Dr. Gabriel Cousens has been studying radiation science for decades and is especially qualified to discuss the public’s concerns about recent nuclear accidents in Japan, how they might affect us and what we can each do nutritionally and otherwise to protect ourselves. In “A Comprehensive Holistic Approach to the Plague of Radiation and What to Do” by Dr. Cousens, re-posted here with permission, Dr. Cousens frames the issue of radiation exposure in Japan in a much larger lens, including the fact that we are unconsciously blanketing our lives in all kinds of electromagnetic fields from wireless technologies, cell phones, the new airport scanners, etc., and in doing so supporting a “Culture of Death”.

He explains we are facing an important spiritual issue and opportunity:

“…We have been given the warnings. Prophecy has spoken. Will we pay attention? I pray that we do. Thirty-three hundred years ago in Deuteronomy 30:19, Moses said, “This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.” As you see, the problem of radiation and EMFs goes way beyond a nuclear tragedy in Japan. We are surrounded by ionizing radiation and EMF caused radiation in a way that is actively supporting the Culture of Death. In these very unique times, it would be very important to look at our lifestyles to see how we can change our lifestyles to minimize our radiation and EMF exposure. What turns out to be a technological convenience may turn out to be a more serious inconvenience of disability and death. I would urge you to choose life.”

Gabriel Cousens, MD, has published research in J of Biochimica et Biophysica Acta, Psychopharmacology, School Health, and J of Orthomolecular Medicine and has many top selling books, including There Is A Cure For Diabetes; Spiritual Nutrition; Rainbow Green Live-Food Cuisine; Depression-Free for Life; Conscious Eating; Tachyon Energy, and Creating Peace by Being Peace.

“A Comprehensive Holistic Approach to the Plague of Radiation and What To Do”, is an ElectromagneticHealth.org ‘Must Read’.

“A Comprehensive Holistic Approach to the Plague of Radiation and What To Do”
– by Gabriel Cousens, MD, MH (H), DD

Today, although our focus is on Japan’s nuclear power plant disaster and tsunamis, we actually have a variety of radiation exposures that have been with us since the 1960’s. Nuclear plant meltdowns are the most serious threat that we most immediately share, but there are also accidents at sterilization and food radiation facilities, which have in the past released cesium 137 as well as cobalt 60. There are also routine leaks and emissions from common devices and equipment that use nuclear technologies such as x-rays, mammograms, CAT-scans, and full-body scans. We also have radiation exposure from accidents at nuclear weapons sites, nuclear submarine accidents, radon gas, and cigarette smoking. Microwave towers, cell phones, and this whole new technology are additional major sources of cancer causing radiation exposure. We are literally drowning in a continual sea of radiation exposure. The earth changes that have brought about the Japanese nuclear disaster have given us another opportunity to wake up to what is happening. Our total radiation cultural exposure is a symptom and a reflection of our struggle between the Culture of Death and the transition into the Culture of Life. In this context, a nuclear meltdown at a power plant is not our sole concern, although it is a major acute problem. Last, but not least, is the nuclear fall-out from depleted uranium ammunition, missiles, and bombs, and nuclear war. All are happening within these times of complicated earth and consciousness changes.

Unfortunately, aside from the nuclear blowouts at Three Mile Island (1979), Chernobyl (1986), and now at Fukushima (2011), accidents at nuclear power plants happen more frequently than we are aware. Over a 15-year study, ending in 1985, there were 151 significant nuclear accidents in 14 western countries with a total of close to 3,000 mishaps at nuclear plants. We don’t have to wait for a mishap, when being within 50 miles of a nuclear plant, in itself, is a serious lifestyle mistake. The lack of civilian regulations at nuclear military facilities adds an additional danger. These are things worth considering in the bigger picture and not just in the immediate crisis.

Additionally we have increased radiation exposure at airport security checkpoints through the backscatter x-ray devices. These are clearly dangerous and add to the health risk, when we understand what all the serious radiation experts have made clear: total overall radiation exposure is an accumulative problem that may result in
all levels of disease.

