

# Healthy News

From the Health Hunter



## **Nuclear Meltdown: protect yourself from dangerous radioactivity**

**N**atural medicines are highly protective against nuclear irradiation. There are no other major sources of protection other than the well-known synthetic substance potassium iodide. In other words, there are no drugs which block toxicity; only natural substances do so.

Potassium iodide protects only the thyroid. The rest of the tissues are left vulnerable to radioactive fallout unless specific measures are taken. According to Russian scientists with experience in nuclear fallout, for instance from the Chernobyl disaster, "Iodine is limited remedy." Much more can be done, which is addressed here.

In a nuclear reactor the base material is uranium, which is broken apart by neutrons. The result is iodine-131. This is unnatural and antagonizes the normal iodine, therefore poisoning the thyroid and more. Other byproducts are cesium-137, strontium-90, and plutonium. Cesium mimics potassium, a mineral essential to all function. It is a potent carcinogen. Concentrated in the bone, strontium-90 causes destruction of the bone marrow, bone cancer, leukemia, and lymphoma. All such ions cause this damage by creating free radicals. Thus, it is more important to block these than merely to take synthetic iodine.

Acute radiation poisoning is a serious illness, because it can rapidly cause death—or extreme destruction. The destruction causes health problems which last a lifetime. Early symptoms of this poisoning include nausea, vomiting and diarrhea, which are largely due to the destruction of the fast-growing cells which line the digestive tract. These

symptoms may last up to several days. The person may look and feel healthy otherwise, but this is deceptive. The sickness quickly returns with loss of appetite, fatigue, fever, nausea, vomiting, and diarrhea, possibly even seizures and coma. This phase may last even several months. It is the absolute misery of radiation sickness.

There is also skin inflammation and various lesions, including radiation burns, the later being manifested by swelling, itching, and redness (like bad sunburns). The skin may then heal as a result of the absorption of radioactive ions through the tissues. Also, hair loss is a common consequence. All such symptoms are ominous and, if untreated, result in fatality. Those who survive usually die within several months of exposure. The cause of death in most cases is destruction of the bone marrow, which results in infections and internal bleeding. For survivors the recovery process may last several weeks, or up to two years. Chronic exposure is continuously occurring from Chernobyl. Even today, any people within a 100-mile radius of the site are developing diseases including thyroid cancer. Wild oregano and chaga are essential and even more important than potassium iodide. Wild oregano is the top food antioxidant, and wild chaga is the top source of SOD (superoxide dismutase), an enzyme that is depleted by radioactive ions. Wild oregano, rosemary, and cumin raise glutathione levels, and this enzyme is the front line of defense along with SOD against nuclear irradiation. The following are the treatment protocols necessary to prevent degeneration and to block destruction of bone marrow and organs, the items listed in priority:

### **Basic treatment protocol for radiation exposure:**

**Juice of wild oregano:** 1 fl oz or more twice daily

**Oil of oregano** (P73 only, true mountain): 10 drops / 2 gelcaps twice daily

Chaga-birch tea: (i.e. **Chag-o-Charge**) 2 or more cups daily

**ChagaMax** capsules (Alternative or in addition to tea): 3 caps twice daily

### **Master protection treatment protocol:**

Entire aforementioned plus:

Oil of edible wild rosemary (**Rosemanol**): 20 drops twice daily

Oil of mountain cummin (**Cuminol**): 20 drops twice daily

**PropaHeal**, emulsified wild propolis: 20 drops twice daily

**Purely-C**, wild source natural vitamin C: 2 caps twice daily

**Resvital**, red sour grape: 3 capsules twice daily

**Purely-E**, sunflower vitamin E: 1-2 caps twice daily (or as sublingual)

**OregaRESP**, capsules (multiple-spice with cummin oregano and sage): 2-3 caps twice daily

**Zolvex** (CO2 extracted wild oregano): 20 or more drops twice daily

**Super-5-Greens** (americanwildfoods.com): 1 fl oz or more daily to purge radioactive heavy metals. **GreensFlush** can also be used in place of this.

