



RAD FREE ME

**RADIATION and EMF
PROTECTION**

by Randy R Rugar

Rad Free Me

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Chapter 1: Radiation Defined

Radiation is a type of energy that travels in the form of high-speed particles or waves. Though radiation does occur naturally in sunlight, there are types of man-made radiation which can be found in x-rays, nuclear sites, and nuclear weapons, electronics, cell phones, cell towers, etc. Radiation is also used in the treatment of some types of cancer.

Studies have shown the risk of cancer increases for those exposed to low amounts of radiation over long periods of time. Long-term exposure also causes genetic mutation over time, which can be passed on to our offspring, which have been conceived after the time of exposure.

More dramatic signs of genetic mutation have been observed after exposure to a high level of radiation in just a short period of time, as in the case of a radiation emergency. Those suffering from radiation sickness often report nausea, skin burns, hair loss, and complete organ failure. No doubt about it, radiation can be lethal.

That doesn't mean it must be a death sentence. Thankfully, Mother Nature has provided us with ways to protect ourselves from the harmful effects of radiation. Certain essential oils such as Rosemary and Turmeric have been proven to naturally counteract the effects of radiation. Also, vegetables such as beets, naturally-fermented foods, sea weeds, ginger, onions, garlic and supplements like Spirulina and Astaxanthin are useful.

Delving Deeper – Different Types of Radiation

Speaking in the most technical of terms, radiation takes the form of rays and particles, most commonly known as alpha, beta, gamma, neutron, and x-rays. Exposure to

each of these types of radiation carries its own risk, but for the sake of this discussion we'll focus on naturally occurring radiation, and man-made radiation, as well as the difference between ionizing and non-ionizing radiation.

Nature Vs. Man-Made

Regardless of your daily activity, you are being exposed to radiation. Radiation can be potentially dangerous in any amount because of its ability to mutate living cells over time, causing the eventual death or abnormality of the cell. These mutated cells go on to produce other abnormal cells, which can potentially lead to cancer if left to continue on unchecked.

Our bodies' "homeostasis" is a "dynamic balance" system innately programming our cells to repair themselves, when exposed to doses of radiation. Most cells exposed to radiation have the ability to be replaced. As the exposure to radiation increases, however, the ability for the body to heal itself is hindered, even slowed. In the case of excessively long doses of radiation, the body may not be able to repair damage fast enough, resulting in tissue damage and eventual organ failure.

Sources of Radiation

The sources of radiation can be broken down into two main categories: naturally-occurring radiation, and that which is man-made. Low-level radiation is found in waterways as well as the ocean, even in plant materials, soil, rocks and atmosphere. There is no escaping exposure to radiation, but you can limit its damaging effects.

Ionizing & Non-Ionizing Radiation

Ionizing radiation (radiation composed of particles that individually carry enough energy to liberate an electron from an atom or molecule. Ionizing radiation is generated through nuclear reactions, either artificial or natural,

by very high temperature (e.g. the corona of the Sun), or via production of high energy particles in particle accelerators, or due to acceleration of charged particles by the electromagnetic fields produced by natural processes, from lightning to supernova explosions.). Most of us have no clue of the potential damage and risk we face through this invisible exposure. Every time you pick up your cell phone, non-ionizing radiation is passing through your body. (any type of electromagnetic radiation that does not carry enough energy per quantum to ionize atoms or molecules. Near ultraviolet, visible light, infrared, microwave, radio waves, cell phones, electric company smart meters and low-frequency RF (long-wave) are all examples of non-ionizing radiation.

Both ionizing and non-ionizing radiation have damaging effects to our homeostasis, the dynamic balance of the cellular body that maintains the integrity of life itself. Our cell phone addiction is a necessary tool that we can't live without, however long- term studies of exposure show the lethal side effects.

Let us look at the facts: WIMAX cellular towers cover 3,000 square miles emitting RF/Microwaves. Human scientific studies have proven these frequencies damage our human blood cell nuclei, causing them to split into micronuclei, which are proven precursors to cancer. A six-year study of cell phone use of radiation levels below the current federal safe standards reported damage of the double strands of our DNA. This exposure increases genetic damage in the micronuclei and is an even greater risk than smoking or asbestos exposure.

Natural Radiation - Terrestrial

Of the radiation that occurs in nature, it can be further broken down into two sources: Terrestrial and Cosmic. The majority of radioactive isotopes found in the earth and our atmosphere are remnants of the earth's explosive creation. Some are long gone, while others take considerably longer to decay and may not become non-radioactive until hundreds of millions of years from now.

There is no escaping exposure to radiation, as it is naturally occurring within water, rock, soil, and food. Every time we eat, drink, or breathe, we ingest small amounts of radiation. The radioactive isotopes we're exposed to daily include: carbon-14, potassium-40, thorium-223, uranium-238, polonium-28 and tritium(hydrogen-3)

Radon Gas -

The world we live accounts for our largest exposure to radiation, the major form we encounter most often is radon gas. Radon-222 is the naturally occurring decay product of Uranium-238, which is found in rocks and soil. Radon is colorless, odorless, tasteless, and chemically nonreactive, making it difficult to detect without specialized equipment. As radon seeps out of soils and rocks it then moves into the water and air.

