Why You Need To Boost Your Iodine Levels
and Increase Certain Food Consumption to Protect Against Radiation

The important thing is to get iodine into your body in a safe supplement form. This does not have to be "potassium iodide." It can also be in the form of Nascent Iodine, which is a high-quality iodine supplement that has been available in the natural product marketplace for several years. (Do NOT drink topical antiseptic iodine products such as Betadine -- these products are not suitable for human consumption. They are povidone-iodine mixtures.)

Dr. Brownstein is one of the top experts on iodine. About radiation exposure, he explains: "If there is enough inorganic, non-radioactive iodine in our bodies, the radioactive fallout has nowhere to bind in our bodies. It will pass through us, leaving our bodies unharmed. It is important to ensure that we have adequate iodine levels BEFORE this fallout hits."

What Dr. Brownstein is explaining is that you must get iodine in your body BEFORE being exposed to radiation. And most people are extremely deficient in iodine on a daily basis.

Potassium Iodide

Potassium iodide (also called KI) is a salt of stable (not radioactive) iodine. Stable iodine is an important chemical needed by the body to make thyroid hormones. Following a radiological or nuclear event, radioactive iodine may be released into the air and then breathed into the lungs of any being breathing that air. Radioactive iodine may also contaminate the local food supply and get into the body through food or drink. In the case of internal contamination with radioactive iodine, the thyroid gland quickly absorbs this chemical. Radioactive iodine absorbed by the thyroid can then injure the gland. Because non-radioactive iodine acts to block radioactive iodine from being taken into the thyroid gland, it can help protect this gland from injury.

There will be little or no time to consult doctors and other health care practitioners to get the proper dosage. The standard dose for potassium iodide during radiation emergencies:

For infants, babies and children, KI is administered for exposure of 5 centigrays (cGy) or more. For birth through 1 month, 16 mg can be administered; for 1 month through 3 years, 32 mg can be administered; for 3-12 years, 65 mg can be administered; for adolescents ages 12-18 years, 65 mg can be administered (or up to 120 mg if the adolescent is approaching adult size).

Nascent Iodine

Nascent iodine, though more expensive, actually tastes and feels good while going down and is gentle enough to give to children, who do not seem to complain about its taste. The recommendation is to use the Nascent Iodine in high dosages to both saturate the thyroid (which makes it less vulnerable to chemical and radioactive attack) while it will also knock out any contaminants already absorbed.

Nascent iodine contains approximately 400 mcg per drop so 10 drops is 4 mg and 100 drops is only 40 so it's safe to take much higher dosages than is suggested on the bottle. In fact one has to completely ignore the suggested dosages on the bottle and take some of the information below as ones guidance for dealing with threatening radiation dropping down out of the clouds that are moving along with the jet stream.

One hundred drops a day is a strong dose, but when treating life threatening diseases it would not be unheard of to use upward of 200 drops a day in divided doses, but if you get your iodine on the day the news is sounding the radiation alarm I would jump right to 100 drops or 50 drops in divided dosages for children. It is my belief that the Nascent atomic form is much more efficient than the molecular form meaning you would need less but when confronted with a cloud of radiation one wants to work beyond
the speculative. Nascent iodine is in the atomic form making it easy for the body to convert it into the needed forms: iodide and iodine, plus it is gentler on the system, making it preferred, especially for children.

In normal conditions it is important to remember that one should not shoot straight up to these dosage levels; rather, start at low dosages and monitor for detoxification reactions, which will be less if sodium bicarbonate and other substances are used in conjunction with it. But in emergencies involving radiation we have not the luxury of time so one has to thrust iodine levels up sharply in burst dosages.

These onetime high pulse dosages of iodine are necessary during an emergency but they do not come without some risk of side effects, which include: severe allergic reactions (rash, hives, difficulty breathing, tightness in the chest, swelling of the mouth, face, lips or tongue), black, tarry stools, confusion, fever, irregular heartbeat, metallic taste in the mouth, mouth sores, numbness or tingling of the hands or feet, skin rash, stomach pains, swelling in the neck or throat, unusual tiredness, weakness.

Endocrinologic side effects have included both hyper- and hypothyroidism. By inhibiting the release of thyroid hormone from the thyroid gland, iodide can cause goiter and hypothyroidism. This has been called the Wolff-Chaikoff effect, occurring in approximately four percent of patients and may be more likely in patients with cystic fibrosis (CF). Iodide may induce hyperthyroidism, called the Jod-Basedow effect, when given to patients with preexisting iodide deficiency or autonomous, "hot" thyroid nodules. Iodide can cause parotid gland swelling.

Usually, side effects of potassium iodide happen when people take higher doses for a long time but they can occur from taking the government's recommended onetime pulse dose. The standard warning from the mainstream is that "we should be careful not to take more than the recommended dose or take it for longer than you are told," which is only once. "Side effects are unlikely because of the low dose and the short time you will be taking the drug." This is not good advice at all since too-low dosages will not protect one from the radioactive iodine fallout and the short time of application is absolutely out of the question when the fallout will be continuous, as it will be because of the continuous venting of radioactive materials into the atmosphere at the crippled Japanese reactor sites.

