

Radiation Exposure Treatment Ideas

The list of potential antioxidants is lengthy. The goal is to provide broad base support for cell membrane and intracellular membranes. The first four represent the major products to consider for extreme exposure. The last four are for consideration for every day exposure.

- 1) **Iodizyme-HP™** - is a form of potassium iodine/iodide. Also eat sea vegetables. Since we dealing with the oxidizing effects of radiation use a form that contains high levels of the reduced form of iodine, iodide. Kelp can be used short term however some brands may contain heavy metals as kelp is a natural chelating agent.
- 2) **NAC (N-Acetyl-L-Cysteine)** - 500 mg for a 150 lb adult. NAC quenches ionizing radiation and serves as chelating agent for heavy metals perhaps even radioactive uranium. NAC is an important precipitating factor to make glutathione.
- 3) **Chlorella** - 1,000 mg three times a day is also a natural chelating agent. Some researchers have identified 20 neutralizers to radioactive poisons in Chlorella.
- 4) **Dismuzyme Plus™ Granules** - a food based form of Superoxide Dismutase which is one of the principle antioxidant for the ROS radical. Each tsp provides 1,200 mcg of of SOD and 1,200 mcg of catalase plus a host of trace minerals and natural enzymes. Mix 1 Tbsp 1-3 three times a day on salads, in a smoothie or add to other foods as long as they are not too hot to eat. Heat destroys the enzymes.
- 5) **E-200 Hy™** - Natural vitamin E complex will supply antioxidant support for cell membranes structures. E-200 Hy supplies 220 mg of d-Gamma tocopherol as well as 200 IU of d-alpha tocopherol, 78 mg of d-Delta and d-Beta tocopherols as well as 2 mg of tocotrienols. 800 IU adults, 400 IU children
- 6) **BioDoph-7 Plus®** - supplies several billion healthy bacteria per dose; use 2-3 capsules at bedtime. Supports GI function and protect membrane health.
- 7) **ProMutli-Plus®** - 6 capsules per day – Dr. Allan Gaby in his medical textbook, Nutritional Medicine individually discusses the value of vitamin C, E, flavonoids, zinc, selenium, B1,B5, B6, B12, folate as treatments for radiation burns. ProMulti-Plus provides the above vitamins, minerals especially selenium in a bioactive form. This broad based multi-nutrient has sufficient spectrum of antioxidants for extra and intracellular protection and minimize NF-kappa B.
- 8) **Optimal EFAs Caps®** - 2 capsules three times a day. A mixture of Omega-3 fatty acids from small fish, organic borage oil and organic flax seed oil provide a balanced blend of Omega-3, essential Omega-6 in the form of GLA and Omega-9 oils.