Radon depends on uranium, so concentrations vary from one place to the next. Therefore, the higher the concentration of uranium in an area, the greater the prevalence of radon gas. This gas can enter a home through cracks in the foundation. Potential exposure to dangerous levels of radon is most likely to occur in the winter when homes are sealed tight.

Cosmic Radiation also occurs as a result of cosmic rays interacting with the upper atmosphere. Made up of high-energy photons and highly energized, positively charged particles, cosmic rays permeate all of space. As these rays travel towards the earth at nearly the speed of light, the majority are blocked by earth's protective atmospheric and magnetic fields. As a byproduct of these cosmic particles interacting with the Earth's atmosphere, radioactive isotopes, such as carbon-14, are formed.

Cosmic rays are also made up of high-energy photons, which manage to reach the surface of the earth. Elevation does play a significant factor in risk of exposure to cosmic radiation, with the amount doubling for every increase of 6,000 feet in elevation.

The highest point in the continental US is just under 15,000 feet, though few may travel to this peak, we still go high above this each time we fly in an airplane. The amount of exposure to radiation depends on altitude, length of the flight, and frequency of flying.

Man-Made Radiation

From the sheet-rock used in home construction, to the enriched uranium used to power US Naval ships, man's technological advances have increased our exposure to dangerous radiation significantly. Millions of smart-phone users admit to keeping their mobile device within arm's reach 24-hours a day, 7-days a week. Laptop computers may be a convenience for the entrepreneur on the go, but actually using the small computer on your lap for prolonged periods could hinder reproductive function.

Building Materials -

Radiation exists naturally in the environment, but man-made advances bring these sources of radiation right into

our homes in the form of bricks, stone masonry, drywall, and cement. These building materials often contain radiation from uranium ores as we use them to construct schools, homes, churches, offices and all manner of buildings.

Electronics -

Microwave ovens, cell-phones, bluetooth devices and all electronics in between give off various radio frequencies that build up over time. It's a never a good idea to stand in close proximity to a microwave oven while it's on, it's even worse to hover nearby and watch your food as it cooks. Likewise, a significant correlation has been proven between high levels of cell phone usage and some forms of brain cancer.

Tobacco Products -

Tobacco products are yet another source of radiation, resulting from polonium-210, which is a naturally present type of radiation found in tobacco plants. Smokers willingly inhale this polonium-210 and receive an additional dose of radiation in the form of polonium-218, which is a decay product from radon gas. Polonium-218 is reported to cling to aerosols like tobacco smoke, which is how it finds its way into the lungs. The fun doesn't end there, once in the lungs the polonium continues to decay, emitting alpha particles, which can damage cells over time.

Medicine -

The medical field also contributes to radiation exposure, though most people aren't exposed to this form of radiation daily. X-rays for routine medical examinations are the source we are most familiar with, whether sitting in a dentist's chair, or diagnosing a medical condition. Cancers

are often detected, and treated, with radioactive isotopes injected into the patient.

Let's not forget about the radiologists who diagnose heart disease through the regular use of technetium and thorium radioisotopes. Certain occupations increase the risk of radiation exposure, radiologists being just one, while others include medical technicians, underground miners, nuclear plant operators, pilots and research scientists.

Air Travel

Every day, millions of people who are flying to their destinations are exposed to radar scanners. These scanners emit radiation at levels that once again accumulate in the body's fat cells eventually to mutating into cancer cells.

Dirty Electricity/Energy Pollution -

Dirty Electricity, or energy pollution, is caused by anything that interferes with the 60 Hz alternating current that flows between homes and businesses. Primary causes of dirty electricity are computers, cordless phones, and televisions that put out more than 60 Hz and interrupt a clean, 60 Hz current.

Smart Meters are another example of a dirty electricity source because they are a disruptive transmitter. Dirty electricity is a universal carcinogen that causes cancer, heart disease, diabetes, and sometimes depression. Smart meter-related energy pollution is even more concentrated at apartment complexes because several meters are arranged together in clusters increasing the magnitude of exposure.

Smart Meters -

Most often, smart meters refer to an electrical meter, which is attached to the home, monitoring all electrical usage and also capable of measuring the consumption of natural gas and water. Similar meters are nothing new, but "Smart Meters" not only allow for two-way communication between the meter and the central system, they also report in such regular intervals as to be considered "real time" readings of consumption.

Thought to be an economical alternative to traditional meters, use of smart meters is intended for wide-scale applications, ranging from commercial to residential. The true measure of how cost effective a smart meter can be to the user depends on behaviors and habits changing, for now it appears as though the savings falls on the side of the central office that no longer needs to send people out to take measurements.

Smart meters send out radiation, which covers an area wider than the actual property being measured. Individuals who live next to apartment buildings outfitted with smart meters report hearing the smart meter signal interfering with radio signals at regular intervals throughout the night.

No proof has been shown that smart meters result in more conservative energy habits. Instead, smart meters emit radiation at an alarming rate, at a much higher degree than anyone would ever receive from using a cell phone or microwave oven (two regular radiation offenders that pale in comparison to smart meters).

