

Seaweed for protection against radiation

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Here at Healthy Healing, we extend our deepest sympathies to everyone who has been affected by Japan's deadly earthquake and ensuing tsunami.

In the wake of these events, I understand many of you have serious concerns about radiation fallout from the brewing crisis with Japan's nuclear reactors. Our office has been inundated with questions on how to protect against radiation damage in the body since last week. I'm glad to report we do have some good news in light of all this destruction.

Seaweeds purify all the world's oceans- they can do the same for your body. Seaweeds like **kelp, dulse** and **Irish Moss** can protect us from a wide range of toxic elements in the environment, including radiation by-products, converting them into harmless salts that our bodies can eliminate.

Natural iodine in seaweeds can reduce by almost 80% radioactive iodine-131 that is absorbed by the thyroid. Seaweeds are so effective that even the U.S. Atomic Energy Commission recommends that people consume two to three ounces of seaweeds a week (or 2 tbsp. of algin supplements a day) for maximum protection against radiation poisoning.

Although seaweeds contain the compounds that directly counteract carcinogens, most researchers believe that they also have value in boosting the body's immune system so it can combat the carcinogens itself.