Radon gas (mostly from cement) and cigarette smoking also create radiation exposure. Cigarette smoking gives off two radioactive particles: polonium 210 and lead 210, which are breakdown products from radium 226, found in phosphate fertilizers used in commercial tobacco farming. Cigarette smoke is found to contain radioactive radium 226 and potassium 40. This is significant when again we are talking about total radiation build up.

Contrary to the popular belief, the most serious threat of radiation exposure is not an atomic thermal blast (if you survive the heat of it), it is low level radiation that builds up over a long period of time. This is not a new understanding. It was discovered in 1972 through the research of Dr. Abram Petkau. Serious radiation damage is the result of free radical activity and its destruction of cellular structures. This free radical destructive activity may happen from small amounts of radiation exposure as a result of eating radioactive particles that have fallen on food and water. These radioactive minerals are incorporated into the body’s cellular structure. Free radical production causes radiation sickness and contributes to higher rates of cancer, as well as cross-linking among tissue proteins. These free radicals cause inflammations, damage to lung cells and blood vessels (contributing to higher rates of atherosclerosis as pointed out by world radiation expert Dr. John Gofman, MD, PhD), produce mutations, and cause degenerative diseases, including cancer. Long-term exposure to low levels of radiation is extremely dangerous, which is why there is no safe level of radiation exposure. According to Dr. John Gofman and other top radiation physicists and medical doctors, the total dose from our total exposure impacts us, it is accumulative.

According to Dr. Ernest Sternglass, Professor Emeritus of Radiological Physics at the University of Pittsburgh School of Medicine, Dr. Petkau found the free-radical effect from chronic low radiation exposure to be one thousand times greater than from a single large exposure from an atomic blast. In this context there is no safe permissible level of exposure. What is called “safe” is simply what the governments can get away with. It is actually at low levels of radiation exposure that free radical damage becomes more efficient according Dr. Pekau’s observation. This explains why leukemia and other cancers are occurring at 100 to 1,000 times more than initially predicted at Hiroshima.

In summary, “There is no safe dose of radiation since radiation is cumulative. Harm in the form of excess human cancer occurs at all doses of ionizing radiation, down to the lowest conceivable dose and dose rate.” ~ John Gofman, Ph.D., M.D. in Radiation and Human Health

“There is no safe level of exposure and there is no dose of radiation so low that the risk of malignancy is zero… the genetic risks, and especially those associated with recessive mutations, may be as harmful and debilitating to the human race as the increases of cancer.” ~ Dr. Karl Z. Morgan, director of the Health Physics Division of Oak Ridge National Laboratory, in Sept. 1978 Bulletin of Atomic Scientists

The late Dr. John Gofman, as both a physician and a physicist, was hired by the Atomic Energy Commission to investigate the effects of radiation on human beings. I have read all his books, and he has published an immense amount of material. He concluded that radiation exposure produces a direct linear correlation in the increase of cancer incidence. His findings in 1985 indicated that the dose of radiation allowable by nuclear plants (permissible radiation leakage) would result in an additional 16,000 to 32,000 cancer deaths each year.

In the book, Killing Our Own: The Disaster of America’s Experience with Atomic Radiation by Harvey Wasserman, it’s reported that following the Three Mile Island nuclear reactor accident the cancer rate of those living in a 50 mile area increased sevenfold and that 58% of the births had complications. Dr. Gofman estimates in his book X-rays Health Effects of Common Examinations that more than 45,000 fatal cancers are induced yearly by X-rays. Radiation is far more toxic than chemicals and pesticides.

Another problem the world faces is that radioactive isotopes stay active for a long time. Strontium-90 has a radioactive lifetime of 560 years. Plutonium-239 has a full radioactive life of 500,000 years. Cesium-137 has a radioactive lifetime of 600 years. I-131 is radioactive for 160 days.

