**16 Remedies for Radiation Exposure**



By **Claude Nelson** March 30, 2017 11:07



Some nuclear events are survivable.

Much depends on the type of event and your proximity to ground zero. Event possibilities range from dirty bombs that may distribute radiation over a small area, to [nuclear accidents](http://www.askaprepper.com/lost-us-nuclear-bombs/) and nuclear weapon detonation that create large amounts of destruction and contamination. Your first goal is to avoid nuclear fallout, so you should take shelter immediately following a nuclear event. Then, you must mitigate the exposure that you do receive. Stay informed of local recommendations for your area, but be aware that your local news reporting may be designed to prevent mass panic, rather than give the best advice.

**Related:**[**The Ultimate Bug Out Home**](http://www.askaprepper.com/ultimate-bug-home-just-300/)

**Harmful Effects of Radiation Exposure**

The harmful effects of radiation exposure are many and varied. Some effects go unnoticed, only to cause cancers months or years later.

Before exposure and immediately after exposure, you should act quickly to prevent absorption and remove radioactive substances from the body. There are a number of supplements and compounds that can help you detoxify and prevent damage. Each acts differently and some, like Iodine, are specific to only one radioisotope, so plan to use all of these methods, or as many as possible, for best results.

**The Law of Selective Uptake**

One important principle in protecting the body from the absorption of nuclear isotopes is the law of selective uptake. Reduced to bare bones, it means that radioactive isotopes look like nutrients to the body, so if the body is deficient, it will grab hold of the isotope and use it in the body. You can prevent this absorption by taking extra doses of the nutrients. Iodine supplements protect against iodine-131, cesium-137 mimics potassium in the body, strontium-90 mimics calcium, Plutonium-239 mimics iron, and cobalt-60 mimics vitamin B-12. Your first line of defense it to be nutritionally sound and take supplements for these minerals or vitamin when exposure is imminent or immediately following exposure.

**We’ll talk about these supplements in more detail below:**

**#1. Iodine**

A nuclear or radiological event can release large amounts of Iodine-131 into the atmosphere. This radioactive iodine is quickly absorbed by the thyroid creating problems for the body immediately or even years later.

Researchers investigating the Chernobyl nuclear accident found that potassium Iodide reduced thyroid exposure to radiation with minimal side effects. Taking a dose of potassium Iodide or nascent iodine before the event or immediately after can fill the iodine receptors on the thyroid and prevent absorption of radioactive Iodine-131. Nascent iodine is the most bioavailable form of iodine for this purpose, but potassium iodide (KI) is often recommended as well. One dose protects the body for 24 hours. If exposure is ongoing, daily doses will be needed, follow the recommendations of local authorities.

**#2. Potassium**

Potassium supplements protect the body from exposure to Cesium-137, another radioactive isotope that is commonly found in the environment following a nuclear event. Since cesium-137 mimics potassium in the body, immediate doses saturate the body with potassium and prevent absorption of cesium-137. Rich potassium sources in the diet is a good first line of defense, but it may not be enough. Potassium Orotate is the best form of potassium supplements to use for radiation exposure. Follow dosing guidelines on the product you choose, since too much potassium can have ill effects.

**Related:**[**Potassium Permanganate: Why You Need It in Your Survival Kit?**](http://www.askaprepper.com/potassium-permanganate-indispensable-survival-chemical/)

**#3. Calcium and Magnesium**

Calcium and magnesium protect the body from absorbing Strontium-90. Supplementing with these nutrients has been proven to reduce strontium-90 absorption **by up to 90 percent**. As mentioned earlier strontium-90 mimics calcium, but these two minerals work together and need to be balanced, so for best results take daily supplements of both of these minerals.

**#4. Iron**

Some women take iron on a regular basis, but most men do not need regular supplementation. However, in a nuclear event, iron supplements can prevent the uptake of Plutonium-239. Take a daily iron supplement during exposure, but consult a physician about long term use.

**#5. Vitamin B-12**

A fast absorbing vitamin B-12 supplement, such as Methylcobalamin can protect the body from exposure to cobalt-60. Cobalt-60​ is a product of nuclear reactors, so exposure could come from an accident at a nuclear reactor. It is also used in radiation therapy and could come from a spill or a dirty bomb. Take vitamin B-12 daily, following the label recommendations.

**Related:**[**Top 30 Over-the-Counter Meds to Stockpile**](http://www.askaprepper.com/counter-medications-stockpile/)

**#6. Dimethylsulfoxide (DMSO)**

Dimethylsulfoxide (DMSO) is a controversial sulfur compound that has been shown to actively detoxify the body and protect against the harmful effects of radiation. Animal studies show that DMSO protects DNA from breakage due to radiation exposure and guards against cell destruction. A Japanese study showed that even low doses of DMSO provide protection against radiation damage at a cellular level and can facilitate DNA repair. More research into DMSO is needed, but so far the results are promising. The FDA has not approved it’s use except for preservation of transplant organs and for cases of interstitial cystitis. If you choose to use DMSO, look for pure sources containing no other solvents, except possibly a small amount of water.

