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## Radiation and You

Fears about nuclear radiation have certainly come to the forefront in the past months. Whether natural occurring or man-made, it's a peculiar kind of threat in our modern times – we can't see it, nor, for the most part, do we really understand it. The truth is, we live in a radioactive world. We receive radiation from the sun, from the earth, from the food we eat, from airplane travels, and from countless electronics in our day-to-day life.

Radon is the leading source of natural occurring radiation exposure, while the primary source of man-made radiation exposure comes from medical sources such as x-rays, radiation therapies and diagnostic nuclear medicine. There are various other sources that expose us to small amounts of radiation such as the radiofrequency waves from cell phones, Wi-Fi and microwave ovens, airport security and even our smoke detectors. While not all types and sources of radiation are the same, scientists agree their net effect increases your risk of health problems.

When we think of the damaging effects caused by exposure to radiation, we rarely consider the person's nutritional or health status as a determining factor in the outcome. In other words, the healthier you are prior to exposure, the better the chances your body has of detoxifying or getting rid of the damaging radioactive material and the less chance you have of experiencing long term damage or illness as a result of that exposure.

Here are some healthy suggestions for lowering your chances of experiencing any long-term damage or illness from radiation exposure:

- Stay hydrated! Maintain fluid and electrolyte balance: take electro-mix by Alacer, homeopathic cell salts and/or Smartwater.
- Congee – Why? Simple and basic, congee is a sort of rice gruel or porridge that is eaten in China as well as many other Asian countries. Rice is boiled in lots of water or broth until the grains have grown many times their size and are still swimming in excess fluid. The grains may also be cooked down until they completely disintegrate and become the texture of creamy rice cereal. Made either way, congee is very nutritious and highly recommended for people suffering from fatigue, digestive problems and illness. It is easy to digest and contains nutrients in ready form to be absorbed and used, thereby enabling quick revitalization of the body. What better way to "break" the "fast" of the night and begin a new day of productive activity than to partake of a vitalizing bowl of steaming rice soup!
- Miso – Why? Restores immune, an excellent source of digestive enzymes, friendly bacteria, essential amino acids, vitamins (including vitamin B-12), easily assimilated protein (twice as much as meat or fish and 11 times more than milk) and minerals, miso is low in calories and fat. It breaks down and discharges cholesterol, neutralizes the effects of smoking and environmental pollution, alkalizes the blood and prevents radiation sickness.
- Drink Astragalus Tea. Astragalus is an herb that is native to China, and known for its anti-inflammatory, and antibacterial properties. Astragalus contains antioxidants which help to support and protect the body's immune system. Astragalus has been shown to speed recovery and extend life expectancy in people whose immune systems have been compromised by chemotherapy or radiation.
- Gan Mao Ling (literally "common cold pills," available in our clinic) supports the health of the respiratory system, immune system, nervous system, sinuses, stomach and bowels, and the general well-being of the body. Clears heat and resolves toxins such as radiation.
- Eating lots of orange and dark green foods (sweet potatoes, winter squash, beets, carrots, kale, collards, chard, and spinach, for example) can protect you from radiation-induced cancers.
- All cabbage family plants - including arugula, turnips, radishes, cauliflower, mustard greens, bok choy, brussel sprouts, kale, collards, and of course broccoli - protect your cells from the damaging effects of radiation.

You can learn more about radiation exposure and what steps you can take to protect yourself from the damaging effects of radiation by reading Clear Body, Clear Mind. Best of health to you! If you have any questions on this topic or anything else, don't hesitate to call: 414-322-8888

Healthfully,  
Curry D. Chaudoir, Diplomate in Acupuncture (research and assistance provided by Cathy Baxter and Morgan Davis)

Note: Nothing in this document is intended as a substitute for your doctor's diagnosis and/or treatment. This statement has not been evaluated by the FDA.