An English physician, Dr. Alice Stewart, a recognized world authority on nuclear epidemiology, discovered that women exposed to diagnostic X-rays during pregnancy had offspring with two times the likelihood of developing leukemia as did children who had not been exposed in utero. Babies exposed to one x-ray during their first trimester were 12 times more likely to have leukemia than those that were not exposed. I obviously do not recommend air travel for pregnant women during the first three months of pregnancy. Dr. Sternglass pointed out
The point is that we have historical models of radioactive disasters. Unfortunately one of our best historical models is the tragedy of Chernobyl. We find in the post Chernobyl statistics for the U.S., compiled by Dr. Sternglass and presented at the First Global Radiation Victims Conference in New York in September of 1987, infant mortality following the Chernobyl fallout showed a general 54% increase. In the Pacific region of the U.S. for three months Washington State had the highest rate in the region with a 245% increase in deaths per thousand live births. California was next highest with a 48% increase in infant mortality as compared to June of the year before. The worst impact was in the Boston area, which showed an increase of 900% per thousand live births. Massachusetts also showed a 70% decline in newborns, and the total U.S. fertility rate decreased 8.3% in July and August to the lowest level ever observed in U.S. history. In the eight months following the accident, there was a total decrease of 60,000 newborns in the United States. This was followed by a return to the approximated average rate of live births in September. There was an additional increase in mortality amongst all ages during this time period, with Massachusetts being the highest, with a total increase in mortality of 43%, followed by California and Washington State with increased mortality rates of 39% and 40% respectively. The statistics show 35,000 more deaths for all ages in the US in the eight months following the arrival of Chernobyl radioactivity than would be expected based on the normal rates for this time in previous years. The potential plagues of the Japanese meltdowns are not a trivial problem, no matter what the mainstream media, or even the President, tells us. For example, the calculations from the Austrian Central Institute for Meteorology and Geodynamics expert, Dr. Gerhard Wotawa, said the I-131 released in the first 3 to 4 days from the Fukushima nuclear plant was about 20% of that released from Chernobyl in its first 10 days and the cesium-137 was 50% of that released from Chernobyl during its first 10 days. This can be extrapolated to 120%-150% of the cesium-137 released by Chernobyl in its first 10 days may have been released from the Fukushima plant during its first 10 days, provided that estimated release has remained constant.

Two major worldwide causes of radiation exposure that seem to have been overlooked by the general public in this bigger picture is the use of depleted uranium used by the allied forces against Bosnia, Iraq, and Afghanistan. According to geophysicist Leuren Moret, the equivalent atomic bombs released by the use of depleted uranium (DU) in Iraq, in 2003, was 400,000 Hiroshima bombs. The DU particle has a half-life of 4.5 billion years. Thirty-eight out of 40 people I tested in a pilot study in the United States had depleted uranium in their system; all DU was removed with NCD. In 1996, the UN passed a resolution that said DU weapons were weapons of mass destruction. In 2001 the European Parliament also passed a resolution against the use of DU. As a result of the use of DU as a weapon of mass destruction, the rate of cancer has gone up at least ten-fold in Iraq and the rate of congenital defects has gone up 600%. It is significant that there are at least 17 countries stock piling and using DU.

The use of medical x-rays is another source of lethal danger is. CT scans, for example, expose patients to hundreds and sometimes thousands of times more radiation. In 1980 there were 3 million CT scans done and by 2007 it increased to 70 million. CT scans have now been found to produce up to 4 times more radiation than before. A study led by the National Cancer Institute showed that CT scans administered in the year 2007 alone may contribute to 29,00 new cancer cases and nearly 15,000 cancer deaths. A CT scan of the head is equivalent to 100 chest x-rays. A CT scan of the abdomen is equivalent to 500 chest x-rays. Whole body scans, which people are using “preventatively” is the equivalent to 900 chest x-rays. Dr. Goffman in the 1960’s documented x-rays cause not only cancer, but also cause vascular disease, because it damages the endothelial of the arteries and causes a cancer-like phenomena known as atheroma. It also seems to cause arterial cells to multiply abnormally clogging the arteries.