**#7. Zeolite Clay**

Zeolites clean the body of toxins and radioactive particles in the same way they clean the environment. Their porous structure and affinity for positive ions allow them to bind toxins and nuclear waste to them and remove them as they pass through the body. Zeolite Clay can be safely taken internally and was widely used for detoxification at Chernobyl. In addition to detoxifying the body, it is useful in removing nuclear contamination from the environment and can be used to mop floors and clean walls in contaminated areas.

**#8. Other Clays**

Bentonite, Fuller’s Earth, Kaolin, red clay, French Green Clay, and other clays are also effective at binding nuclear waste and removing it from the body.  Clay particles are negatively charged, so positively charged radioactive ions are attracted to them. They can be taken internally or used to scrub down the body to remove external contamination. Clay’s are considered safe to consume, but be sure to purchase a pure, food grade clay.

**#9. Activated Charcoal**

Activated charcoal is useful for absorbing and neutralizing a number of poisons and toxins, including radiation. Studies show that activated charcoal is able to neutralize up to 70 percent of its weight in radioactive toxins. Other [uses for activated charcoal](http://www.shtfpreparedness.com/60-activated-charcoal-remedies/) include: natural remedy for dental infections, kidneys infections, ear infections, lowers blood pressures, water purifier and many more.

**#10. Papain**

Papain is a natural enzyme found in papaya fruit and known for its ability to reduce toxins. Studies in mice show that it helps exposed mice survive lethal radiation doses. Early research suggests that papain reduces skin reactions and other side effects following radiation therapy.

**#11. Bee Pollen**

Recent studies suggest that bee pollen is effective in preventing and relieving the negative effects of radiation therapies by boosting the body’s defenses and supporting natural functions and it could provide these same benefits after a nuclear event.

**Related:**[**How to Start a Beehive**](http://www.askaprepper.com/how-to-start-a-beehive/)

**#12. Beets**

Beets are excellent sources of antioxidants, which can help protect the body from the stresses of radiation exposure. They also help the body rebuild hemoglobin broken down as a result of exposure. Animal studies show that rats eating a diet heavy in beets had less effects after exposure to cesium-137. They were able to absorb and detoxify up to twice the radiation dose of the control group.

**Related: An Awesome 72 Square-Feet SHTF Medicinal Garden Plan**

**#13. Cold-pressed Organic Vegetable Oils**

Olive oil, coconut oil, sesame oil and other healthy oils offer some protection during and after radiation exposure. Lipids in the oils offer protection to individual cells, lining the cell membrane and binding toxins before they can cause cell damage. Animal studies show that mice fed oil are protected from doses of x-rays ranging from 300 to 2,400 roentgens and can survive lethal doses. The recommendation is to drink ½ cup of oil as soon as possible after exposure.

**#14. Organic Germanium-132**

Organic Germanium-132 is an ultra-modern mineral that increases oxygenation of the cells, supports the immune system and helps the body get rid of toxins, including radiation. Recent studies in the US and Japan have been experimenting with doses of 500 to 1000 mg per day for various medical conditions, but current recommendations in Japan are that exposed individuals take 100 mg daily of Organic Germanium-132.

It is important to note that only organic germanium is recommended here. Inorganic germanium is highly toxic. In minerals, the term organic has a different meaning than in food and inorganic germanium is a completely different compound.

**#15. Prussian Blue**

Prussian Blue, also known as ferric ferrocyanide, is useful as an antidote for Cesium-137 when the radioactive isotope has been ingested. In the [Brazilian Goiânia incident](https://en.wikipedia.org/wiki/Goi%C3%A2nia_accident), researchers found that treatment with up to 10 grams of Prussian Blue daily removed up to 70 percent of the Cesium-137 from the body and reduced it’s effects accordingly. This is an experimental antidote for use only in cases of known exposure to cesium-137.

**#16. Organic Brewers Yeast**

Some sources recommend organic Brewers yeast for preventing the effects of radiation and helping the body repair after exposure. Give 5 to 15 mg to children and 25 to 50 mg to adults. For cases of known exposure, this dose can be safely doubled or even tripled.

**Other Recommendations**

During and following a nuclear event, nutrition and general health are vitally important. Eating fruits and vegetables containing high amounts of antioxidants will help protect the body from the harmful effects of radiation. Obviously, do not consume plants that have been exposed to fallout or grown in contaminated soil, but frozen, dried, freeze-dried and safe fresh produce are healthy and give the body systems a boost.