Smart Meters work by transmitting a pulse of informa-

tion at regular intervals. Paced as frequently as every ten seconds, each pulse emits well over 70.10 microwatts of radiation, compared to the .03 microwatts which occurs in nature. Similar to a cell phone in the way it shoots out pulses of radioactive signals, the smart meter itself also acts as a mini cellular tower. Just imagine how that constant source of radiation becomes amplified each time your smart meter transmits your information while also relaying information from surrounding smart meters.

Cross-Contamination -

Cross-contamination is yet another issue, especially, in areas that are densely populated with cell phone towers. Large populations of cell phone users and homes using smart meters are at risk, because the non-ionizing pulses cannot be seen each time they're emitted by smart meters, cell phones and cellular tower which increases the waves of radioactivity exposure.

People living in close proximity to smart meters report dramatic changes in their sleep habits. Long term exposure to radiation results in a mutation on a cellular level, specifically a hardening of the cell walls which makes it difficult for cells to expel waste, leading to an environment ripe for cancer generation. Furthermore, a mutation of DNA inhibits reproduction of healthy offspring.

It is frightening to imagine whole apartment complexes of people unable to bear children, let alone entire neighborhoods, cities, and States. Refusing to have your home outfitted with a smart meter is your first, and most important course of action. Taking steps provided by Nature's remedies is the next path to countering radiation exposure.

Ionizing and Non-Ionizing Radiation

The term “radiation” has become associated with all things negative and bad, which isn’t truly the case. The radiation found within visible light, for instance, bounces off of objects, gets transmitted to your retinas, and allows you to see where you are going. Microwaves also fall within the moderately safe category, , they also power cell phones and other daily-use items.

Similarly, radio waves, which help power wifi networks, are considered radioactive, but they’re tame by comparison to gamma rays – the worst of all forms of radiation. So if radiation is everywhere, and not all of it is harmful, how do we know which radiation is useful? That’s where ionizing and non-ionizing radiation comes into play.

Non-ionizing radiation includes radio waves, microwaves, and visible light. Essentially these waves will move about their merry way without stirring up any particles around them. For the most part these non-ionizing waves are harmless, but in high concentrations prolonged exposure can lead to long-term health risks.

Ionizing radiation, has the potential to excite surrounding particles, causing these particles to lose electrons and become unstable. Ultra-violet light, although part of the visible light spectrum, is considered ionizing because of its ability to damage skin cells with prolonged exposure.

Cosmic rays, alpha particles, beta particles, gamma and x-rays, nuclear events and pretty much any charged particle moving at relativistic speeds are all forms of ionizing radiation.

Chapter 2: Nature's Cure

The Thyroid and Radiation -

Many nuclear disasters release clouds of radioactive iodine into the atmosphere. The thyroid gland absorbs iodine, but does not differentiate between the iodine found in food, and the radioactive sort. Exposure to radioactive iodine often leads to thyroid cancer within ten years time. This is a major concern because the thyroid gland is responsible for many of the body's autonomous functions, ranging from heart rate and metabolism, to body temperature and mood. The thyroid gland also plays a vital role in immune function.

In the wake of a nuclear disaster, many experts recommend consuming a daily dose of potassium iodide. This method of protection will temporarily flood the thyroid gland with natural iodine, making it impervious to absorb radioactive iodine from the atmosphere. Great for emergency precautions, long-term use of potassium iodide can have adverse effects on individuals already suffering from abnormal thyroid function. When possible, it's far better to flood the thyroid with the naturally occurring iodine found in fresh organically grown fruits, vegetables and seaweed.

Potassium iodide should not be taken continually as a preventative, as this can lead to serious health risks. Rather, it needs to be taken in the proper dosage in close proximity to the time a nuclear disaster occurs. In short, only if you have been exposed to a source, which may contain radioactive iodine, should you begin a routine of ingesting potassium iodide.

Individuals with Grave's Disease who have already been through treatment with radioactive iodine will not benefit from the use of potassium iodide. The same is true for individuals who have had their thyroid surgically removed. Likewise, if you are beyond a 200-mile radius of a nuclear emergency, your need for potassium iodide is unlikely.

Foods for Natural Thyroid Support -

There are some foods that will naturally boost thyroid function, which is great for those individuals who have a low-functioning thyroid. Likewise, there are some foods that will suppress thyroid function, which are good for folks with over-active thyroids. Still, there are some foods to avoid completely for the sake of healthy thyroid function.

Sugar - Sugar may present the largest problem because refined sugar can be found everywhere, in just about everything. Mainstream doctors and holistic practitioners agree, sugar suppresses immune function. Changes in blood sugar triggers conditions such as diabetes and hypoglycemia - two conditions which thyroid patients are particularly susceptible. When not eating refined sugar, many thyroid patients report increased energy and stabilized thyroid levels.

Anything with Pesticides - Pesticides sprayed on all non-organic food have been shown to play havoc with hormone levels. The chemicals found in iodized salt have proven similar qualities, so it's best to avoid both. Consume only organic foods, and swap out your iodized table salt for sea-salt.