The evidence that has been studied thoroughly is radiation affects on breast cancer and the rates are at least more than double for women who have received mammograms. Dr. Goffman has since proven that 75% of all breast cancer would not exist if people were not exposed to medical radiation; his statements have yet to be disproven. Moreover, women 20 years old and younger, exposed to mammograms, had a 13 fold-increase in breast cancer by the time they reach 35 years old.

TSA naked body scanners are also part of the serious environmental exposure as they greatly concentrate radiation on the skin and are not spread throughout the body. A Los Alamos scientist has shown that TSA
scanners shred human DNA.

Another major source of radiation is the use of cell phones and microwave towers. In terms of physiology, the damage to the DNA from radiation is identical to the effects of electromagnetic radiation. RF/microwave and gamma waves are identical in their ability to create cancer at the cellular level and there is no safe dose of either. The RF/microwave energies also disrupt the communication between cells. Many studies show people exposed to RF/microwave have increased cancer rates, particularly children. These have also been shown to disrupt mental functioning, cognitive abilities, and information processing abilities. In countries such as Russia, the protection against microwaves is 100 times more careful than here. The full research on cancer exposure from microwave radiation is building and we will see in the next ten years that the results of their impact on causing cancer especially in younger children who are using this technology will be proven significant.

The important question is: What can be done?

Firstly, be as healthy as possible. Dr. Stewart’s study, titled “Delayed Effects of A-Bomb Radiation: A Review of Recent Mortality Rates and Risk Estimates for Five-Year Survivors”, published in the Journal of Epidemiology and Community Health in 1982, showed that those who were the healthiest were the ones with the best survival rates. Dr. Irwin Bross, in his article published in the New England Journal of Medicine in July 1972, was able to select which children would be 25 times more likely to develop leukemia from X-ray exposure. His work reinforced the point that one cannot determine “safe levels of radiation exposure” based on an “average exposure” of “average individuals”. This fallacious concept of an “average”, safe exposure limit does not provide an exposure limit that protects the most susceptible groups. There is no such thing as an average or safe dose of radiation. Susceptibility varies according to the quality of one’s health. The population groups that are most susceptible are those in poor health, fetuses, infants, young children, and older people.

My radiation protection approach is built on six principles:

I. The first is the principle of selective uptake, which essentially means that if one has enough minerals in the system, the cells become saturated with healthy minerals. Once cellular mineral saturation occurs, there is less opportunity for radioactive minerals to be absorbed into the system. Key mineral protection approaches are as follows:

1) Calcium protects the bones from strontium-90, strontium-85, barium-140, and radium.
2) Potassium protects the muscles, kidneys, liver, and reproductive organs from cesium-137, cesium 134, potassium-42, and potassium-40.
3) Iodine protects the thyroid and gonads from iodine-131.
4) Iron protects the lungs, liver, and gonads from plutonium-238, plutonium-239, iron-238, and iron-239.
5) Zinc protects the bones and gonads from zinc-65.
6) Vitamin B12 protects the liver and reproductive organs from cobalt-60.
7) Sulfur protects the skin from sulfure-135.

Radioactive iodine is a major nuclear plant meltdown contaminant. Research suggests that one milligram of iodine for children and 5 milligrams for adults would reduce the amount of radioactive iodine from direct I-131 exposure accumulated in the thyroid by 80%. Other high iodine foods are swiss chard, turnip greens, wild garlic and onion, watercress, squash, mustard greens, spinach, asparagus, kale, citrus foods, watermelon, and pineapple. Too much iodine may cause overstimulation of the thyroid. (If one is being treated for hyperthyroidism or cardiovascular disease one needs to contact a physician about how much iodine they should take.)

