

46 Ways to Protect Yourself from Radiation

This is a thorough compilation from many different sources publishing information about supplements for radiation poisoning. These are only select quotes. Some of these are more likely to pan out than others. In the event of an actual problem with radiation in the US, I will be updating this article and will be including links to products (and also some recommended combination products that cover multiple discussed ingredients at once). Hopefully the situation in Japan will quickly come under control, but here we go anyway (and FYI, many of these supplements incidentally will also help people undergoing chemotherapy and/or radiation therapy).

In no particular order:

1. **Modifilan**

“This extract was little known in the Soviet Union for several decades due to its very specific field of application. The first time it was successfully used in volume was after the Chernobyl nuclear plant catastrophe in 1989. When used for detoxification and thyroid gland rehabilitation, Modifilan helped thousands of nuclear plant workers and people in the area who were affected by the explosion. A large group of doctors was assigned to observe the health conditions of those who took Modifilan for almost a year. The results exceeded all expectations.”

More info

2. **Pectasol Chelation Complex**

“Studies dating to 1968 found that sea vegetables contained a polysaccharide substance, called sodium alginate, which selectively bound radioactive strontium and eliminated it from the body.”

More info

“When Chernobyl melted down, researchers found that brown seaweed greatly reduced radiation poisoning. There are two products that offer brown seaweed, also known as alginate. The first is Modifilan (available on the Internet). The other is Pectasol Chelation Complex. Both products are rich in alginates.”

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“In laboratory experiments, sodium alginate prepared from kelp, kombu, and other brown seaweeds off the Atlantic and Pacific coasts was introduced along with strontium and calcium into rats. The reduction of radioactive particles in bone uptake, measured in the femur, reached as high as 80%, with little interference with calcium absorption.”

More info

3. **Spirulina**

“Those negatively affected by high levels of radiation after working on cleanup efforts following the 1986 Chernobyl disaster experienced improvements in the autoregulatory functionality of their bodily organs and other systems, as well as long-term remission from overall radiation damage, after being treated with a regimen that included Spirulina.”

More info

4. **Chlorella**

“In 1993, researchers from Jawaharlal Nehru University in India also found that Chlorella is effective at protecting against and mitigating the damage caused by both acute and chronic

radioactive damage.”

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“It is interesting to see that uranium-238 is being eliminated in the hair using the HMD protocol; to date there is no natural chelating agent known to mobilize and eliminate uranium-238 from body tissues. HMD is the only chelation product that I have seen that has actually been tested and shown to be effective for uranium toxicity.”

More info

5. **Russian choice**

“Then the researchers treated immune-depressed patients from the Chernobyl accident. Within two days, these patients reported great energy improvements. Within two weeks, their blood chemistry was almost back to normal. Within one month, patients stopped getting sick.”

More info

6. **Liposomal and Nebulized Glutathione**

Exposure to radiation causes a cascade of free radicals that wreak havoc on the body. Radiation decimates the body’s supply of glutathione...Please read my essay on Glutathione and Bicarbonate Nebulization. Nebulization is one of the best ways to quickly increase glutathione levels as is the use of glutathione suppositories. The main cancer risk from inhaled uranium oxide and other airborne radioactive particles would be from tiny insoluble particles lodged deep in the lungs. That’s a good reason to nebulize both glutathione and bicarbonate directly into the lungs and one must wonder why governments and health officials have not sponsored this treatment.

(Comment: Liposomal glutathione is the best form of glutathione delivery for the whole body. It may be used simultaneously with nebulized glutathione.)

More info

7. **Liposomal Vitamin C**

“...researchers at Harvard Medical School said, “Our experiment showed that vitamin C can prevent damage from radiation...it somehow keeps the radiation from killing the cells.”

(Comment: Liposomal vitamin C is far superior (roughly by a factor of literally 100) to regular vitamin C according to the extensive clinical results of Dr. Thomas Levy. Ultimately, our main concern is avoiding radiation-induced cancer someday. I would point out that liposomal vitamin C is potentially a remarkable cancer treatment, and it would probably have an excellent preventative effect on any cancer. In fact, I think most of the supplements on this list would have some preventative effect.)

More info

8. **Apple pectin**

“The average reduction of the 137Cs levels in children receiving oral pectin powder was 62.6%, the reduction with “clean” food and placebo was 13.9%, the difference being statistically significant (p <0.01).”

More info

9. **Kelp Powder**

“Steven Schecter, N.D says “There is no family of foods more protective against radiation and environmental pollutants than sea vegetables ... sea vegetables can prevent assimilation of different radionuclitides, heavy metals such as cadmium, and other environmental

toxins.””

(Comment: Kelp – like chlorella and spirulina – is a sea vegetable. It also contains high levels of iodine, which is used by itself as a frontline treatment for radiation poisoning.)

