

RAD-ALERT!



Protecting yourself and your family from uncontained nuclear radiation. Health information you must know in this radiation crisis!

Uncontained radiation is a perilous threat to your health. When radiation touches your organs, cells and tissues, damage occurs instantly inside your body and the more radiation you're exposed to, the worse your health problems can become.

Radiation can cause:

- Nausea, vomiting, headaches, hair loss, fever and diarrhea...
- Dramatically reduced immunity and increased susceptibility to deadly diseases...
- Serious nerve damage and dangerous internal bleeding...
- Cancer in any part of your body hit by radiation...

Sometimes in days, sometimes in decades...

Radiation effects

Occasional exposure to very low levels of radiation is harmless. However, chronic exposure to radiation over a long period of time, such as from frequent x-rays or CT scans, raises the risk of cancer. Short-term exposure to high levels of radiation, such as a nuclear explosion, can cause immediate radiation sickness.

Radiation sickness symptoms

A dose of about one-half to 1 sievert will cause radiation sickness. (1 sievert = 1,000,000 microsieverts)

Immediate:

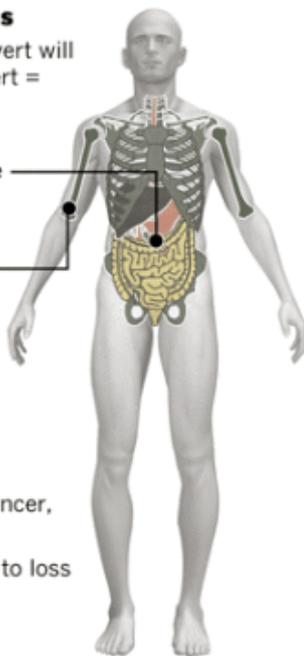
Vomiting and diarrhea occur due to damage in cells that maintain intestinal integrity.

Reduction in number of blood cells results from damage to blood-producing cells in the bone marrow. Bleeding occurs because damaged marrow cells cannot produce platelets that coagulate blood.

Delayed:

Cataracts, temporary sterility, cancer, genetic damage.

Anemia and risk of infection due to loss of protective white blood cells.



Exposure to radiation

Exposure	Microsievert
Smoking a pack a day for one year	80,000
Limit on whole-body exposure for a radiation worker for one year	50,000
Average radiation dose to evacuees from areas highly contaminated by the Chernobyl disaster**	33,000
CT scan (abdomen)	8,000
One year's worth of exposure to natural radiation from soil, cosmic rays and other sources	3,000
One mammogram	700
One dental X-ray	40-150
One chest X-ray	100
Average dose to people living within 10 miles of 1979 Three Mile Island accident	80
Airplane flight from New York to Los Angeles	30-40
Full-body airport X-ray scanner	0.0148

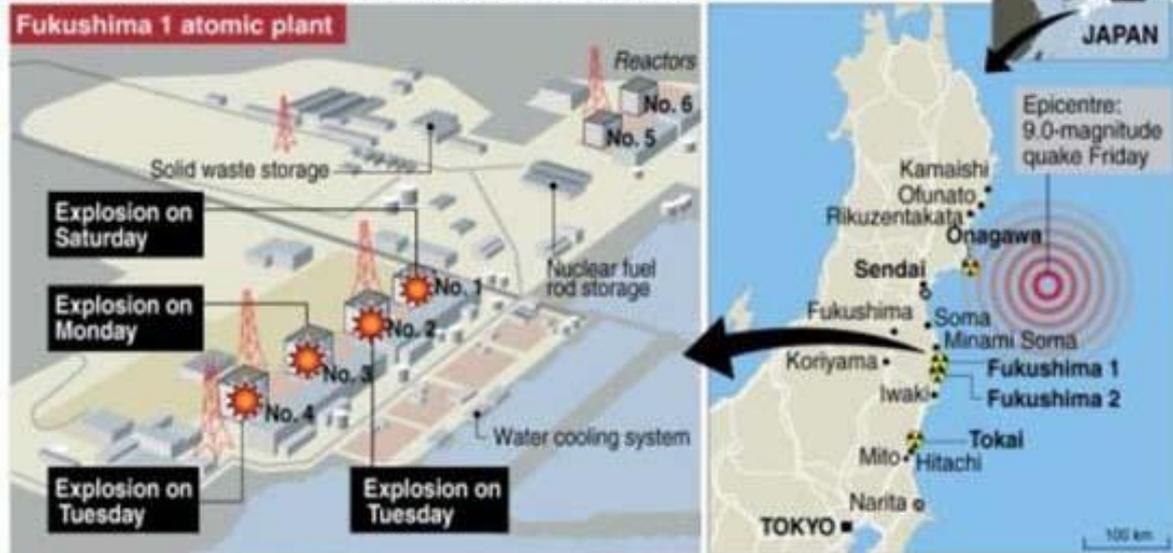
*A microsievert is a unit that measures the biological effects of radiation.

**Of 600,000 of the most-affected people, cancer risk went up by a few percentage points, eventually representing perhaps 4,000 fatal cancers tied to radiation exposure.

Sources: Transportation Security Administration; Centers for Disease Control and Prevention, U.S. Food and Drug Administration, Nuclear Regulatory Commission, International Atomic Energy Agency, Wright State University. Graphics reporting by AMINA KHAN AND SHARI ROAN

Crisis at Fukushima nuclear power plant

Tens of thousands evacuated from 20km radius of the plant, people living within a further 10km of the zone urged to stay indoors



Should you be concerned?