Foods that Boost Thyroid Function -

Kelp and Seaweed - Seaweed has a fantastic texture and delightfully salty taste, it's also an extraordinary source of naturally occurring iodine. Sprinkle some crunchy seaweed on salads or soups, or wrap up some vegetables and rice in the form of sushi. Seek and purchase sources from the Atlantic Coast free of radiation exposure.

Coconut Oil - Virgin coconut oil reduces blood sugar and stabilizes thyroid levels, resulting in lower cholesterol, weight loss and increased energy.

Foods that Suppress Thyroid Function -

Soy - In moderate amounts soy has proven beneficial to individuals with hyperactive thyroids, because soy suppresses thyroid function. For most people, however, soy in any quantity should be avoided because the estrogenic compounds contained in soy interferes with thyroid hormones, leading to increased cramps associated with PMS, and menopausal symptoms.

Cruciferous Vegetables - A very small family of vegetables known as "Brassica" contain goitrogenic chemicals that suppress thyroid function. Members of this variety of cruciferous vegetables include broccoli, cauliflower, spinach, kale, mustard, cabbage, bok-choy and brussel sprouts. These foods consumed in moderation can be quite helpful for their other nutrient-dense concentrations. When working towards full thyroid support, it's important to focus on a wide array of vitamins and minerals, not simply iodine. A healthy, functioning thyroid requires trace minerals such as selenium, zinc, iron and copper, as well as B and D vitamins. As such, it's best to eat a diet rich in a variety of whole foods in addition to the health-

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ful foods such as broccoli, fermented soy miso, tempeh, sauerkrauts and kale which have more beneficial qualities than harmful.

Daily Radiation Protection

The recent Fukushima nuclear disaster has created a panic about radiation and its damaging effects, and with good reason. Caused by an earthquake in Japan, which then damaged a nuclear generation power plant, many people were exposed to radiation as a result of the Fukushima disaster. Based on successful results in Poland after the Chernobyl (then called Chernobyl) disaster in Russia, Japanese doctors have started giving potassium iodide to help boost the thyroid.)

Potassium Iodide is fine for those who have been recently exposed to dangerous levels of radiation, but as an every-day preventative this method can present serious health risks. Instead, there are some very simple steps you can take towards dramatically reducing your exposure to radiation, such as:

- Get rid of your microwave -
 - use an oven, toaster, etc,
- Don't fly too often
- Opt out from the full-body scanner when flying, request the physical pat down instead.

In general, attempt to stay away from high doses of radiation exposure. Eat foods higher in iodine and potassium. When attempting to increase your intake of iodine take care to not consume too much as this can lead to hyperthyroidism.

Iodine rich foods -

Spirulina
Seaweed
Kelp
(available as a supplement)
Navy beans
Strawberries
Organic yogurt
Cranberries
Vegetables
Asparagus
Carrots
Tomatoes
Rhubarb
Potatoes
Peas
Mushrooms
Lettuce
Cabbage
Onions
Garlic
Sesame seeds
Soybeans
Summer squash
Swish chard
Turnip greens
Rosemary

Potassium rich foods -

Bananas
Sweet potatoes
kiwi
beets
lima beans
tomatoes
raisins
spinach

Be careful with a potassium iodide supplement, which is mostly synthetic and not the least bit healthy when taken long term, you can boost these minerals naturally by including nutrient-rich foods into your daily dietary routine. A holistic approach to radiation repair takes the body, mind, and spirit into account. In addition to detoxifying

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baths using Bentonite clay, Epsom salts, are excellent ways to boost magnesium levels, relaxing muscles and aiding the elimination channels.

Remove Radiation Naturally -

Exposure to radiation cannot be escaped, it exists in the natural world all around us, right down to the air we breathe and the water we drink. Though we cannot avoid exposure to radiation, we can take steps towards repairing the damage done by radiation exposure.

With dietary practices and supplements of essential vitamins and minerals, the body can repair much of the damage done by daily exposure to environmental radiation. With larger doses of radiation, however, more intentional action must be taken. To know which steps you must take within your own life, you must first determine just how much radiation exposure you experience daily.

For the most part, people experience two levels of radiation exposure - Moderate and Extreme

Moderate - daily use of a cell phone, without a headset, for over an hour a day. Daily use of microwave ovens for 10 minutes or more - especially those who like to stand nearby and watch food. 30-60 minutes a week of tanning bed usage, 40-46 hours a week of computer usage, airplane flights lasting four hours or more, full body screenings, patients who recently had x-rays or CAT scans during a medical visit in the past six months. This includes dental screenings.

Extreme - to fall in the extreme category, you don't have to exceed the exposure limits of the moderate category,

though that is a significant contributor. In addition to all this, the extreme category is made up of people who live near nuclear power plants, or people who have been exposed to high levels of radiation due to nuclear disasters or the completion of medical therapy to treat certain forms of cancer.