More info

10. **Echinacea**

“Following the Chernobyl disaster in 1984, echinacea became the subject of intensive research in the Ukraine in a search for immunostimulants. Ukrainian researchers have found that echinacea may help the body cope with radiation exposure, said Victoriya Pocherny-ayeva from the Department of Clinical Pharmacology at the Ukrainian Medical and Dental Academy.”

More info

“The particular therapeutic action of echinacea discussed above shows that it can stimulate an increase in white blood cells following radiation treatments.”

More info

11. **Wheatgrass**

“Consume chlorophyll rich wheatgrass. Tests have indicated that a wheatgrass rich diet improves survival after exposure to radiation and that chlorophyll increases resistance to radiation.”

More info

12. **Radiation Detox Baths**

“If our food supply becomes contaminated, things will become more difficult. One of my teachers, Hazel Parcels, used a cup of chlorox in a warm bath for 20 minutes to decontaminate nuclear workers successfully. Washing our vegetables in chlorox would do the same thing. To a lesser degree a bath in a pound of baking soda and a pound of sea salt will also work for both body and food.”

Dr. Klinghardt 3/23/2011 Klinghardt Academy Newsletter

“After a radioactive incident, doctors will usually rub you down with copious amounts of water to wash off any contaminants. They’ll even vigorously scrub wounds with a special chelation agent in order to prevent radioactive materials from entering your body... Though I cannot find any specific medical references verifying the treatment history, I’ve also been told that radiation detoxification baths containing specialty clays were used at Chernobyl and were found to help remove radiation from the body more quickly.”

More info

13. **Sodium bicarbonate**

“With uranium exposure, the kidney is usually the first organ to show chemical damage. Oral doses or infusions of sodium bicarbonate help alkalize urine, makes the uranyl ion less nephrotoxic and thereby promotes excretion of the nontoxic uranium carbonate complex.”

More info

14. **Foods that protect against radiation**

“Finally, there are certain foods that can protect you. Start by eating as many Living Foods as possible. Remember, plant chemicals protect plants from solar radiation. They can help protect you as well.”

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“In 1945, at the time of the atomic bombing of Japan, Tatsuichiro Akizuki, M.D. was Director of the Department of Internal Medicine at St. Francis’s Hospital in Nagasaki. Most patients in the hospital, located one mile from the center of the blast, survived the initial effects of the bomb, but soon after came down with symptoms of radiation sickness from the fallout that has been released.

Dr. Akizuki fed his staff and patients a strict diet of brown rice, miso and tamari soy soup, wakame, kombu and other seaweed, Hokkaido pumpkin, and sea salt and prohibited the consumption of sugar and sweets.

As a result, he saved everyone in his hospital, while many other survivors perished from radiation sickness.”

More info

15. Iodine

- Adults up through age 40 should take 130 mg. (Note: this is about 700 times the normal daily recommended dose of 150 mcg. Also note that most iodine supplements sold in health food stores are sold in microgram doses, not the milligrams you need for thyroid blockage.) People over the age of 40 should only take supplemental iodine if they are exposed to a large dose of radiation. Older adults are the least likely to develop thyroid cancer and the most likely to have allergic reactions to the iodine. Obviously, the older you are, the less you should think about taking prophylactic doses of iodine.
- Women who are breastfeeding should take 130 mg. Pregnant women should take only one dose. And, I hate to say this, but nursing mothers should probably stop breastfeeding if they are exposed and use formula if available. If formula is not available, continue breastfeeding.
- Children between the ages of 3 and 18 should take 65 mg. Children who weigh 150 lbs or more should take 130 mg, regardless of their age.
- Infants and toddlers between the ages of 1 month and 3 years (either nursing or non-nursing) should take 32 mg.
- Newborns from birth to 1 month (both nursing and non-nursing) should be given 16 mg.

Note: newborns less than 1 month old who receive more than one dose of KI are at particular risk for developing hypothyroidism. If not treated, hypothyroidism can cause brain damage. Infants who receive supplemental iodine should have their thyroid hormone levels checked and monitored by a doctor. Avoid repeat dosing.

Note: The thyroid glands of a fetus and of an infant are most at risk of injury from radioactive iodine. Young children and people with low stores of iodine in their thyroid are also at risk of thyroid injury.

- If you are already taking medication with high levels of iodine.
- You are allergic to iodine.
- If you have a thyroid disease that is iodine sensitive such as Grave’s disease, do not take supplemental iodine without your doctor’s permission and guidance.”

