

Radiation Exposure 13 Natural Remedies For

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By [Dr. Edward F. Group](#)

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The earthquake and nuclear power plant meltdown brought up many concerns involving radiation levels in Japan, and the entire globe. At Global Healing Center, we are committed to educating and helping individuals reduce radiation exposure caused by nuclear fallout, as well as everyday exposure to harmful electromagnetic frequencies.

The Effects of Nuclear Radiation

There are multiple harmful effects of radiation, and many of them go unnoticed in the body at first.

Over time, low level exposure can lead to major digestive imbalance, blood alteration and even the destruction of many cellular structures in the body's key organ and tissue systems. Common signs of low level radiation exposure include symptoms such as fatigue, headaches, nausea, scalp tenderness, scalp discoloration and dry/itchy skin. In extreme cases, low exposure of radiation may also cause brain damage, memory problems, mood changes and reduced listening capacities, psychomotor abilities and information processing times. All good reasons to consider protecting ourselves from this type of exposure.

Large amounts of radiation exposure can have devastating consequences such as bloody vomit, hair loss, nerve damage, blood vessel destruction, seizures and, with prolonged strong exposure, can even lead to death.

Our circulatory system is also vulnerable to radiation. Even very low levels reduces lymphocytes in the blood. When lymphocytes are lowered, we are more likely to get infections, and what is known as mild radiation sickness. Symptoms are flu-like and may increase the likelihood of developing leukaemia and lymphoma in the future. The reproductive system is also vulnerable to exposure. Long-term radiation exposure can even lead to sterility, birth defects and still-births.

Treating Radiation Exposure with Natural Remedies

1. Nascent Iodine

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. It is one of the single most bio-available forms of iodine, and may be effective in aiding individuals exposed to radiation by lowering accumulated and stored radioactive toxins in the thyroid. [Detoxadine®](#) is Global Healing Center's brand of standardized nano-colloidal nascent iodine manufactured with a unique transformative bio-elemental matrix using a revolutionary process. This means that it will be gentler on your digestive system than other iodine supplements.

2. Potassium Orotate

In addition to radioactive iodine, the body may also be exposed to a radioactive isotope of caesium known as Cesium-137. This is formed as bi-product of nuclear fission. [Potassium orotates](#) can prevent the accumulation of Cesium-137. In fact, getting enough potassium from food such as bananas is a good first step at preventing radioactive cesium 137 retention. 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.

3. Calcium and Magnesium

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](#).

4. Dimethylsulfoxide (DMSO)

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.. Animal studies also show that rats exposed to x-ray radiation could be protected from the negative effects of the exposure via the intake of DMSO. This chemical could at least partially protect the rats by halting the typical toxicant reactions associated with radiation. Another study from the School of Medicine at the Yokohama City University in Japan found that DMSO offered protective effects for cell destruction, as well as DNA aberrations, in mice exposed to radioactive substances.

5. Zeolites

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. In fact, one European study

found that Zeolite clay was an effective decontaminant for animals affected by the nuclear waste disaster in Chernobyl.

[Zeolite can also be taken internally for detoxing radiation.](#) Perhaps the best evidence proving that Zeolite helps detoxification of radiation was its widespread usage in the nuclear meltdowns at Three Mile Island, Chernobyl, and the British Nuclear Fuels (BNF), where it was used to absorb radioactive strontium and cesium – 137 from walls and floors. Similarly, the United States' nuclear weapons facilities use Zeolite clay to line walls and floors to prevent toxicity.

6. Other clays

There are many types of clays that bond to nuclear waste from the body. Others include 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. This should come as no surprise, as clay has often been used by engineers, and by the environment itself, to remove toxins from the body or ground. Again, it was also used at Chernobyl in 1986. In fact, the former Soviet government added this type of clay to chocolate bars that were then given to citizens to help them remove radioactive waste from the system.

7. 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.

8. Papain

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.

9. 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.

10. Beets

Upon radiation exposure, the body's blood haemoglobin can be broken down. Studies show that beets can help aid the body in rebuilding this damaged haemoglobin. In fact, animal lab studies have shown that rats eating a diet heavy in beet pulp were able to more effectively reduce the effects of radioactive cesium-137 than rats who did not eat beets. In fact, the beet-eating rats absorbed and detoxified up to 100 percent more effectively than the control group animals.

11. 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. Not only do the lipids in the oils bind the toxins, they also offer a protective layer on cellular membranes. Studies done on mice exposed to lethal exposure to x-rays have found that the mice can survive if they are given oil. Another study on mice found that olive oil could protect the mice against high amounts of x-rays ranging from 300 to 2,400 roentgens.

12. Organic Brewers 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.

13. Organic Germanium-132

An oxygen-rich, free-radical scavenging organic compound. When we are exposed to radiation, the rays from this exposure release harmful electrons the kill blood cells (haemoglobin). Organic geranium 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 geranium'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 and gamma rays. Currently, the Japanese are recommending 100 mg. per day.

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

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