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Introduction

Worldwide fears of radiation poisoning are looming with the escalating nuclear disaster caused by the Japan earthquake.

Who knows how bad the leaks are or how far the winds will carry the Japan radiation?

Even if the authorities have accurate information are they going to be truthful about it?

What is Radiation?

Radiation is energy in the form of particles that travel in waves. When the energy is high enough it can ionize atoms or molecules. In other words it causes electrons to detach. Ultimately free radicals are created and pose a risk to biological systems. Prolonged exposure or high dose exposure to ionizing radiation is a serious health risk. It damages tissue, shuts down organs and can cause cancer.

Unless it causes heating, non-ionizing radiation is thought to be harmless.

The Truth Is We're Bombarded with Small Quantities of Radiation Everyday

You may be surprised to know that we are surrounded by something called *background* radiation. It occurs naturally in outer space (cosmic), the ground (terrestrial) and naturally occurring metals and minerals.

And from computers to mobile phones, microwave ovens, televisions, electricity towers, x-rays, medical procedures and other environmental sources: we are bombarded with small quantities of different types of radiation every single day!

There is an ongoing debate about the health effects of being exposed to daily quantities of the type of radiation emitted by your mobile phone or by your computer screen.

But there is no question about the damage that excessive ionic radiation can do to your body or how it can affect your health. Ionic radiation is the type that is emitted by x-rays and nuclear accidents.

How Can You Protect Yourself from Radiation Poisoning?

Eat Miso Every Day to Protect Against Radiation

In light of the looming Japanese disaster, it is ironic that in the aftermath of the nuclear bombings of Hiroshima and Nagasaki it was a Japanese doctor who discovered that miso protects against radiation.

While treating victims in Nagasaki, Dr Akizuki and his staff ate miso soup together every day. Dr Akizuki and his staff never experienced radiation sickness despite their daily proximity to the fallout. Dr AKizuki lived to be 89 years old.

Miso belongs to the highest class of medicines, those which prevent disease and strengthen the body through continued usage.

Dr. Shinichiro Akizuki, Director, St. Francis Hospital, Nagasaki

Dr Akizuki's observations led to the discovery that dipicolinic acid...an alkaloid found in miso...binds with heavy metals and carries them out of the body.

Miso is a paste traditionally made by fermenting soybeans but it can be made with any legume including barley and chickpeas. And to get the true benefit you want unpasteurized miso with all of the live friendly bacterial enzymes.

How to Make Miso Soup

Use miso to make a classic and comforting miso soup or use it as a seasoning in other soups, salad dressings, casseroles, sauces, dips and spreads. When used in soups you add it last and simmer it briefly. Boiling miso will destroy the healthful bacteria.

Learn to make your own miso. Read: [Wild Fermentation by Sandor Katz](#)

In my opinion the best miso soup is made with a fish stock as the base. Classic miso soup calls for the addition of seaweed such as kelp, kombu, and wakame. Don't be afraid to experiment. Just cook your soup first, then add miso last and simmer for just a few minutes to incorporate the miso flavor but do not boil!

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Add Seaweed to Your Diet

Like dipicolinic acid, alginic acid also has the ability to remove heavy metals from the body. A polysaccharide, alginic acid is a fiber molecule found in Kelp (Kombu, Wakame et al) a highly nutritious seaweed. The compound fucoidan found in brown seaweed such as hijiki, a black wiry seaweed, kombu and wakame destroys cancer cells within as little as 72 hours.

Kombu is also an excellent flavor enhancer because it contains a natural form of MSG. Add one dried strip of Kombu to any soup stock or bean pot. It is that easy. Be sure to add it to Miso soup.

The US Atomic Energy Commission recommends consuming two to three ounces of seaweed per week or two tablespoons daily to protect against radiation toxicity.

Super Green Sea Algae is Effective Against Radiation Sickness

In the aftermath of Chernobyl, children suffering from radiation sickness recovered after taking 5 grams of spirulina per day for 45 days.

Spirulina is a super green sea algae. The effects of spirulina include enhanced immune systems, improved T-cell counts, regeneration of bone marrow, spinal fluids, blood and liver and reduced radioactivity levels.

High in antioxidants, Spirulina is extremely nutritious while highly digestible making it easy for the sick to absorb nutrients when the digestion is impaired by radiation.

It is thought that the high concentration of metallothioneine compounds in spirulina is responsible for its radiation detoxifying effects.

The Most Healthful Super Green Food

Chlorella is another algae that is highly healthful.

In relation to radiation protection, chlorella detoxifies heavy metals. It also boosts the immune system, fights cancer, and its high chlorophyll component detoxifies the liver, bowel and blood. Chlorella has the highest chlorophyll content in the plant world. It is also high in protein and like spirulina is easy to digest providing rapid nutritional absorption which aids in the recovery of radiation illness. And like all of the seaweeds and algae Chlorella is abundant in anti-cancer antioxidants.