There is concern that the nuclear meltdown at the Fukushima plant could send deadly radiation all the way to the US West Coast – a distance of 9,000 km! Since many people are much closer to Japan than 9,000 km, we should all be taking extreme precautions, starting right now!

NUCLEAR CLOUD PRECAUTIONS

Some precautions to help protect yourself in the event of a radioactive cloud. It is unadvisable to try and escape

SHELTERING The best precaution from a radioactive cloud is to stay indoors and minimise any ventilation that might bring in contaminated air

Windows closed and sealed
Doors closed
Ventilation sealed

POTASSIUM IODIDE

Remain indoors
Potassium iodide will protect the thyroid gland against exposure to radioactive iodine, but is of no help to other parts of the body

DIET

Radiation destroys essential vitamins, fatty acids, calcium and neuro-hormones. Protect and restore these elements by eating plenty of natural, fresh, organic unprocessed foods. Avoid white sugar, red meat, refined wheat, caffeine and homogenised milk

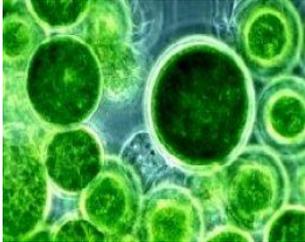
Potassium iodide tablets

Sources: World Health Organization, safespaceprotection.com

REUTERS

Below you will find information on some amazing superfood supplements which are scientifically proven to help reduce the effects of radiation!

#1 – Chlorella

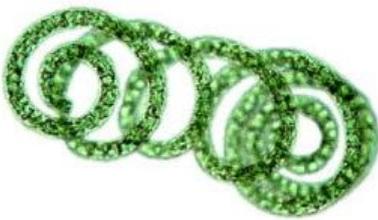


Chlorella is a **green algae** that thrives in fresh water and intense sunlight. It is a single celled plant that is so small it cannot be seen by the naked eye. It is highly nutritious. **It contains over 60% protein** - that's over 2x the protein of Beef - . Not just any old protein. This is a complete, easily digestible protein that is well suited to humans. It contains all the amino acids you need for perfect health, even the essential ones. It also provides carbohydrates, essential fatty acids, vitamins, minerals, chlorophyll, fiber, antioxidants, RNA and DNA, its own unique growth factor and a wide variety of other substances that give superior health. All these nutrients work together to maintain excellent body health, prevent disease and enhance recuperation.

Used to offset the impact of radiation therapy during cancer treatment...

- *In a 1993 animal study published in the Journal of Radiation Research, chlorella demonstrated a significant protective effect against radiation-induced chromosome damage...*
- *In a study published in a world-famous oncology journal, rats and mice given chlorella had an increased number of stem cells and survived longer following a lethal dose of radiation...*

#2 – Spirulina



Spirulina is a microscopic blue-green alga in the shape of a spiral coil. Containing more than 100 nutrients, Spirulina has long been regarded as one of nature's most complete foods. Spirulina is a rich natural source of vegetable protein - approx. 63 to 68%. It also contains a wide range of minerals - including Iron, Potassium, Magnesium, Sodium, Phosphorus, Calcium, as well as vitamins & phytonutrients.

Revered in Russia for its effectiveness in victims of the Chernobyl disaster...

- *In a Russian study from the year 2000, spirulina (along with other substances) helped workers who cleaned up after Chernobyl to adapt to and compensate for their injuries...*
- *In another Russian study from 2000, rats exposed to radiation were fed spirulina. This led to corrective outcomes for the rats in many of their radiation-based health problems...*

- *According to research published in the Toxicology Letters, mice exposed to radiation were given spirulina and showed a significant reduction of radiation at the cellular level...*

#3 – Fucoidan



Fucoidan refers to a type of polysaccharide which contains substantial amounts of L-Fucose and sulfated ester groups, mainly derived from sea vegetables. Fucoidan is the “slimy” constituent of kelp and other different kinds of sea vegetables, especially brown seaweeds. It is found in marine algae (brown algae) Mozuku (Cladosiphon okamuranus) and Mekabu (the pleated section of wakame, or Undaria pinnatifida, near the root), and Kombu (Laminaria japonica).

Rich in both iodine and alginate, known to mitigate the effects of radiation, this “super seaweed” that boosted the immunity of Chernobyl patients...

- *In a study performed in Korea, mice given fucoidan after total body radiation had healthier bone marrow, better immunity, greater cellular health, and a higher survival rate.*

#4 – Cordyceps



Cordyceps sinensis, also known as Dong Chong Xiao Cao or “winter worm, summer plant”, has been used for over a thousand years as a superior tonic for numerous health complaints. Traditionally, Cordyceps has been used to strengthen the body’s defences against infections, and recent clinical studies confirmed that it is a potent immune booster. It stimulates the production of immune cells such as the macrophages, lymphocytes, T helper cells and interleukin in the body. Cordyceps is also an exceptional immune-regulator, as it increases the activity of “underactive” immune cells while suppressing the “overactive” ones.

An adaptogen prized in Chinese medicine for thousands of years and used to treat cancer and other serious disorders. Helps reduce the stress of nuclear radiation on the body...

- *In a study from Radiation Research, mice exposed to total body radiation were protected from deadly bone marrow and digestive problems due to treatment with cordyceps.*

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