**OregaMax** (crude herb complex): 3 caps twice daily

**Wild SaltCaps**: 1-or more capsules daily

### **Skin protection protocol:**

**ChagaCream**: Apply as a preventative and on all lesions

**Oreganol P73 Cream**: Apply as a preventative

**Zolvex** and **PropaHeal**: Apply to any wound; also use wild oregano oil (P73 only)

### **Protective whole or wild foods:**

Wild Oregano Honey or Manuka Honey: 2 tbsp daily

Wild Korean kelp chips: Eat a packet daily

Dulse or other kelp: consume daily

Wild, raw nut butters (americanwildfoods.com): ideal source of natural, raw vitamin E

Note: Eat foods rich in saturated fats, and avoid polyunsaturated fats; do not consume canola or soy products.

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Cassim Ingram (Dr. K) encourages to look at  
<http://www.idealists.ws/contaminationna.php#spent>

## **How to Block Radiation-Induced Cancer: the Power of Wild Natural Medicines**

Radiation is a major cause of cancer. Artificial radiation from nuclear power plants and nuclear bombs is far more poisonous than natural or back-ground types. This synthetic radiation interferes with all body processes. This is why it is so poisonous.

This toxic radiation causes a reaction that is exceedingly dire. This is the breakdown of human tissue. Once the tissues are destroyed, cancer grows freely. Radiation directly destroys the immune system as well as the all-important bone marrow. Regarding the lymphatic system it degenerates it. Ultimately, it destroys both the red blood cells and white blood cells, causing both anemia and immune deficiency. Without these systems/cells intact cancer grows readily.

### **Mechanisms of man-made radiation: toxicity explained**

Radiation consists of highly potent energy waves. These waves produce great heat, that is they produce a burn. This burning action afflicts all tissues of the body. Radiation therefore can burn directly through human tissue. Thus, all protective mechanisms of the body are lost. Cancer and infections can rage through the body. Radiation also depletes nutrients. It rapidly oxidizes, that is destroys, vitamin C, vitamin E, beta carotene, and riboflavin. It also destroys vitamin A, zinc, and selenium. Perhaps even more significant is its effects on the body's key enzyme systems, glutathione peroxidase (GP) and superoxide dismutase (SOD). These enzymes are the body's front line defense against radiation poisoning. The enzymes must deal with the toxicity and are rapidly used up. Once tissue levels of GP and SOD drop massively, disease and even death are inevitable. Thus, it is crucial to keep the levels of these crucial enzymes as high as possible.

The toxicity of radiation is largely due to the production of free radicals. Glutathione peroxidase and superoxide dismutase block free radical formation. Unchecked, free radicals are like a raging fire within the cells and organs. The quenching or neutralization of the free radicals means the preservation of the organism. GP and SOD are the most potent means to do this. Thus, the levels must be aggressively raised--and maintained. This is the difference between survival or succumbing to radiation exposure.

This brings to mind a case history of which I was intimately involved. This was Chicagoan Dr. Solomon, a victim of the original Atomic bomb test sites. Formerly of the U.S. military, as he reported to me personally, Solomon was exposed, like thousands of other soldiers, to the "experimental" exposure of those initial atomic blasts. It was he alone who took protective action. Knowing the toxic effects of radiation on SOD levels, he drank raw liver juice, the richest food source of this enzyme, as an antidote. Along with other measures, including his later use of potent wild antioxidants, particularly Oregonol P73, Solomon survived to his mid-80s, while all his associates had long ago died, many of horrific diseases, especially bizarre cancers. Solomon's life wasn't easy, God rest his soul. However, through his extraordinary efforts he proved that nature alone is protective against radiation's terminal effects.