Radiation Protection for Moderate Exposure -

If you fall under the moderate category, start a juice fast immediately, and follow it for one to three days. Likewise, you can consume a diet of raw fruits and vegetables for 7-10 days. When following a juice fast it's important to use raw, organic fruit that you juice yourself. Not the store-bought variety, and definitely not anything from concentrate. When selecting foods to include in your juice fast, or raw food fast choose the following:

Wheat grass	Alfalfa leaves
Leafy greens	Cucumbers
Celery	Kale
Parsley	Spinach
Bean sprouts	Collards
Ginger	Guavas
Onion	Plums
Beets	Gooseberries
Garlic	Cherries
Apples	Citrus fruits

For an additional oomph in your smoothies, try adding:

Spirulina
Astaxanthin
Liquid chlorophyll
Chlorella

Also, these natural sources of protection are great for removing heavy metals and radiation from the system:

Rosemary Essential Oil Mist

Turmeric essential Oil Mist

Radiation Detox Bath -

Fill tub with hot water, as hot as you can stand it. Add 1 cup of sea salt, 1 cup of baking soda, and 7 sprays of Rosemary Essential Oil Mist into the water. Give yourself a good, full-body scrub before entering the water using a skin brush, scrub-mit, or loofah, always brushing towards the heart to invigorate circulation. Relax in the tub for 20 to 30 minutes, sweating is normal and expected, while soaking drink 16 to 20 ounces of pure spring water. When done with the bath, rinse with cool water, and apply a layer of aloe vera, or avocado oil, adding several sprays of Rosemary Essential Oil Mist. This extra bit of pampering now will result in protection against light to moderate radiation exposure later.

Individuals who experience moderate radiation exposure may take a radiation-detoxification bath each day to help rid the body of toxic radiation.

No Tub? No Problem!

Scrub your entire body, then take a 5 minute shower in as hot of water as you can stand. When getting out of the shower, do not dry off, instead coat your entire body with Rosemary Essential Oil Mist. Allow the mist to absorb for at least 20 minutes, then, rinse thoroughly with hot water. Once completely rinsed clean, finish the shower with cool water and pat yourself dry.

When it comes to choosing supplements, it's important to select those proven to support the thyroid and immune

system. Take these 7-14 days before, and after, a raw food diet or juice-cleanse. The following supplements offer a great way to boost the immune system by cleansing toxins from the blood and liver.:

Rosemary Essential Oil
Turmeric Essential Mist
Atlantic Sea Kelp
Rad Free Diet

Radiation Healing for Heavy Exposure -

Natural treatment for extreme radiation exposure is similar to the course suggested for moderate exposure, with a few small changes. Those exposed to extreme amounts of radiation should still follow a juice fast, or a raw food diet, but for a much longer in duration for the full detoxifying benefits.

If you have been exposed to extreme amounts of radiation, take the following dietary precautions immediately:

14-21 day juice fast

OR

30 day raw food diet consisting of only raw, organic fruits and vegetables.

OR

3-Day Purification, Cellular Cleansing and Radiation Detoxification

The human body is a remarkably complex organism consisting of 50-100 trillion cells all working together to maintain a dynamic balance. In biological terms this is called "homeostasis." Our brains are incapable of overseeing such a phenomenal task, therefore requiring the wisdom of each individual cell working to balance and

harmonize the totality of the physical body. Each cell multitasks to perform the role of heart, liver, kidneys, eyes, skin, etc. and somehow “knows” each organ system is “responsible” to keep the entire organism filled with vitality, strength and well being.

The task at hand is far beyond our intellectual capabilities. It is imperative we allow the body to repair and heal itself. Purification, Cleansing and Detoxification are the avenues that accommodate the body’s intrinsic and natural healing processes.

There are many natural options available for the vitality and wellness of life. Everything from fasting, diet, nutrition, meditation, massage, chiropractic, energy-work, cardio-exercises, aromatherapy, yoga, tai chi, chi kung, etc. are all available for the natural balance of life.

The 3-Day Deep Sea Water/Frankincense Purification/Radiation Detox is a system designed to cleanse, detoxify and nourish the entire cellular body. As the cellular body cleanses and nourishes, our soul and spirit self expands to higher levels of conscious awareness. Saints, Holy Men and Women have “fasted and prayed” to attain states of grace.

Years of experience have determined the efficacy of the 3-Day Purification. During this 72 hours, all the cells of the body are naturally cleansing, detoxifying and receiving nourishment from the saline mineral rich Deep Sea Water, Oman Frankincense Milk, live foods, raw juices, botanical supplements, body therapy, movement, meditation, etc.

As the body begins its purification journey, the other components of our unique organism, comes to the surface of consciousness. Our literal Body, Mind, Soul and Spirit become transparent and the subtle connections and influences between these dense and light bodies also “show” their worth of our pilgrimage called life. The interconnectedness of our own being and the responsibilities of care become revealed on this Path toward Wholeness. As we are sons and daughters of Nature and Spirit, we are on an experiential trek learning the values of daily care unifying the entire self.

Our societal world emphasizes only the transient material value of worth, while abandoning the real issues of our interconnectedness with Nature and each other.

The reality check of the responsibility of self-care is a concept we must seek out in order to become the vital and vibrant beings we were created to be. The 3-Day Deep Sea Water/Frankincense Purification/ Radiation Detox is the open door to a superior life.

