

Rad-X Check Sheet

Radiation is very toxic. Exposure to any amount of radiation is harmful to your body, and can come from many different sources: hospital and airport X-rays, radiotherapy treatments, nuclear reactors, radiological equipment, nuclear processing, high altitude flights, or nuclear disasters (3 mile island, Chernobyl, Fukushima). Because radiation poisoning is undetectable without proper instrumentation, people often cannot tell when they have been exposed until it is too late. The government does little to warn of radiation exposure/overload. Toxic substances such as Tritium, Cesium, Plutonium and Strontium are being carried everywhere by winds, rains and ocean currents, entering into and infecting our food supply, causing a local disaster like Fukushima to have effects everywhere.

Radiation poisoning symptoms include:

- Bleeding from the nose, mouth, gums, and rectum
- Bloody stool
- Bruising
- Confusion
- [Dehydration](#)
- Diarrhea
- Fainting
- Fatigue
- Fever
- Hair loss
- Inflammation of exposed areas (redness, tenderness, swelling, bleeding)
- Mouth ulcers
- Nausea and vomiting
- Open sores on the skin
- Skin burns (redness, [blistering](#))
- Sloughing of skin
- Ulcers (sores) in the esophagus (food pipe), stomach or intestines
- [Vomiting blood](#)
- Weakness

Radiation sickness results when humans (or other animals) are exposed to very large doses of ionizing radiation. Radiation exposure can occur as a single large exposure ([acute](#)), or a series of small exposures spread over time ([chronic](#)). Exposure may be accidental or intentional (as in [radiation therapy](#)).

Radiation sickness is generally associated with acute exposure and has a characteristic set of symptoms that appear in an orderly fashion. Chronic exposure is usually associated with delayed medical problems such as cancer and premature aging, which may happen over a long period of time. The risk of cancer depends on the dose and begins to build up, even with very low doses – there is no minimum threshold.

The severity of symptoms and illness (acute radiation sickness) depends on the type and amount of radiation, how long you were exposed, and which part of the body was exposed. Symptoms of radiation sickness may occur immediately after exposure, or over the next few days, weeks, or months. Bone marrow and the gastrointestinal tract are especially sensitive to radiation injury. Children and babies still in the womb are more likely to be severely injured by radiation.

Because it is difficult to determine the amount of radiation exposure from nuclear accidents, the best signs of the severity of the exposure are: the length of time between the exposure and the onset of symptoms, the severity of symptoms, and severity of changes in white blood cells. If a person vomits less than an hour after being exposed, that usually means the radiation dose received is very high and death may be expected.

Your health care provider will advise you how best to treat these symptoms. Medicines may be prescribed to help reduce nausea, vomiting, and pain. Blood transfusions may be given for [anemia](#) (low counts of healthy red blood cells). Antibiotics are used to prevent or fight infections.

Legal Disclaimers

This information presented is not evaluated by the FDA and is not intended to diagnose, treat, cure, or prevent any disease. Please visit your health practitioner for specific information. Herbs might alter prescription drug doses.

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