

# Supplementation Strategies for Nuclear Radiation Exposure

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Like it or not, the fallout from Fukushima is likely to add some level of radiation contamination to food and water worldwide. Ingesting fallout-contaminated food will be unavoidable in the future, so the main mitigation strategy going forward is to make your body resistant to the effects of the contamination.

The strategies I list below were generated from an informal survey of various resources, including articles, podcasts, and videos. I do not try to give the background of why these substances are helpful in mitigating the effects of radioactive particles, but instead try to focus on the practical how-to's and source availability.

This is not medical advice, and I strongly urge that you follow up with some of your own research to develop a radiation-mitigation approach that is tailored to your needs. A good starting point for that is the audio available on Grinning Planet's nuclear disaster audio clips page: <http://www.grinningplanet.com/mp3-news/audio-clips/nuclear-energy-nuclear-catastrophe-news-download-mp3s.htm>

## ***Potassium Iodide (KI)***

KI can be effective for keeping radioactive iodine (typically I-131) from taking up residence in your thyroid. But unless you have suffered acute exposure, it's better to avoid the sudden high-dose KI strategy typically recommended by government agencies (125mg/day). The thyroid, and the body in general, are not happy trying to deal with so much iodine so quickly.

A better iodine strategy---assuming one is actually iodine deficient, which is a pretty good bet if you live in the US---is to take 12-13 mg/day over a long period of time, starting *before* government agencies announce that I-131 has gotten to problematic levels. Other credible commenters have suggested that 25-50mg/day is an appropriate level for addressing iodine insufficiency. Mark Sircus on One Radio Network recommends the product Nascent Iodine for its superior uptake and safety qualities, though I personally have no experience with this product.

If you already bought some of the standard 120mg-130mg KI tablets, you can still get smaller doses out of them---just chop them into little bits using a pill splitter. Keep the bits in an opaque, air-tight bottle. Or save your high-dose KI tablets for an exposure emergency (when you have no other choice and would want that megadose), and in the meantime seek out other, lower-dose forms of iodine.

Remember that KI is only effective at dealing with radioactive iodine exposure. It does nothing to help with other types of radioactive fallout (like plutonium and isotopes of cesium, cobalt, and nickel). For those, you'll need some of the other strategies listed below.

*Availability:* Lots of companies sell various forms of iodine on the internet and in stores, though supplies may be scarce right now. You might also try your local government offices to see if they stock any KI as part of a Homeland Security program.

### ***Refined Food-Grade Clay***

Clay is generally known to help pull toxins out of the body as part of a broader detox strategy. I've seen several references to clay as one of the most effective ways to mitigate exposure to *all* types of radioactive particles. To use it, you take small amounts internally (1-2 tablespoons once a day, on an empty stomach, with lots of water). You can also use it as a bath---1/2 cup per bath. See the "further reading" link for more.

*Availability:* Large bulk quantities available at <http://www.vitalityherbsandclay.com/>  
Other stores sell various types of clay.

*Further reading:* <http://www.vitalityherbsandclay.com/teleconference-calls-and-events-list/nature-s-most-powerful-protections-from-radiation-exposure.html>

### ***Reishi***

Red reishi (*ganoderma lucidum*) is well known as a strong adaptogen that imparts many positive health effects when consumed over long periods of time. In terms of radiation mitigation, reishi is rich in 1,3 beta glucan, which has been observed to have very good anti-radiation properties.

The two standard ways to consume reishi are....

(1) As a tea --- Start with whole dried mushrooms; cut them up into slivers. Use 1oz (weight) of chopped reishi---which, conveniently, is about what you get from an average reishi mushroom---in 2 quarts of water. Simmer for 4 hours. Drink 6 oz of tea three times daily under normal circumstances; six times daily if radiation is detected.

(2) As a tincture --- Put 1.75 liters of 100-proof vodka in a half-gallon mason jar. Add as much chopped reishi as will fit; put the lid on and seal tight. Let the jar sit in a cool, dark place for 2-6 weeks. Longer times result in more powerful tinctures. Use one dropperful three times daily.

*Comment:* For coffee addicts: A 6:1 mix of Reishi tea and coffee is quite nice.

*Availability:* Available on the internet and in some Asian markets.

### ***Cilantro***

Eat gobs of it fresh. Or make a tincture and take 1-3 dropperfuls daily.

*Availability:* You can find cilantro in your garden (if you have planned well), and it's usually available in grocery stores. Mountain Rose Herbs has dried cilantro in bulk (for making tinctures).

### ***Eleuthero (Siberian ginseng)***

Use 500-3000mg/day of Eleuthero powder or 15-20 drops of tincture three times a day.

*Availability:* Mountain Rose Herbs has good prices on bulk Eleuthero for making tinctures or infusions.

### ***Burdock***

Boil the roots, eat them, and drink the water too. 1-4 oz per day. Or make an infusion, and drink 1 pint per day. Or make a tincture, and take 12-15 drops per day. The leaves are also edible and helpful, though they are quite bitter.

*Availability:* Burdock grows wild in many areas. Mountain Rose Herbs has dried burdock root in bulk.

### ***Miscellaneous***

There are a number of other things that I've seen referenced, but I only have limited info.

- Laminaria japonica (kombu) -- This is widely noted as the most effective sea vegetable for dealing with radiation. But it is difficult to find. (Let me know if you find a source that is affordable and not out of stock!)
- Seaweeds in general---kelp, dulse, wakami, arami, nori, etc. They have varying iodine levels, and contamination with brominated compounds can be an issue if the product is not sourced carefully.
- Chlorella -- This is a chlorophyll-rich algae. Not sure how much one needs to take. Mountain Rose Herbs has this.
- 1,3 beta glucan -- This was highly recommended by several sources, but you'll get plenty by taking reishi.
- Vitamin C -- Take 500-1000mg three times a day normally; double if radiation is present.
- Rutin -- Often found in vitamin C tabs.
- Multivitamin -- Make sure it includes A/beta carotene, B-complex, selenium, E,

- Any thing else that helps your detox systems

The time to start on a program is *now*. It will take time for you to...

- (a) acquire materials;
- (b) get comfortable with the process of preparing them; and
- (c) ramp up your dosages for each item. (You should ease into each---don't immediately start at the full therapeutic dosage.)

A radiation-mitigation regimen is doable, but the logistics of it can be a little challenging at first. You will need to figure out how to be a "good patient" and stick to it.

Finally, remember that these suggestions are based on a review by me (a non-expert) of information from people who *are* experts. I think the info is solid and thus offer it here on Grinning Planet. But I still encourage you to use this as a starting point---research each item yourself, come to your own conclusions, and custom-craft a regimen that works for you based on the availability of resources, your finances, and your health status.

*Note: Shopping for needed items via this Amazon.com link...*

<http://www.amazon.com/exec/obidos/external-search?search-type=ss&tag=grinningplane-20>

*... helps support Grinning Planet ---a resource that I make free to all. Grinning Planet does not have financial arrangements with any other products or sites listed in this article. -- Mark*

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