In addition, consume these herbs, daily, for 6-8 weeks after the raw food diet:

- Rosemary Essential Oil Mist
- Turmeric Essential Oil Mist
- Milk Thistle
- Astragalus
- Irish Moss
- Kelp
- Siberian Ginseng
- Activated Charcoal

Adding a drink of liquid Bentonite clay is optional, if you do choose this option then mix 2 tablespoons in 8 ounces of water, 2 times a day, for 14 days. Drink this at least an hour before eating to keep from interfering with the absorption of nutrients. When taken internally, liquid Bentonite clay acts as a magnet, attracting toxins and pulling them out of the body.

Two Powerhouse Herbal Remedies **– Rosemary and Turmeric**

Rosemary fights the mutating effects of radiation. British Journal of Radiology published the results of a Spanish study that discovered the chemical compounds found within rosemary are significantly more effective against the mutating effects of radiation. Food and Chemical Toxicology published another Spanish study, which demonstrated Rosemary's ability to protect the skin against free-radical damage.

Fresh Rosemary added to your meals is great, and though there are supplements available, if you must supplement Rosemary in your diet it's best to do so with an Essential Oil Mist, which can be taken internally or externally.

Carnosic and rosmarinic acids found in rosemary are fat-soluble, which means they get stored in the fatty part of our cells and act as a protective barrier against the mutating effects of gamma rays. Likewise, they stimulate the body's ability to protect itself naturally. This Mediterranean plant provides 3.34 times more protection than any other plant compounds measured as part of the micronucleus testing.

Again, Rosemary Essential Oil Mists are recommended, due to their potent concentration of beneficial ingredients. Inhaling essential oil mists results in instant delivery of these compounds to the bloodstream.

Turmeric Essential Oil Mist

For those already undergoing radiation treatment for cancer, the curcumin found in turmeric has been shown to soothe the burns associated with radiation treatment, and also hinders further tumor growth. This is another instance where an essential oil mist, steam-distilled from turmeric rhizome may provide optimal delivery of beneficial compounds. Turmeric and its components have been shown to have antioxidant, anti-inflammatory, antibacterial, antifungal, antiparasitic, anti-thrombotic, anti-proliferative, anti-angiogenic, radioprotective, neuroprotective and cardioprotective effects.

Curcumin, the active ingredient in Turmeric, works not only to shrink cancerous cells, it also blocks the growth of new, cancerous cells that are often associated with radiation treatment.

What is an Essential Oil Mist?

An essential Oil Mist is the result of producing essential oil via steam or water distillation. Hydrosols are nothing new, as they are the by-products known as the floral water of any given plant. In more recent years, it has been discovered that many healing properties are within these waters, making the hydrosol just as therapeutic as its essential oil counterpart. When used together, combining the healing effects of both essential oil and hydrosol, the full spectrum of a plant's healing properties can be experienced.

Alcohol Free Essential Oil Mists -

Sanctuary of Mama Ke`a Gardens Glass Hydro-Steam Distillation Essential Oils, maintain the natural anti-bacterial, anti-fungal properties of the plant free of alcohol/solvent extraction tinctures, etc..

Rather than separating the essential oil from the hydrosol during the process of distillation, the Sanctuary of Mana Ke`a Gardens (www.hawaiianwellness.com) maintains the naturally occurring portion of essential oil with its hydrosol, resulting in a superior product, which resists the growth of bacteria without the need of additional preservatives. Likewise, keeping the essential oil and hydrosol together eliminates the need to dilute the essential oil before direct application

Because pure essential oil hydrosols are free from preservatives, it's best to purchase these all-natural products in small batches and store them properly in a cool place free from sunlight. Essential oils have a vast shelf life, having a long expiration date and may even improve the quality over time.

Using Essential Oil Mists for Maximum Absorption and Assimilation

Essential oil hydrosols can be used topically, orally, or as a mist up the nostrils, resulting in 80% assimilation of the active ingredients. Compare this to taking the same herbal ingredients in the form of food and losing many of these essential benefits through the process of digestion. Less is certainly more when it comes to the benefits of using Essential Oil Mists in the place of supplements.

Sanctuary of Mana Ke`a Gardens Essential Oil Mists can be mixed with Bentonite clay for increased protec-

tion against the damaging effects of radiation. A spritz of our Essential Oil Turmeric Mist on the face is not only refreshing and energizing, the antioxidant nature of curcumin will also slow the aging process, resulting in younger-looking skin that's protected from free radicals.

Essential Oils Defined.

Essential oils are derived from plants, and can be costly to distill due to the large amount of plant product needed to obtain a small amount of essential oil. This is why so many people have gone the route of synthetically reproduced fragrances made to mimic the aroma of an essential oil. Essential oils, and the hydrosols produced from their distillation, maintain the therapeutic properties of a plant in a concentrated form. Making it easy to benefit from the healing qualities of the plant by simply applying to the skin, mouth spray or using as part of an aromatherapy routine.

Essential oils, and the plants they're derived from, are extremely complex compounds that are difficult to duplicate, even by the most astute of chemists. The reason for this is many factors play a role in creating those vital plant compounds, which include but are not limited to:

- Organic planting methods

- The altitude at which the plant was grown.

- The Country of origin and quality of soil found there.