II. The second action in the protection against radiation exposure is that of chelation. Certain foods actively draw the radioactive materials to them and pull them out of the body via the bowel and kidney excretion process. An important chelator for pulling radioactive material out of the system is sodium alginate. Sodium alginate reduces the amount of strontium-90 absorbed by the bone by 53-80%. Sea vegetables are high in this natural chelator. The kelp family contains the most sodium alginate. It includes kelp, arame, wakame, kombu, and hijiki. Work by J.F. Sara at the Environmental Toxicology Laboratory of the EPA, and A. Huag, reported in the Composition and Properties of Alginates, Report no. 30, showed that the alginate binds other metal pollutants, such as excess barium, lead, plutonium, cesium and cadmium. Brown sea vegetables bind excess strontium and iron. Red sea vegetables, such as dulse, are best for binding plutonium. The green algae bind cesium-137 most effectively. Pectin found in apples and sunflower seeds, zybicolin found in miso, phytates found in grains, beans, and peas, and cellulose and lignin found in nondissolvable food fibers are all excellent chelation agents. A particular concern
that I have is that after radioactive materials are chelated, they can collect in the kidneys and not be fully excreted.

I strongly recommend **Natural Cellular Defense (NCD)** to move elements out of the kidneys safely and effectively, as well as from the rest of the body. Researchers have estimated that it is up to 9-20 times a more powerful chelator than naturally occurring zeolites because of its purification and empty shell. It has been explicitly shown in research to pull out radiation, heavy metals, and radioactive minerals. The research on the use of zeolite in Chernobyl show that giving 1-2 zeolite cookies per day cleared all radiation after 3 days for adults and children. However, the zeolite powders primarily remove the radioactive minerals from the intestines, whereas the NCD, which is micronized and purified, not only cleans the gut, but moves through the intestines into the body’s tissues and circulatory system to remove radiation particles from the blood and brain. This is remarkable. NCD plays an important role against radioactive minerals, which it specifically chelates throughout the body. This is the most powerful chelating agent we have available to us and I strongly recommend 10 drops, 4 times daily for maintenance and up to 10 drops 6 times, daily, for acute exposure. NCD has also proven very effective in removing depleted uranium from the system. It is the number one chelating agent for all types of radioactive minerals. Clay is also excellent for chelating radioactive materials out of the intestines. It is best to use if there is a major exposure. An excellent and moderately priced clay is Therapeutic Living Clay (a natural calcium bentonite purified clay). A reasonable dose is 1 tsp. orally daily. For a heavy thyroid exposure I recommend 2 Tbsp of **Medi-Body Pack** mixed with 2 tsp. of Nano-Green Tea Extract and 1 capful of hydrochloric acid to place over the thyroid to draw toxins out of the thyroid. One pound of bicarbonate of soda and 1 pound of sea salt (or salts of magnesium) in a bath to remove uranium from the kidneys and total system for heavy exposure is also recommended.

**III.** The third protection principle is to keep the body high in antioxidant nutrients and enzymes, which will nullify the free radicals created by the radiation exposure. I recommend two antioxidant supplements:

1) **Take two capsules of MegaHydrate** twice daily.

2) **Antioxidant Extreme** 10 capsules twice a day, under extreme circumstances.

**IV.** The fourth protection principle is that there are certain foods and herbs that specifically protect against the overall effects of radiation or radiation treatments. Foods containing chlorophyll have long been known to protect against radiation. Research has found that cabbage, leafy green vegetables, spirulina, chlorella, wheatgrass, any sprouts, and blue-green algae all reduce the effects of radiation. Additional foods that protect against radiation include:

Soy miso according to post-Hiroshima research, was shown to increase resistance to radiation amongst laboratory mice by five times.

Beets protect against the uptake of plutonium-238, -239, iron-55, and -59. J. Wolsieffer reported in the Journal of Dental Research, in 1973, that rats fed a diet of 20% beet pulp had 97-100% less cesium-137 absorption than rats exposed to the same radiation but not given the beet pulp. Beet juice is particularly high in a specific anthocyan, which is active against cancer and leukemia.