Regarding cancer, there is no more dreaded disease. Thus, every effort conceivable must be made to block it. Cancers which commonly occur as a result of man-made radiation exposure include cancer of the breast, colon, throat, lungs,

and bone, along with sarcoma (blood cancer), leukemia, and lymphoma. Furthermore, the most common cancer of all is thyroid cancer, the direct result of radioactive iodine, which is a fulminant contaminant of damaged nuclear reactors. Other diseases which are the inevitable result of radiation exposure include diabetes, fibromyalgia, arthritis, pancreatitis, and immune deficiency. Anemia and bone marrow collapse are also inevitable consequences of significant exposure. The toxicity to the joints and muscles is due in part to the poisonous actions of radiation on the connective tissue, a toxicity which can in part be blocked by the vigorous intake of natural-source vitamin C as well as natural vitamin E and SOD.

Keep in mind, too, that man-made radiation has a most bizarre power. This is the capacity to vaporize human tissue. It did this in Chernobyl but also at Hiroshima and Nagasaki. This is because of the intense heat of the radioactive waves. When these waves are blocked, this toxicity is halted. Another mechanism is interference with cell chemistry. This relates to the main by-products of nuclear disasters, which are the noxious elements iodine-131, cesium-137, and strontium-90. These are fabrications, unknown in nature. The iodine-131 blocks real iodine, ultimately causing thyroid damage and in some cases thyroid cancer. Cesium-137 blocks potassium, causing potentially great damage to the heart, kidneys, muscles, and other tissues dependent upon this mineral. Strontium mimics calcium, causing damage to the bone and bone marrow. The body recognizes these false substances as real minerals and therefore concentrates them in these respective tissues.

Another noxious mechanism relates to the naturally occurring flora (bacteria, yeasts, and more) in the body. Just as it kills human cells, radiation rapidly destroys these. Yet, the overgrowth of potentially dangerous germs is the consequence, since these are too vigorous to be merely killed. Thus, it causes these germs to mutate in the body, while depleting the healthy bacteria. The mutated germs must be killed and the healthy ones replenished. The greatest dilemma is the mutation of yeasts, notably *Candida albicans*, a predominant survivor, into bizarre and dangerous forms. To kill these mutated germs wild oregano extracts, notably the oil of wild oregano, juice of wild oregano (P73 only), and the multiple spice extract (OregaRESP), are essential. To replenish the bacteria a plant-source multiple bacterial supplement is ideal (for instance, Ecologic 500, known as HealthBAC). Yet, the most potent substances of all are the wild oregano extracts, the P73, juice of oregano, multiple spice concentrate (OregaRESP), along with the wild chaga mushroom.

Key substances for treatment include wild chaga mushroom, the richest known source of SOD, wild spice oils, the most potent inducers of glutathione peroxidase, extracts of wild oregano to halt tumor production and destroy mutated germs, and various other wild complexes, including wild greens and berries concentrates.

#### Treatment protocol

##### Basic kit

Juice of Wild Oregano: one or more oz. daily

Oil of Wild Oregano (P73): 10 or more drops twice daily

Chaga-Birch Bark Tea (Chag-o-Charge): two or more cups

ChagaMax capsules: 2 twice daily

natural thyroid support (Thyroset): 2 or more twice daily

OregaRESP multiple spice: 2 or more capsules twice daily

Master kit

add the following:

edible oil of wild cumin (Cuminol): 20 or more drops twice daily

edible oil of rosemary (Rosmanol): 40 or more drops twice daily

NukeProtect potassium iodide plus herbs: 2 capsules daily

Super-5-Greens: one oz. twice daily

Super-5-Berries: one oz. twice daily

OregaMax crude herb calcium to block strontium: 3 capsules twice daily

Super-Master Kit

Chaganol Strength Drink: one or more oz. daily; add to drinking water

Purely-E: 2 capsules daily

Purely-C: 2 capsules twice daily

Purely-B: 3 T. daily

PropaHEAL: 20 drops twice daily

edible oil of sage (Sagenol): 20 drops twice daily

ChagaCream: apply on skin and thyroid area

Also, as a source of wild vitamin E and magnesium eat wild nut butters, especially wild black walnut butter. Eat also wild kelp slices (see [Americanwildfoods.com](http://Americanwildfoods.com) exclusively). Eat foods rich in saturated fat; avoid polyunsaturates. This reduces the toxicity of radiation. Avoid commercial crops such as soy, canola, and corn. Use PropaHEAL, Oreganol Cream, and ChagaCream on any radiation burns (for those directly exposed) or as a daily skin preventive.