- The climate and weather conditions

- The time of day when the plant is harvested

Chapter 4 There is Hope

Radiation is everywhere, and its long-term effects can be devastating, but this is by no means a death warrant. You can take steps to not only reverse the damaging effects of radiation you will also experience a greater sense of health and well-being as a result. A longer, healthier life, free from the damaging onslaught of radiation is well within your reach.

The late Dr. Akizuki, a medical doctor in Nagasaki at the time of the bombing, survived and served to help the injured. He observed that these survivors had a common diet practice, which was a traditional Japanese diet enriched with Miso.

Dr. Akizuki's claims regarding his beliefs about the traditional Japanese diet enriched with miso were published in his books (Akizuki 1981 & 1975). The following is a brief summary:

- 1) Medicine should create a healthy body condition that is immune to sickness. Without creating this condition, we can never cure sickness. One of the ways to create this healthy condition is to make the body alkalized, since a weak body is often created with the mass consumption of sweets and animal products, resulting in an acidic condition in the human body.
- 2) Diet determines our condition. The constitution of our body is hereditary, but our condition is constantly changing according to what we eat and the environment in which we live.
- 3) We live and grow in our surrounding environment, so we should eat food that is grown locally and eat them in season since our body and the land we live in are inseparable.

4) One cup of miso soup every morning will create a healthy condition that is immune to any sickness because miso is rich in enzymes, protein and unsaturated fat. We can intake 10 g of protein by drinking a cup of miso soup with tofu and seaweed. (Miso includes amino acid, peptide and so forth, which Tofu does not.)

5) Miso is a traditional Japanese food, used in various dishes such as miso soup, all of which have been developed through the long history of the Japanese diet, and thus are effective and beneficial to the bodies of people who live in Japan.

Radiation is an unstable nuclei of decaying atoms, releasing particles which damage organic materials. Radiation is measured with the unit of rem, 'Roentgen Equivalent in Man,' which represents the amount of radiation needed to damage living tissue. Why then is exposure to radiation so harmful to the human body? It destroys organic materials and causes many radiation sickness symptoms including nausea, vomiting, headache and some loss of white cells, as well as chronic diseases such as burns, cancers and leukemia. A dose of 25 rems causes some detectable changes in blood, a dose of 100 rems causes radiation sickness, and a dose of 800 rems definitely leads to death. Those in Nagasaki and Hiroshima at the time of bombings received up to 6000 rems.

The human body has remarkable healing capabilities. A Rad Free Diet combined with specific Herbal Essential Oil Mists will protect and heal radiation exposure.

Plants adapt faster and more predicatively than we as humans. We must take on the responsibility of protecting the Herbal Kingdom by growing and nurturing healing plants with organic poison-free methods of propagation.

Awareness of daily radiation exposure, a discerning lifestyle in conjunction with Nature's Herbal remedies will provide anyone an extended, vital and healthful life.

"Retain a calm heart, sit like a turtle, walk swiftly like a pigeon, and sleep like a dog." Li Ching-Yuen 250-year-old-Chinese Herbalist

The keys to wellness and longevity include daily routines of movement, meditation, play, passionate work and giving and receiving love.

Chapter 5. Epigenetics

The new science of epigenetics promises that every person on the planet has the opportunity to become who they really are, complete with unimaginable power and the ability to operate from, and go for, the highest possibilities, including healing our bodies and our culture and living in peace.