“According to the FDA, the following doses are appropriate to take after internal contamination with (or likely internal contamination with) radioactive iodine:

A single dose of KI protects the thyroid gland for 24 hours. A one-time dose at the levels recommended above is usually all that is needed to protect the thyroid gland. In some cases, radioactive iodine might be in the environment for more than 24 hours. If that happens, local

emergency management or public health officials may tell you to take one dose of KI every 24 hours for a few days. You should do this only on the advice of emergency management officials, public health officials, or your doctor. Avoid repeat dosing with KI for pregnant and breastfeeding women and newborn infants. For those individuals, evacuation may be the best alternative until levels of radioactive iodine fall.

Taking a higher dose of iodine, or taking iodine more often than recommended, does not offer more protection and can cause severe illness or death.

Also do not take iodine:

More info

“There are two products that provide ample amounts of both iodide and iodine. I’ve written a lot about Iodoral in past issues (available on my website). I think most people should take one capsule daily, just for general nutritional purposes. I do. After a few weeks, your thyroid should be sufficient in iodine and iodide, making your organs more resistant to radioactive iodine.

A good alternative is Lugol’s solution, which is the liquid form of Iodoral. Two drops of this iodine/iodide product is equivalent to one Iodoral. If you know there’s a significant risk of radioactive iodine exposure, you can double or triple the dose in the short run. Regardless of whether radiation from Japan’s nuclear facilities comes this way or not, these are great products to take on a regular basis. Both are readily available on the Internet.”

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“Dr. Michael B. Schachter says, “The treatment dose when a person is iodine insufficient is generally between 12.5 mg and 50 mg daily. Preliminary research indicates that if a person is iodine insufficient, it takes about three months to become iodine sufficient while ingesting a dosage of 50 mg of iodine daily and a year to achieve that while ingesting a dosage of 12.5 mg of iodine daily.”

More info

16.Liposomal EDTA

“Strontium 90, a radioactive mineral, is a more difficult issue. It is chemically similar to calcium and can wind up in your bones. Since EDTA can chelate calcium, it would make sense that it would also grab strontium. And studies suggest it does. For strontium 90, consider both oral and rectal EDTA, which may offer limited protection. If you are exposed to radiation, I’d go directly to intravenous EDTA under the care of a trained chelation doctor.”

(Comment: EDTA is not well absorbed orally. Liposomal EDTA is well absorbed. Also, Detoxamin EDTA suppositories are well absorbed. When taking EDTA always supplement with large amounts of multi-minerals, as EDTA also removes those from your body.)

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17.Humic/Fulvic Acids

“Uranium atoms may be too large for conventional chelators to grab. So I recommend a totally natural supplement from decaying organic matter instead. It’s my favorite for super heavy metals. This includes uranium, which is the heaviest naturally occurring metal. The product is Metal Magnet, which contains humic/fulvic acids. These are complex large

organic molecules containing lots of carboxylic acid chemical groups. These attract metals like a giant catcher's mitt. All metals will fit in. And it is especially good at capturing toxic metals (see Second Opinion from June and July 2006). You can find Metal Magnet on the Internet."

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18. Vitamin A

"Side effects from radiation and chemotherapy are well known. In this current study (Levitsky, J. et al. Oral vitamin A for the treatment of chronic radiation proctopathy: a randomized controlled trial. Gastroenterology: 2003, 124 (4), Suppl. 1.) taking 8000 iu of vitamin A reduced symptoms in 88% of the patients."

More info

19. Calcitriol Vitamin D

"Our general understanding and appreciation of the multifaceted protective actions of vitamin D have recently entered a new era," says Hayes, "It is now becoming recognized that its most active molecular form, 1,25-dihydroxyvitamin D3, may offer protection against a variety of radiation- and otherwise-induced damages."

(Comment: Vitamin D3 is metabolized into this form of vitamin D, and is the cheapest way to raise these levels)

More info

20. Minerals

"Calcium, Magnesium, D3, selenium, zinc, copper, (no iron), are very important to fill in, so that the bone structure is not displaced with radioactive strontium and cesium."

Gaye Langham McNally, Biochemist, CNC

More info

21. Essential Fatty Acids

"Clinical application of selected essential fatty acids at appropriate doses may lead to a significant increase in the therapeutic gain in patients treated for cancer by radiotherapy."

More info

22. Haelen 951

"A clinical study was performed using Haelen's fermented soy beverage with 318 cancer patients, 276 patients receiving chemotherapy and the balance radiation, while consuming Haelen's fermented soy beverage. This study, and numerous reports from doctors and cancer patients since the study's completion, confirms the use of Haelen 951, fermented soy beverage, protects patients from the toxic effects of chemotherapy and/or radiation treatments."

More info

23. Beta Glucan

"An extract from the amazing medicinal Maitake mushrooms, beta glucan has long been prized for its ability to protect and restore health after you've taken radiation or chemo. Sold by many brand names nationwide."