**Bee pollen** is another potent antiradiation food. Bee pollen is also high in vitamins A, B, C, and E, nucleic acids, lecithin, cysteine, and vital minerals such as selenium, calcium, and magnesium. All of these nutrients contribute in their own way in helping to protect against radiation. One study reported in Fighting Radiation and Chemical Pollutants with Foods, Herbs, and Vitamins, conducted by Dr. Peter Hernuss at the University of Vienna Women’s Clinic, showed that been pollen significantly reduced the usual side effects of both radium and cobalt-60 radiotherapy in 25 women treated for inoperable uterine cancer. As compared to the women who did not receive bee pollen, subjects had ½ as much nausea, 80% less loss of appetite, 50% less urinary, rectal, and sleep disorders, and 30% less general malaise and weakness after the treatment. Bee pollen has 15% lecithin, which is useful in protecting against strontium-90, X-rays, iodine-131, krypton-85, ruthenium-106, zinc-65, barium-140, potassium-42, and cesium-137. Bee pollen specifically protects the gonads against the accumulation of iodine-131 and plutonium-239. Bee pollen is high in nucleic acids, which a variety of research has shown increases the survival of mice against radiation.

Garlic, onions, and ginseng are also protective against radiation due to antioxidants and factor X.

The best iodine supplement is iodoral (50 mg in the morning 1 hour before food. It is two forms of active iodine
together. Other superior forms are losol and Atomadine.

Siberian ginseng is an outstanding protective herb as an adaptogenic to double post-radiation lifespan of rats.

Chaparral contains a potent anti-oxidant known as NGRA. It was one of the few plants to survive atomic testing in Nevada.

Herbs including astragalus, echinacea, panax ginseng have all been shown to counteract radiation toxicity to some extent.

I also have researched my list of kidney herbs, and it appears that the best for helping the kidney excrete radiation is a combination of herbals we carry at the Tree of Life called Quiet Contemplative, which is a yin kidney herb, and Dynamic Warrior, which is a yang kidney herb.

After 55 years of being listed as classified, research has released showing that 20 cups of green tea a day gave 97% or more protection against exposure to the atomic bombs over Hiroshima and Nagasaki. For this reason alone green tea should be in the number one category for protection against radiation exposure. I recommend a Nano-Green tea concentrate (fluoride-free) from Premium Research at ½ tsp twice per day.

There has been a significant study around Russia, Chernobyl and China that spirulina and chlorella are exceptionally good at detoxifying the body of heavy metals, providing up to a 50% decrease in side effects from radiation.

Rosemary (herb) has also been shown to protect against radiation.

V. The fifth protection principle is to alkalize your diet and to eat low on the food chain. A radiation protection diet has two aspects to be considered. Research published in the International Journal of Radiation in 1980, showed that if the pH of the cellular fluid was slightly more alkaline then it would protect the cells against radiation. An alkalizing diet, which is also a live-food, plant-source diet is going to serve us best in these times.

Research at the Department of Radiation adopted from the radiological assessment of the Wyhl Nuclear Power Plant by the Department of Environmental Protection at the University of Heidelberg Germany in 1978, showed as a result of air exposure to radiation that cows milk was 15 times more concentrated with radioactive materials, and beef was 30 times more concentrated than leafy green vegetables. Freshwater fish were more concentrated with radioactive elements than seawater fish. Eating lower on the food chain is a logical and scientific approach to dealing with radiation. The evolutionary diet for humanity to take us into the Culture of Life and Liberation is indeed a plant-source-only, live-food diet. It is also clearly a diet for our survival in these chaotic times as it has us eating lowest on the food chain. It has us eating an alkalizing diet. There are some practical things we can do to protect our food. Cover your garden with plastic. We do this at the Tree of Life gardens. We have also gone to greenhouses not only because of the potential for nuclear fallout, but also to protect from chemtrails.

VI. The sixth principle is political action. For optimal protection, we must stop all nuclear plants, food radiation, and minimize X-ray exposure and backscatter airport radiation scanning. We must shut down these plants, as research has shown the risk of spills, which has already occurred, particularly with cesium-137, do happen. People who eat irradiated food have a potentially increased rate of cancer. Unfortunately, most research on food irradiation, but not all, has been done on animals. Minimize X-ray exposure and exposure to back-scatter x-ray security devices. Again the most significant concept here is total accumulative exposure. Finally, minimize exposure to mammograms, CAT-scans, full body scans and other radiation procedures, which surely raise our radiation exposure to higher levels.