"Biology of Belief" by Bruce Lipton is an excellent reference

Eat Soundly ~ Breathe Rhythmically ~ Live Compassionately

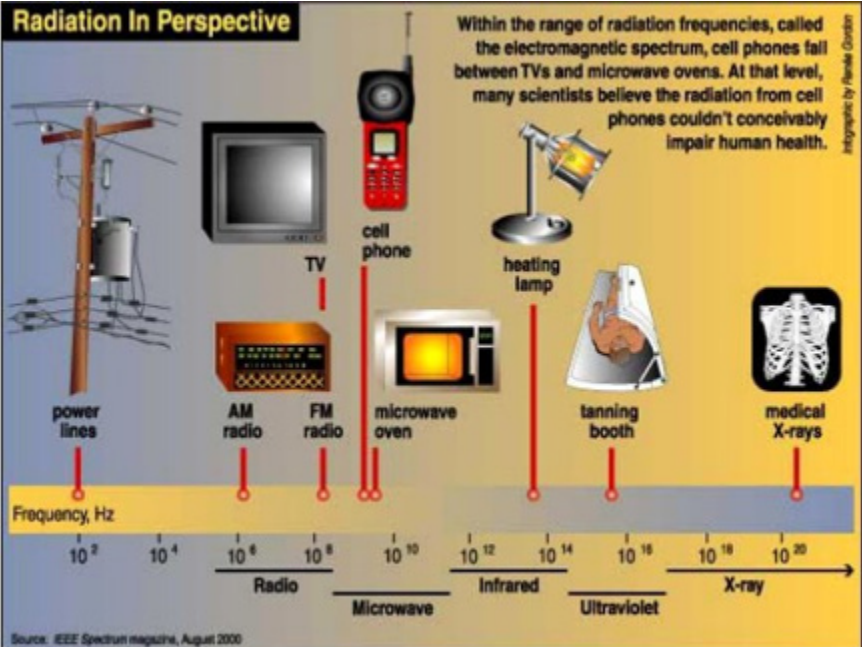
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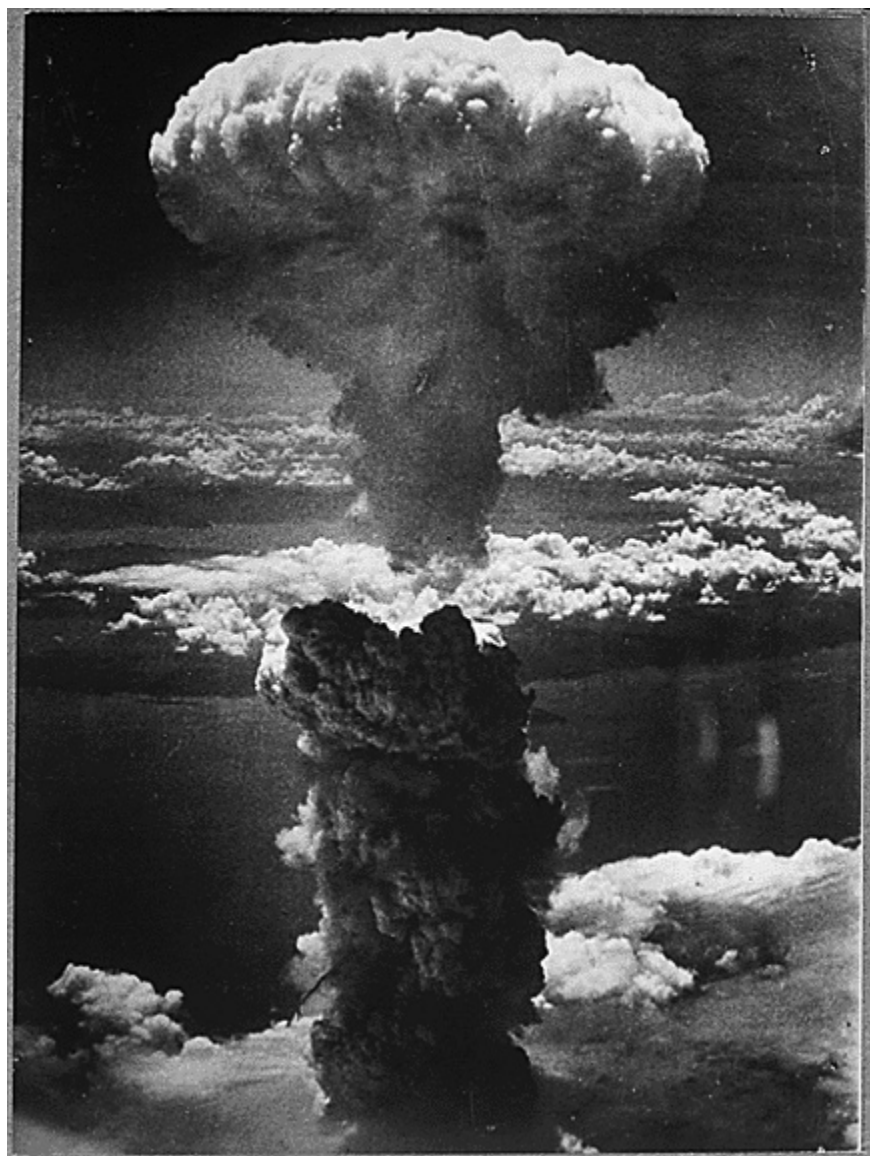
I blame radiation,
solar flares,
and most of the
people in my
life.



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Radiation In Perspective





RADIATION EFFECTS

Measurements in millisieverts (mSv). Exposure is cumulative.

■ **Potentially fatal radiation sickness. Much higher risk of cancer later in life.**

10,000 mSv: Fatal within days.

5,000 mSv: Would kill half of those exposed within one month.

2,000 mSv: Acute radiation sickness.

MODERATE RISK

■ **No immediate symptoms. Increased risk of serious illness later in life.**

1,000 mSv: 5% higher chance of cancer.

400 mSv: Highest hourly radiation recorded at Fukushima. Four hour exposure would cause radiation sickness.

100 mSv: Level at which higher risk of cancer is first noticeable

TOLERABLE LEVELS

■ **No symptoms. No detectable increased risk of cancer.**

20 mSv: Yearly limit for nuclear workers.

10 mSv: Average dose from a full body CT scan

9 mSv: Yearly dose for airline crews.

3 mSv: Single mammogram

2 mSv: Average yearly background radiation dose in UK

0.1 mSv: Single chest x-ray



EYES High doses can trigger cataracts months later.

THYROID Hormone glands vulnerable to cancer. Radioactive iodine builds up in thyroid. Children most at risk.

LUNGS Vulnerable to DNA damage when radioactive material is breathed in.

STOMACH Vulnerable if radioactive material is swallowed.

REPRODUCTIVE ORGANS High doses can cause sterility.

SKIN High doses cause redness and burning.

BONE MARROW Produces red and white blood cells. Radiation can lead to leukaemia and other immune system diseases.

THE ELECTROMAGNETIC SPECTRUM