See [Enerfood which contains almost 50% Chlorella, Spirulina, Kelp and Dulse](#)

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For Added Protection Eat a Diet High in Antioxidants

Radiation causes cell-destroying free radicals. [Antioxidants counteract free radicals](#). So in addition to eating foods that bind to and eliminate elements of radiation make sure you are eating a healthy diet of antioxidant rich foods to get natural protection against disease causing free radicals.

All fresh fruit, vegetables, legumes, nuts, seeds, herbs and spices contain beneficial antioxidants. The minute you eat overly processed foods, you deprive yourself of daily protection from the free radical scavengers that originate from many environmental contaminants.

As a general rule, the color of a plant food indicates the presence of antioxidants. Seemingly the more vibrant or brilliant the color the higher the antioxidant value. But the best bet is to get a wide variety of fresh foods in your diet. It can be as simple as eating raw food or learning how to make liquid meals in the form of delicious smoothies.

What About Taking Supplements?

It is possibly necessary to take nutritional supplements from time to time. But I personally prefer to get my nutritional needs met with a healthy, natural and varied diet.

The people at EnerHealth suggest taking a [tincture of kelp and bladderwhack](#) a fucus algae that binds¹ to radiation because it contains natural iodine and other polysaccharides that detox radiation.

Foods That Boost Immunity and Protect Against Cancer

Since radiation attacks the immune system and may ultimately cause cancer, you should eat foods that boost the immune system.

Foods that do boost the immune system are also typically cancer fighters.

The following list of foods are proven to be high in antioxidants and especially effective in boosting the immune system.

Each of these foods also provide one health benefit or another including things like lower blood pressure, lower cholesterol, lower blood sugar, anti-inflammatory, anti-bacterial, anti-viral, anti-spasmodic, anti-fungal.

- Apricots are high in the anti-oxidant Vitamin C and beta-carotene which is essential to form cancer protecting Vitamin A. Apricots also promote detoxification.
- Asparagus promotes detoxification and is widely consider a cancer killer. It contains the antioxidants beta-carotene, glutathione and vitamin C .
- Avocado has tremendous immunity boosting properties because it is rich in vitamin E. You might think it is too high in fat but its good monounsaturated fat which helps to lower cholesterol.
- Basil detoxifies and contains potent sulphoraphanes the anti-carcinogenic that guards against tumours.
- Broccoli detoxifies and contains potent sulphoraphanes the anti-carcinogenic that guards against tumours.
- Cabbage also rich in anti-oxidants, it is well regarded as a cancer fighter. Eat it raw.
- Celery and Cinnamon contain immune enhancing coumarins.
- Carrots, cinnamon, canteloupe (rock melon), red capsicums (bell peppers), sweet potatoes and yams all contain beta-carotene a potent anti-cancer antioxidant.
- Garlic contains an oil allicin that is also thought to block tumours. Eat raw to get the benefit
- Ginger: grate it fresh to make a delicious tea. Add a cinnamon stick and a few cloves for added benefit. Make and eat pickled Ginger.
- Green leafy and cruciferous vegetables including brussel sprouts, cabbage, cauliflower, kale, watercress contain glucosinolates a potent anti-cancer element.
- Green Tea, high in flavonoids that neutralize free radicals; also catechins that fight cancer causes. Drink at least one cup a day. And more if you like. Low in caffeine. Black tea also contains anti-oxidants but green tea is more potent.
- Onions contains the strong flavonoid quercetin that can block the formation of tumours.
- Papaya and pumpkin are both abundant in cancer fighting properties.

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- Spinach can prevent breast, cervical and lung cancer. Eat it raw.
- Turmeric is a potent anti-inflammatory believed to prevent Alzheimer's, detoxes carcinogens and reportedly inhibits the growth of cancer cells.
- Tomatoes contain lycopene, associated with reduced risk of prostate, lung and stomach cancer.

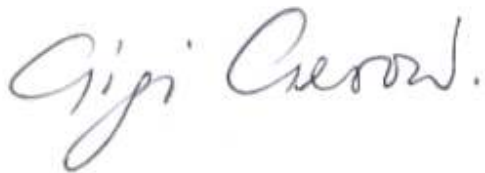
Add to the list

- berries of every sort;
- nuts like almonds, cashews and walnuts;
- citrus fruits especially lemons;
- probiotic rich yoghurt (unsweetened) or real kefir;
- and herbs such as chamomile, nettle, rosemary, sage and thyme;
- not to mention adzuki beans, chick peas, kidney beans, lentils and other legumes.

See: [US Map of Radiation Levels](#)

Notes

- 1) Binding means that the element...whatever it is...can then be easily excreted by the body. Chelation is the scientific term for this process.
- 2) Here's a great [radiation chart](#) that demonstrates sources and levels of daily radiation.



Contributing Editor
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