**Dr. K. Khaleel's**

**Radiation Danger: Protect Yourself with Wild and Natural Medicines**

The radiation danger for all who are alive on Planet Earth from the nuclear plant meltdowns in Japan is real and extreme. All people must take protective action. This is particularly true of those living in Japan and Korea as well as near-by parts of China and Russia. It is also true of people living on the West Coast, from British Columbia to California and northern Mexico. Yet, it is not just these regions which are effected. All parts of the globe are being contaminated, with radiation levels raising exceptionally high everywhere. For instance, as of March 24th Britain has reported abnormal radiation levels nearly four times normal, which is highly significant. This is worse than Chernobyl, and there is no doubt about it.

So people need to take precautions. They need to protect themselves biologically. In this regard it is important to have the appropriate knowledge. Let us start with recent warnings by the World Health Organization, as summarized by the BBC:

Exposure to moderate levels of radiation, above one gray (the standard measure of absorbed radiation), can result in radiation sickness, which produces a range of symptoms:

-- Nausea and vomiting often begin within hours of exposure, followed by diarrhea, headaches and fever. After the first round of symptoms, there may be a brief period with no apparent illness, but this may be followed within weeks

by new, more serious symptoms. At higher levels of radiation, all of these symptoms may be immediately apparent, along with widespread - and potentially fatal - damage to internal organs.

-- Exposure to a radiation dose of four gray will typically kill about half of all healthy adults. For comparison, radiation therapy for cancer typically involves several doses of between one and seven gray at a time - but these doses are highly controlled, and usually specifically targeted at small areas of the body.

In other words, it doesn't take that much radiation from exploding nuclear reactors to kill a person. Radiation kills through several mechanisms. However, one of the primary ones is through the depletion of two key enzymes produced in the body. These enzymes are glutathione peroxidase (GP) and superoxide dismutase (SOD). These enzymes are the key ones that protect the cells and organs from oxidative damage. Nuclear ions oxidize human tissues; these enzymes block this. The ions deplete glutathione peroxidase and SOD. So, unless this is reversed the person dies. The primary therapy should be aimed at boosting tissue levels of these key protective enzymes. This is achieved through the intake of potent natural medicines which help maintain high levels of both GP and SOD. These natural medicines include wild and aromatic spice oils as well as wild chaga mushroom.

There are other key means by which radiation causes fatality as well as extensive tissue damage. These are the destructive of the thyroid gland by the man-made antagonist, iodine-131. This toxin is a by-product of man-made nuclear radiation. It blocks the use of natural iodine by the thyroid. Natural iodine is essential for the production of thyroid hormone. Even worse, the thyroid aggressively concentrates iodine and thus it collects and holds the man-made kind. The concentration of poisonous iodine-131 quickly destroys the gland. Loss of the thyroid gland is a great disaster, leading to a breakdown in virtually all other internal organs, particularly the liver and kidneys. Total body failure can, therefore, result from the sudden, aggressive destruction of the thyroid gland.

The other primary mechanism relates to the actions of nuclear irradiation on microbes in the human body. These microbes readily mutate into bizarre forms, which then can either slowly kill the individual or cause vile chronic disease. The latter results in a slow, agonizing death of the organism. Artificial radiation, such as the type resulting from nuclear bombs, depleted uranium, repeated X-rays, CAT-Scans, and nuclear plant disasters, causes massive mutations of microbes in the body, especially yeasts. The yeasts greatly mutate when exposed to such radiation. One study at the University of Iowa showed that they can change from their normal one or two forms into up to 90 mutants. These mutants must be destroyed in order to reverse radiation injury. In addition, radiation depletes key nutrients, including vitamin C, vitamin A, B vitamins, zinc, and selenium.

