



Radiation Concerns

By Michael Allen, MD
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We continue to receive lots of phone calls because of the ongoing concerns of possible radiation arriving on our shores from the tragedy in Japan, I'd like to offer some insights and then make suggestions for safe-guarding your health. Above all, there is no reason to panic. Remaining calm allows us to make balanced decisions that will keep us all healthy.

Fortunately, the radiation levels in the US are still in the normal range. Any minimal radiation fallout from Japan does not seem to be increasing our levels here in the US in any appreciable way. You can monitor radiation measurements all across the US with the following link to Radiation Network: <http://www.radiationnetwork.com/index.htm>

In addition, I have a contact within the CDC who keeps me immediately updated on any news related to Japan and radiation concerns for the US. The benefit of working for the CDC in upper management, is that they receive information that might not be made available to all of us everyday citizens. So I am very grateful to have a friend in such a valuable position who keeps me posted.

Radiation is a form of energy that is present all around us. Different types of radiation exist, some of which have more energy than others. Any increase in radiation is a potential cause for concern, whether it's dental x-rays, cosmic radiation from long plane flights, CT scans, or minute amounts of fall-out. So minimize your exposure to unnecessary radiation. The most rapidly developing cells in your body will be the most affected by radiation, such as blood cells, as well as the thyroid gland, which uptakes radioactive iodine.

This is why everyone is running out to buy potassium iodide. While this form of iodine is recommended for high exposure to radiation, such as for those living near the reactor in Japan, I would not recommend it at this time. Potassium iodide can accumulate in the body and might be toxic in frequent or high doses. Please see further recommendations regarding a radiation emergency below.

Remember that the most important we can do right now is to stay calm, and not attract negative energy to us. So hold the intention that we will remain safe here in the US, and direct healing thoughts and energy to Japan and her people. We can also consume foods and supplements that will reduce the free-radical damage from ionizing radiation by increasing our anti-oxidant intake (daily vitamins C, D and E), daily doses of kelp, sea vegetables, chlorella, and/or spirulina, and we can increase our ingestion of colorful fruits and vegetables. These are healthy suggestions with and without radiation concerns. Be mindful of your consumption of meat and dairy products like milk and cheese, and land animals. Purchase and eat frozen fish that was caught prior to this incident. Although the rain is helpful in washing the radiation from the air, it falls onto the sea and land.

In addition to the above recommendations for safe-guarding our health, there are some **homeopathic remedies that can strengthen the body and help minimize the effects of any kind of radiation**, including:

Solum Aesculus pellets and/or oil
Aurum Lavendar Rose Cream
Thuja Thymus.

These may all be taken safely and daily to protect our bodies. (All of these remedies are available at our center)

19 Best Foods to Help Body Combat Radiation Exposure

The following are some simple food choices that can help your body combat radiation exposure on a regular basis. Some of them aid your body in sweeping out toxins, while others are nutrient-dense in vital minerals. If you'd rather not memorize or print the list, then strive to add more raw, living foods and dark leafy vegetables to your routine, but there are even more useful choices below. You can also go to a website like All Recipes and type some of the ingredients. The site will create a recipe that contains those ingredients.

With radioactive isotopes detected in rainwater in Minnesota and other states, some people are looking into iodine supplements and other ways to protect the long-term health of their families. While there are a lot of drawbacks to using iodine, there are plenty of foods that naturally protect our bodies from radiation.

1. Brown rice
2. Seaweed

3. Kelp
4. Miso
5. Pumpkin
6. Spirulina
7. Bee pollen
8. Wheat grass
9. Rosemary
10. Blue-green algae
11. Beets
12. Garlic
13. Ginger
14. Alfalfa sprouts
15. Broccoli
16. Onions
17. Olive oil
18. Leafy greens
19. Apples and other sources of pectin

These foods protect the body from radiation in different ways. For instance, brown rice is high in fiber and phosphorous, which help remove harmful toxins from the body. Sea vegetables contain a polysaccharide that binds to radioactive strontium to help eliminate it from the body, as well as being high in natural iodine. Pectin has also been shown to bind to radioactive residues, and Cysteine (in onions) binds with and deactivates radioactive isotopes. Alfalfa sprouts and greens are high in chlorophyll, which has been shown to help protect against radiation damage, as well. Keep in mind that you should aim for organic and be aware of the sources. For example, fresh sprouted alfalfa sprouts from your windowsill are preferable to those shipped from thousands of miles away (and possibly doused with those isotopes).

What to do in case of a Radiation Emergency

Should I Take Potassium Iodide During a Radiation Emergency?

1. Radioactive iodine absorbed by the thyroid can then injure the gland. Because non-radioactive KI acts to block radioactive iodine from being taken into the thyroid gland, it can help protect this gland from injury, including cancer later in life. The risk is higher, the younger you are.
2. KI only protects the thyroid gland and does not provide protection from any other radiation exposure.
3. Potassium iodide (KI) should only be taken in a radiation emergency that involves the release of radioactive iodine, such as an accident at a nuclear power plant and only when notified.
4. Taking a higher dose of KI, or taking KI more often than recommended, does not offer more protection and can cause severe illness or death. Newborn infants (less than 1 month old) who receive more than one dose of KI are at particular risk for developing a condition known as hypothyroidism (thyroid hormone levels that are too low).
5. People who have thyroid disease, a few other rare and specific disorders, and those who are allergic to iodine, should not take KI. Check with your doctor about any concerns you have about potassium iodide.

What Preparations Can I Make for a Radiation Emergency? and How Can I Protect Myself During a Radiation Emergency? See links below!

<http://www.bt.cdc.gov/radiation/emergencyfaq.asp>

<http://www.bt.cdc.gov/radiation/ki.asp>

<http://www.fda.gov/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/ucm072265.htm>

Please do your own research and become educated. I hope this information proves helpful, stress reducing and calming for you. Remember to hold positive, healing thoughts for ourselves and everyone in Japan.

Please do not hesitate to call us if you have any questions,

Peace and Blessings,

