



TAK SPECIAL REPORT: A Primer on Radiation Part 4

Ang mga special reports na ito ay mga nakalap na impormasyon tungkol sa radiation, mga epekto nito at paano paghandaan. Ang layunin nito ay mabigyan ng mas mataas na awareness ang mamamayang Pilipino tungkol sa masamang epekto na dulot ng radiation — upang maging handa ang lahat!

Sundan lamang ang Talakayan sa TAK Radio, DWBL 1242 4-5pm Lunes hanggang Biyernes.

How to Protect Yourself Against Nuclear Radiation

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.

In 1968 Canadian researchers reported that sea vegetables contained a polysaccharide substance that selectively bound radioactive strontium and helped eliminate it from the body. 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.

The evaluation of biological activity of different marine algae is important because of their practical significance in preventing absorption of radioactive products of atomic fission as well as in their use as possible natural decontaminators.

WHOLE GRAINS PROTECT IN FIVE WAYS

Whole grains help to protect us from the deleterious health effects of radiation exposure in five ways:

- 1) Grains are low on the food chain. Although they may have been exposed to pollution and radiation, they do not have the concentration of contaminants that is found in meat and large fish, which are at the top of the food chain.
- 2) Important with respect to radiation protection is the high fiber and phosphorous contents in grains. The binding ability of these substances helps the body to remove poisons.
- 3) The bulking factor of grains lessens the intestinal transit time and so hasten the elimination of all toxins.
- 4) Being neither very acid nor very alkaline, grains help us to maintain the middle-range pH that has been

found to increase our resistance to radiation.

5) Whole grains provide vitamin B6, which is indispensable for the thymus. In addition, their calcium content guards against uptake of radioactive strontium, and their vitamin E and selenium prevent cellular damage caused by free radicals.

For more info about Polysaccharide Peptides coming from Brown Rice and other Whole Grains check on the links here.

THE FOODS BETTER TO AVOID

- 1) Refined, genetic modified and processed foods
- 2) Fatty foods (meat, dairy products)
- 3) Simple sugars (white sugar), soft drinks

(source 1)

Get Protection Against RADIATION and OTHER HEAVY METALS Right from the Earth Itself

Rich composting soil contains a HUMIC structure rich in FULVIC ACID. Fulvic acid has been discovered to be one of the most important miracles of life itself. It is an acid created in extremely small amounts by the action of millions of beneficial microbes, working on decaying plant matter in a soil environment with adequate oxygen. It is of low molecular weight and is biologically very active.

HUMIC FULVIC ACID helps strengthen the immune system. Fulvic and Humic are also known for their abilities to support the body in detoxification, removal of HEAVY METALS, and reducing harmful side-effects of RADIATION.

Benefits of Fulvic acid

Some scientists have recently been studying fulvic acid, and have come up some amazing facts. They tell us that fulvic acid is the finest electrolyte known to man. It assists with human enzyme production, hormone structures, and is necessary for the utilization of vitamins. It has been found to be essential to living cells in carrying on metabolic processes. It maintains the ideal environment for dissolved mineral complexes, elements, and cells to bio-react electrically with one another causing electron transfer, catalytic reactions, and transmutations into new minerals.

It is also the MOST POWERFUL ANTI-OXIDANT and free radical scavenger known. It has the unique ability to react with both negatively and positively charged unpaired electrons and render free radicals harmless. It can either alter them into new useable compounds or eliminate them as waste. Fulvic acid can similarly scavenge HEAVY METALS and DETOXIFY POLLUTANTS. Fulvic acid helps to correct cell imbalances.