baïkal, Scutellaria, Scutellaria baicalensis, Scutellaria macrantha, Scutellariae Radix, Skullcap, Wogon.

<http://www.gaiaherbs.com/products/ingredient/235/Chinese-Skullcap>

Korean ginseng

Nervous & immune system, radiation protection, lungs, heart, stomach disorders

http://www.naturaltherapypages.com.au/article/health_benefits_of_korean_ginseng#ixzz3b7A5u2pd

Lion's Mane

Mushroom tincture reduced my EHS symptoms by 90% Lion's mane is neuro protective and re-grows myelin sheath http://en.wikipedia.org/wiki/Hericium_erinaceus

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International Names: It is called hóu tóu gū (simplified: 猴头菇; traditional: 猴頭菇; lit. "monkey head mushroom") in [Chinese](#). In Japanese it is called *yamabushitake* (山伏茸; lit. "mountain priest mushroom"). In [Vietnamese](#) it is called *nấm đầu khỉ* which literally means the same as hóu tóu gū (monkey head mushroom). In Korean it is called "노루궁뎅이버섯", "Norugongdengi-beoseot", literally Deertail Mushroom.

To assist with repair to the myelin sheath and subsequent nerve damage leading to conditions such as MS and Motor Neurone disorder. *Brilliant! thanks Maggie*
<http://www.emfacts.com/2014/09/myelin-electrohypersensitivity-press-release/>

DENTISTS

24. Channon & Lawrence

Removal of mercury amalgams is highly recommended.

Gympie, Qld. <http://www.lifetimedentalcare.com.au>

25. Removal of Metals

From your home and body: e.g.. metal framed bed, metal framed glasses, metal wood heater

IONIZING RADIATION

physical proximity to radiation spill – Chernobyl, Fukushima

26. Potassium Orotate *for ionizing radiation exposure*

In addition to radioactive iodine, the body may also be exposed to a radioactive isotope of caesium known as Cesium-137. That said, potassium in the diet may not be enough. According to the CDC, potassium can play a major role in protecting the body and thyroid gland after an internal contamination, as in the example of the Japanese nuclear reactor explosion. Potassium Orotate is the best form of potassium to use for radiation exposure.

27. Dimethylsulfoxide (DMSO) *for ionizing radiation exposure*

Dimethylsulfoxide is an antioxidant sulphur compound. Studies show that DMSO actively detoxifies and protects the body from the effects of harmful radiation. One study from Japan found that even small amounts of DMSO offered radio-protective benefits on human DNA and overall cellular structures. It also neutralizes exposure from radio-isotopes. Studies show that the X-irradiation that can damage the body's Kupffer and serous cells can be prevented with the use of DMSO.

Supplier:- administered intravenously under medical supervision

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28. Organic Germanium-132 *for Ionizing Radiation exposure*

An oxygen-rich, free-radical scavenging organic compound. When we are exposed to radiation, the rays from this exposure release harmful electrons that kill blood cells (haemoglobin). Organic germanium has been shown to snatch up these radioactive rays, allowing them to move freely inside the nuclear structure of the Germanium, instead of entering the human cells and bloodstream. This is related to germanium's ability to protect the amino acid cysteine, in the human body. Other studies showed promising results involving the use of germanium-132 and a strong reduction in cell death in those cells exposed to cesium-137 & gamma rays. Currently Japanese are recommending 100 mg. per day.

Dr. Edward F. Group III, DC, ND, DACBN, DCBCN, DABFM

<http://www.globalhealingcenter.com/natural-health/natural-remedies-for-radiation-exposure/>

Thanks to Richard G. for this link

Something Else

If you have other natural remedies that have actually helped your recovery from an EMR related illness, then I would love to hear about it.

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