When faced with a radioactive cloud it is absolutely imperative that you take iodine, whatever iodine you can get your hands on. If the only iodine available is topical iodine that is not suitable for oral use then you should paint your body and your children's bodies with it. Few people have ready access to the Nascent iodine so will not enjoy its ease of application in repeated measured dosages that are more gentle to the system, thus yielding fewer side effects. Because Nascent is in the atomic form (I1), it is absorbed faster and that can also be advantageous in emergency situations. Its only downside is the expense of having to use so much of it.

For more information about Nascent Iodine, visit [www.inspiredliving.com/magnetic-clay-iodine/nascent-iodine-supplement.htm](http://www.inspiredliving.com/magnetic-clay-iodine/nascent-iodine-supplement.htm)

**Foods and Products That Can Protect Against Free Radical Damage and Reduce Absorption of Radioactive Substances**

The Swedish Government monitored the radiation level of foods following the Chernobyl disaster. They found that most animal based foods including meat, dairy, and fish had higher levels of radioactive substances than fruits, vegetables, grains, and potatoes. Eating plant based foods can reduce exposure to radioactive substances by avoiding concentrations of these substances in animal fat and tissues. A plant centered diet in the midst of radiation exposure provides lower levels of radioactive substances as well as fiber, antioxidants and phytochemicals that have the potential to reduce cancer rates associated with radiation exposure.
Radiation exposure causes cellular damage by forming free radicals that can have damaging effects on health, including the development of cancer. A study evaluating over 30,000 atomic bomb survivors in Hiroshima and Nagasaki found that those with the highest consumption of fruits and vegetables had a 13% lower risk of dying from cancer over the twenty year study period than those who consumed fruits and vegetables less than once per week. Sulfur-containing antioxidants found in cruciferous vegetables, such as broccoli, kale and cabbage, have been found to provide protection against radiation exposure through their detoxifying properties. Pectin in fruits has also been shown to reduce levels of the radioactive substance Cs-137.

The following plant based foods have been shown to provide protection against free radical damage and may help reduce the absorption of radioactive substances:

- 1 to 2 Bowls of Miso Soup Every Day, Prepared with Kombu Seaweed and Root Vegetables
- 2-3 Year Aged Unpasteurized Barley Miso
- Spirulina and Chlorella
- Pectin Rich Fruits (apples, apricots, guavas, quince, plums, gooseberries, oranges and other citrus fruits contain large amounts of pectin, while soft fruits like cherries, grapes and strawberries contain small amounts of pectin).
- Cruciferous Vegetables (Cabbage, Kale, Broccoli, Brussels Sprouts)
- Drinking Red Wine
- Using Fresh Rosemary
- Brown Rice, Millet and Other Whole Grains Prepared in Whole Form
- Dried Beans (Especially Lentils and Mung Beans),
- Hokkaido Pumpkin and Other Round or Root Vegetables
- Small Amounts of Seaweed
- Shoyu (Soy Sauce) Broth, Umeboshi Plums, Gomashio and Other Such Condiments.

**Green Vibrance Whole Food Supplement** is an excellent source of spirulina, wheat grass, chlorella and other green foods, sea vegetables, antioxidants and immune support foods. For more info, visit [www.inspiredliving.com/vibrant-green-supplements/green-vibrance-best-price.htm](http://www.inspiredliving.com/vibrant-green-supplements/green-vibrance-best-price.htm)

**Aulterra Enhance Supplements and Powder** have been shown to neutralize radiation in the body and to protect DNA against damage. For more info, visit [www.inspiredliving.com/emf-protection/](http://www.inspiredliving.com/emf-protection/)

**Environmental Detox Magnet Clay** detox formula assists in eliminating generalized environmental toxic exposures in our daily life, including inorganic and organic chemical residues, nicotine, pesticides, insecticides, herbicides, fungicides, industrial pollution, food preservatives, phthalates (plastic residues, artificial fragrances), PCB’s, VOC’s, PFOA’s (non-stick surfaces), radiation exposures (nuclear, medical, food, etc), various carcinogens and more. For more info, visit [www.inspiredliving.com/magnetic-clay-iodine/magnetic-clay-environmental-detox.htm](http://www.inspiredliving.com/magnetic-clay-iodine/magnetic-clay-environmental-detox.htm)

**Edible Earth** is a superior formulation of natural calcium bentonite and montmorillonite clays, designed for the general cleansing, detoxification, and revitalization of the entire digestive tract, in addition to supplying a rich spectrum of 57 bioavailable ionic minerals. Edible Earth incorporates the finest healing clays, chosen from pristine subsurface sources for their purity and broad health benefits to the user. Edible Earth draws its detoxifying ability from the favorable action that calcium bentonite and montmorillonite clay has upon the GI tract through its absorption and adsorption of various toxins, pathogens, metabolic wastes, and heavy metals. For more info, visit [www.inspiredliving.com/magnetic-clay-iodine/edible-earth-clay-detox.htm](http://www.inspiredliving.com/magnetic-clay-iodine/edible-earth-clay-detox.htm)

Source of most of the above information: [http://www.naturalnews.com](http://www.naturalnews.com)