More info

"Glucan, a beta-1,3 polyglucose, was administered to mice either 1 h before or 1 h after a 650 rad exposure to cobalt-60 radiation. Compared to radiation controls, glucan-treated mice

consistently exhibited a more rapid recovery of pluripotent stem cells and committed granulocyte, macrophage, and erythroid progenitor cells. This may partially explain the mechanism by which glucan also enhances survival in otherwise lethally irradiated mice.”

More info

24.American Ginseng

“It’s a stress buster, that contains ginsenosides and polysaccharide glycans. A study published in May 2010 suggests ginseng has radioprotective effects on human lymphocytes. It scavenges free radicals (toxins). Sold nationwide at health food stores by various companies.”

More info

25.Samento and Noni

“In the “Lechitel Health Center” in Bulgaria, where Samento was included in an integrative treatment protocol of more than 100 patients with lung cancer, clinical data demonstrate positive results using Samento as an adjunct therapy to conventional treatment (surgery, chemo- or radiation therapy). In severe cases, the initial use of Samento for 1 to 2 months prior to starting other therapies improved patients’ clinical conditions, shrank their initial tumors, encapsulated small metastases, and made possible the consequent use of chemotherapy, radiation therapy or surgery...In conclusion, one can see that the use of Samento Extract and Noni Juice Concentrate as an adjunct therapy to conventional treatment may be beneficial for patients with lung cancer and probably other cancers. Such an integrative treatment may improve patients’ clinical conditions, enhance the immune system tumor-surveillance function and anti-tumor activities, alleviate side effects of chemo- and radiation therapy and increase their effectiveness, improve patients’ quality of life, and give them more hope for the future.”

More info

26.Shark Liver Oil

“In subsequent research, doctors found that administering shark liver oil orally before, during, and after radiation treatment for cervical cancer reduced the incidence of radiation-induced injuries by about 50% compared to control patients who received radiation alone.”

More info

Too lazy to finish right now...

27.Alpha-lipoic Acid

More info

28.Quercetin (dihydroquercetin)

More info

29.Liposomal Ubiquinol

More info

30.Astralagus

More info

31.Ashwaganda

More info

32.Curcumin

More info

33. **Vitamin E**

More info

34. **Advanced Detox Formula**

More info

35. **Resveratrol**

More info

36. **Melatonin**

More info

37. **Antioxidants**

More info

38. **Zeolites**

“In response to the 1986 Chernobyl and Three Mile Island nuclear disaster, Clinoptilolite zeolite was effectively used for purposes of clean-up for both land and water. In Chernobyl, over 500,000 tons of zeolite were dropped into the reactor to absorb radioactive metals. Cattle were fed zeolite to effectively keep radioactive ions out of the milk. Contaminated soil was treated with zeolite to help return it to near zero levels of Cesium or Strontium. Zeolite was used to clean up water surrounding Three Mile Island following the nuclear power plant partial nuclear melt-down.”

More info

39. **Metallothionein Protagonists**

“The body’s natural chelating agent is called metallothionein (MT). This protein binds to toxic metals for delivery to the liver or kidneys for excretion. MT also prevents toxic metals from reacting with other molecules in the body, thereby preventing toxicity. The body’s production of MT can be encouraged by taking certain botanical and nutritional supplements. Specifically, Humulus (hops) and Andrographis, as well as zinc, will all help regulate the genes associated with MT production (Metalloclear, Metagenics).”

More info

40. **Bentonite Clay**

41. **Rosemary**

More info

42. **Vitamin A**

More info

43. **Echinacea**

See Second Opinion Newsletter Health Alerts May 9, 2011

44. **ArginMax**

More info

45. **Boron**

More info

46. **Turmeric**

More info

Actions that can be considered:

Many of these ideas came from here.

1. Buy protective supplements and use them intelligently.
2. Fill up your gas tanks, just in case you need to be ready to drive away. Though mass evacuation spells huge traffic jams. I guess this really only helps if you leave before any emergency is announced.
3. Have your home prepared. Buy lots of duct tape. You can use it to seal windows and doors in case you decide to seal yourself indoors. Also important is having plenty of food, water, and emergency supplies in case help is not quickly available during an emergency. Perhaps now is also a good time to install a reverse osmosis water filter in your home in case the water supply gets contaminated. Also in event of staying indoors, be sure to close off all air vents, turn off the AC, etc.
4. Have a “go bag” ready, in case you need to leave in a hurry. Food, water, spare clothes, duct tape, a knife, cash, medicines, spare food cans, flash lights, cell phone charger, etc.
5. Have a plan for you and your family. Where will you meet if you need to evacuate? Don't count on cell phones working. Have a plan of where to go, how to get there and how to survive once you get there. <http://scientificliving.net/2011/03/36-supplements-to-protect-yourself-from-radiation/>