Spice oils kill yeasts and their mutants. They also raise glutathione levels. Furthermore, as potent antioxidants they block oxidative damage. The top spice oils for protecting against radiation injury are wild oil of oregano (Oreganol P73) and aromatic cumin oil (Cuminol). Another highly protective oil is wild sage oil (Sagenol). All these oils are available in 2-OZ. dropper bottles for quick sublingual use or as desiccated spice capsules (OregaRESP). To protect the thyroid and other organs a formula with wild kelp and potassium iodine plus cumin and red sour grape is ideal. This formula, known as NukeProtect, was originally created to protect people who work in or live near nuclear power plants. An optional formula which is based on natural iodine, as found in wild kelp, plus other thyroid-supportive herbs is ThyroSet. For maximum protection both these formulas can be taken together. Yet, perhaps the most potent formula for protecting the thyroid is the fat-soluble spice extract solution, known as Juice of Oregano. This

formula/substance was used successfully to treat and reverse thyroid cancers in Chernobyl victims. In fact, wild oregano juice is one of the most potent substances to take in order to block radiation damage.

Another key substance is wild chaga. Chaga is the world's top source of SOD. It is this enzyme which directly blocks nuclear ion-induced cell death. Chaga is an absolute lifesaver in the event of overwhelming nuclear exposure. This is also because it has vast powers in repairing damaged tissue. Furthermore, wild chaga is one of the few substances known which can regenerate the bone marrow. It is well established that artificial radiation destroys this vital organ, which ultimately results in death. Chaga should ideally be consumed as a wild chaga-birch bark tea and also as wild emulsified sublingual drops. Other forms are wild chaga/birch bark/oregano capsules (ChagaMax capsules) and wild chaga creams. The creams are invaluable for radiation burns and offer a barrier against radiation fall-out. Thus, the basic protocol to protect the body from radiation toxicity is as follows:

oil of wild oregano (Oreganol P73): 10 or more drops twice daily

multiple spice dessication capsules with wild sage, cumin, oregano (OregaRESP): 2 capsules twice daily

NukeProtect capsules (or Thyroset): 2 daily

chaga-birch bark tea: 2 or more cups daily

chaga sublingual drops (Chag-o-Power): 40 or more drops twice daily (or if using capsules, that is ChagaMax, 2 twice daily)

Juice of wild Oregano: one or more ounces daily

ChagaCream: use as a topical agent, if needed; this is also great as a barrier of protection, rubbed over the thyroid.

**For a more extensive protocol, add the following:**

wild sage oil in extra virgin olive oil (Sagenol): 20 or more drops twice daily

aromatic cumin oil in extra virgin olive oil (Cuminol): 40 or more drops twice daily

Other natural medicines which offer potent action against nuclear irradiation include wild emulsified propolis, wild, raw greens flushing agents, wild, raw high bush cranberry flushing solution, and oil of wild rosemary. These can be added to the protocol, as follows:

wild emulsified propolis (PropaHEAL): 20 drops twice daily

wild, raw greens flush (GreensFLUSH): 40 drops twice daily

wild, raw high bush cranberry extract (CranFLUSH): 20 or more drops twice daily

oil of wild rosemary, a potent antioxidant for fatty membranes and brain tissue (Rosmanol): 20 or more drops twice daily

Note: for massive exposure these doses should be increased by up to 10-fold. Regardless, this protocol is powerful protection against nuclear poisoning. Following this program will save lives and prevent tissue damage as well as organ failure.

Everyone must find Chag-o-Charge tea and also the oil of oregano (P73): minimum. Also, the thyroid plus herbs, thyroset.