It is important that we take a political stance against any further construction of nuclear plants. Existing nuclear plants, some of which are significantly unsafe, need to be closed down. In looking at the long-term effects of Chernobyl, which are quite tragic, we may want to consider that the meltdown death of a nuclear reactor is only the beginning of the problem, and it doesn’t have an end in our lifetimes, but it may prove to end our lifetimes. That is of grave concern. The Chernobyl area is uninhabitable and is 15,000 square miles. This is an area the size of Switzerland. The area will be uninhabitable for at least 30 years. Just dealing with maintaining the protection against the radiation (200 tons of nuclear fuel) at Chernobyl is a huge effort. The whole area has become a desolate forest. This is not a temporary problem; it is a lasting disaster. Even now the radioactivity given off in the area is so intense that scientists cannot even approach the facility. At the time of this writing, 25 years after
the disaster, radiation levels are currently 2,000 times higher than the limit mandated by the industry.

We have our work cut out for us. We have been given the warnings. Prophecy has spoken. Will we pay attention? I pray that we do. Thirty-three hundred years ago in Deuteronomy 30:19, Moses said, “This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.” As you see, the problem of radiation and EMF’s goes way beyond a nuclear tragedy in Japan. We are surrounded by ionizing radiation and EMF caused radiation in a way that is actively supporting the Culture of Death. In these very unique times, it would be very important to look at our lifestyles to see how we can change our lifestyles to minimize our radiation and EMF exposure. What turns out to be a technological convenience may turn out to be a more serious inconvenience of disability and death. I would urge you to choose life.

Based on the post-Chernobyl studies of peri-natal mortality and overall mortality, the increase in the U.S. in these two statistics faded out about 3 months after the Chernobyl meltdown, which, in the Japan meltdowns, would be approximately the period between now and the end of June as the most important time to follow the recommended protocol.

In review, some simple things to do to choose life:

I. Mineralize well for nuclear plant meltdowns with
   A. Iodoral (50-100 mg daily) – 1-2 tablets daily
   B. Kelp tablets – 4-10 tablets daily
   C. Spirulina is a great source of iron to protect against radioactive plutonium.

II. Chelate
   A. Use NCD as the primary chelator at 10 drops, 4 times daily.
   B. Use kelp (5-10 tablets) for I-131
   C. Use dulse for chelating plutonium

III. Increase your antioxidant intake.
   A. Nano-Green Tea (½ tsp, 2 times daily)
   B. Mega Hydrate (400 mg, 2 times daily)
   C. Antioxidant Extreme (10 capsules, 2 times daily)

IV. Foods and Herbs
   A. Increase spirulina, chlorella, and E-3 Live in the diet
   B. Increase all leafy greens and cruciferous vegetables
   C. Take bee pollen (2 Tbsp, 2 times daily)
   D. Increase garlic and onion intake
   E. Use Siberian Ginseng, Panax Ginseng, Chapparel, and Rosemary

V. Eat an organic, plant-source-only diet, which naturally alkalizes the body and is low on the food chain. Additionally, cover your garden.

VI. Take political action to eliminate all potential sources of radiation exposure such as use of nuclear power plants, DU weaponry, and all nuclear weapons, as well as minimize use of cell phones and cell phone towers, for minimized EMF exposure to the environment. It is significant and a hopeful inspiration that Germany is the first country in the world with an explicit plan to shut down and phase out all nuclear power plants. They plan to do this by 2020.

Japan’s nuclear and industrial safety agency has admitted that the disaster was a level 5 (classified as a “Crisis causing several radiation deaths”, by the UN International Atomic Energy Agency). Radiation in Japan is reportedly 1,600 times normal levels.

May we all be protected from future accidents by paying attention to the warnings of God to give it full attention so that we will outlaw all potential radiation causes and proceed with great care in radiation diagnostic testing, which is currently overused. May we realize that we are in a time of changes that require action on the physical plane and action on the spiritual plane to improve the quality and meaning of our lives so that we may move from the Culture of Death into the Culture of Life and Liberation in every aspect of our lives. Blessings to your health.