

Radiation Protocol

(preventive purposes, dosages may change with elevated exposure)

Lab testing is necessary to evaluate your iodine reserve levels. Low levels may place you at higher risk for Radio-iodine uptake. Radioactive iodine will plunge in to any and all iodine receptor sites that have no iodine in them due to iodine deficiencies.

Lab Testing: Complete thyroid panel, TSH, T3, T4

Basil Temperature: This is a very good test of your thyroid function. You must allow 6 full hours of sleep without getting up in the night. Put the thermometer in your bare armpit for a full 10 minutes without moving before you arise out of bed, and while still lying down. Read the thermometer and write down your temperature for 3 consecutive mornings. A balanced thyroid is 97.6 degrees fahrenheit. Higher or lower, you may need nutritional support to optimize. Set an appointment with the Integrative Wellness & Research Center, Inc. to help guide you in optimizing your thyroid with adequate lab tests.

The following products or labs can be ordered by calling the Integrative Wellness Center. Consults are available by request.

- 1) Chlorella/E-Lyte: 5 small tablets, 2 times per day=3 grams**
E-lyte Chlorella is produced in a patented continuous closed glass tube system. The cultivating solution which is pumped through the glass tubes with relatively high velocity contains the culture of Chlorella vulgaris and food grade minerals dosed precisely. This unique closed manufacturing process insures chlorella of the highest quality possible.

Another algae that has proven in numerous studies to work wonders against radioactive poisoning is **chlorella**, with the highest chlorophyll content of any known plant, and 5-10 times more than [spirulina](#), [wheat grass](#) and **barley grass**. Along with **blue-green algae**, these five superfoods help to rejuvenate the body during sickness and even cancer.

[Chlorella](#) is the most researched algae in the world, and studies have shown that it has a radio-protective effect to gamma-ray induced chromosomal damage, as well as anti-tumor properties. **[Chlorella](#) builds the immune system, detoxifies the body of heavy metals, normalizes blood sugar and blood pressure, balances the body's pH, fights cancer, protects against ultraviolet radiation, and due to its high chlorophyll content, helps detoxify the liver, bowel and bloodstream.**

Animal studies have shown that chlorophyll-rich diets increase the survival of experimental animals, even after lethal doses of radiation. Vegetables that are high in chlorophyll content include [broccoli](#), **cabbage** and **alfalfa**, all of which were shown by the U.S. Army to reduce the effects of radiation on guinea pigs.

2) Dosages to be determined per lab testing and radiation exposure.

Potassium Iodine: Liquid Iodine Forte/Biotics: 1 dropper, 2 times per day. (1 dropper or 40 drops=6 mg Iodine)

Kelp seaweed/Nature's Way: 1 cap, 2 times per day. (1 cap=400 mcg Iodine)

Potassium Iodine High Dose: Iodizye HP/Biotics (1 tab=12.5 mg iodine)

Potassium Iodine High Dose: Super KI/Biotics (1 tab=25 mg Iodine)

If you are concerned that you have suffered or will suffer a radiation exposure, there are precautions you can take. Potassium iodide or KI pills (in a 130 mg dose) are the typical prophylactic treatment for radiation poisoning, if you know you are about to suffer a radiation exposure. You may more easily find or have heard of SSKI (a saturated solution of potassium iodide), two drops of which represent an effective treatment for

adults (adolescents 3-18 years of age should receive a half-dose of any iodine treatment). If you live in the vicinity of a nuclear power plant, you can very likely get free KI pills to keep as First Aid for your family in the event of a radiation release.

KI only protects against a specific type of exposure, but it is proven very effective in preventing thyroid cancer. The iodine in the pill or solution prevents the body from taking up the radioactive iodine released in a nuclear accident. This threat is the most critical in a nuclear emergency, and so KI or SSKI treatment is highly recommended before and during exposure. The idea is that the KI fulfills the body's/thyroid's daily requirement for iodine, so that there is no space left to take up the poisonous radio-iodine. This means you should take the recommended KI or SSKI dosage at least several hours before the predicted arrival of any radiation release and continue taking maintenance doses until the danger has passed.

3) Bath Soaks:

For Extra Pull

If you have been exposed to low-grade atmospheric radioactive materials, dissolve two pounds of baking soda in your bath, and while bathing, sip a glass of warm water with a ½ teaspoon of baking soda in it. If you have been exposed to nuclear fallout, a stronger alkalizing tea can be made with 8oz of warm water, ¼ teaspoon natural sea salt, and ¼ teaspoon baking soda, to be drunk every 2-3 hours depending on severity of exposure.

Therapeutic baths can also be made with certain types of **clays**, such as **bentonite**, **zeolite**, **Fuller's earth**, and **French green clay**. Most of these clays can be consumed safely, and will bind with heavy toxic metals and draw them out of the body. After the nuclear meltdown in Chernobyl, it is said that the Soviet Union mixed French green clay into chocolate bars and distributed them freely to the masses exposed to nuclear fallout.

Some clays have a high aluminum content, bentonite in particular, and should be used in smaller quantities and only on occasion. French green clay will bind to aluminum, on the other hand, and draw it out of the system along with heavy metals and toxins. Clay is so effective at binding with radioactive materials and reducing contamination that bentonite was dumped on top of the nuclear power plant in Chernobyl after it melted down. Some people working in nuclear power plants even coat their bodies with hydrated clays before they put other protective suits on, to bind to any stray radioactive materials and prevent harm.

If the thought of eating clay seems a bit odd, there are many ways to chelate, or bind with, heavy metals in the body, and draw them out. The superstars of this method of detoxification are certainly **seaweeds** and [algae](#). The documentation on this matter is intimidating, and the benefits of eating a diet rich in both of these items stems a lot farther than just for radiation specific detoxing.

There are countless reports following the nuclear bombings of Nagasaki and Hiroshima, and the catastrophe of Chernobyl, where individual doctors all the way up to government agencies administered seaweeds and algae to testing and public distribution.

Tatsuichiro Akizuki, M.D. saved every patient and staff member at the St. Francis Hospital of Nagasaki, only miles from ground zero. He did this by treating his patients with a diet of **brown rice, miso and tamari soy soup, wakame, kombu** and other **seaweeds, hokkaido pumpkin, sea salt**, and prohibiting sugar and sweets.

After the disaster at Chernobyl in the Ukraine, the neighboring state of Belarus was exposed to 70% of the nuclear fallout, contaminating 23% of its territory. The British company, Earthrise UK, sent shipments of spirulina tablets and powder to clinics in Belarus for treatment of children suffering with radiation sickness. Supplements were sent to Minsk and Grodno, Belarus and Kiev, Ukraine. The results were astounding!

A dose of 5 grams of [spirulina](#) a day for 45 days was administered. Chlorella can be substituted for spirulina. This showed to enhance the immune systems and T-cell counts, and significantly reduce the amount of radioactivity in their bodies! The Institute of Radiation Medicine in Minsk also reported regeneration of bone marrow, spinal fluids, blood and the liver. In 20 days, dangerously low white blood cell counts rose from 1000,

typical of leukemia, to 3000. In short, the spirulina produced rapid improvements in the health of treated children.

The Institute found a 50% reduction of radioactivity levels in the urine after only 20 days. Children with poisoning so severe that their eyeballs were bulging out of their sockets were restored to health; and all took place in the presence of radiation and contaminated food and water sources. The Belarus Ministry of Health concluded that **spirulina accelerates the evacuation of radionuclides from the human body**

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