For best results, each of these remedies should be begun immediately upon a nuclear event or exposure. Preparation is key. You should have these ingredients on hand before an event along with instructions on how to use them.

**You may also like:**

****[**How Much Does a Nuclear Bunker Cost?**](http://www.askaprepper.com/how-much-does-a-nuclear-bunker-cost/)

[**Lucy**](http://www.askaprepper.com/16-remedies-radiation-exposure/)March 31, 04:06

This is a very thought provoking article, with leads that are new to me. Thank you for putting this info out there.

You correctly note that too much potassium can have ill effects. If you enlarge on the article later, it would be helpful to note the ill effects of other substances mentioned, and what those ill effects might be.

In a real-life experience of radiation, we might not have access to medical professionals, or at least not knowledgeable ones. How would you know if your diarrhea was the result of the radiation, or too much potassium or magnesium, for example? This bears more information. Thank you for opening the conversation!

[Reply to this comment](http://www.askaprepper.com/16-remedies-radiation-exposure/?replytocom=247570#respond)

* + 

[**TheProfessor**](http://www.askaprepper.com/16-remedies-radiation-exposure/)March 31, 23:41

On the diarrhea, one word, blood. Also of note for women, Menstrual hemorrhage, with bright red blood. Loss of hair in quantity, often in clumps. Understanding that Radiation sickness is caused not by absorbing these isotopes, rather by their emitting particles that pass through tour body like an xray. and they do not have to be in you to do so. they can be in your environment.This is the whole premise behind a dirty bomb: spreading radioactive material across a large populated area. Radioactive materials are particle emitters. it is these particles that kill living tissues. and that is what is radiation sickness, the death of living tissues in the body, it causes the body to not heal and the blood not to clot and many other issues that complicate the dying tissues inside the body such as the death of the lining of the intestines and the destruction of the immune system which also leads to gangrene as a result of the dying tissues in the body. This is why there is no cure for radiation sickness. Understanding what it is caused by makes it fairly easy to diagnose over other causes, for example arsenic poisoning causes the hair to fallout in large clumps but the other symptoms are not the same.

[Reply to this comment](http://www.askaprepper.com/16-remedies-radiation-exposure/?replytocom=247665#respond)

[Reply to this comment](http://www.askaprepper.com/16-remedies-radiation-exposure/?replytocom=247575#respond)

1. 

[**TheProfessor**](http://www.askaprepper.com/16-remedies-radiation-exposure/)March 31, 23:22

while it is a noble idea to prevent the absorption of radioactive isotopes, it is not the isotopes themselves that do the damage. It is the particles they emit. And if said isotopes are in your environment no matter what preventative steps you tale short of protective clothing, a shielded structure to live in, protected food stocks filtered air and water sources (water itself can not be made radioactive, but any contaminant in it can), and so forth, you are at risk of exposure to the alpha, beta and gamma particles and even worse, should it fall into the hands of a madman the output of a neutron bomb, neutron particle which penetrate shielding thicker than that which blocks the other particles. The point here is even if you prevent your body from absorbing the isotopes, you will still suffer radiation sickness due to the particles killing the cells in your body, that they pass through, without your body absorbing the isotopes.

[Reply to this comment](http://www.askaprepper.com/16-remedies-radiation-exposure/?replytocom=247663#respond)

1. 

[**rad\_boss**](http://www.askaprepper.com/16-remedies-radiation-exposure/)April 2, 17:35

as a fed level rad instructor for over 30 yrs, I find the information presented here informative, directed towards a life style of preventive actions that , on the surface, in the prepper field, are positive, with proper disclosures made as to potential issues. good piece of informative information.

[Reply to this comment](http://www.askaprepper.com/16-remedies-radiation-exposure/?replytocom=247795#respond)

* + 

[**Older prepper**](http://www.askaprepper.com/16-remedies-radiation-exposure/)April 4, 23:50

Rad\_Boss; Thank you. good to know, and I appreciate your comment,

[Reply to this comment](http://www.askaprepper.com/16-remedies-radiation-exposure/?replytocom=248064#respond)

1. 

[**Steven G**](http://www.askaprepper.com/16-remedies-radiation-exposure/)April 3, 07:49

Even the most aggressive cancers which have metastasized have been reversed with baking soda cancer treatments. Although chemotherapy is toxic to all cells, it represents the only measure that oncologists employ in their practice to almost all cancer patients. In fact, 9 out of 10 cancer patients agree to chemotherapy first without investigating other less invasive options.

Doctors and pharmaceutical companies make money from it. That’s the only reason chemotherapy is still used. Not because it’s effective, decreases morbidity, mortality or diminishes any specific cancer rates. In fact, it does the opposite. Chemotherapy boosts cancer growth and long-term mortality rates and oncologists know it.

A few years ago, University of Arizona Cancer Center member Dr. Mark Pagel received a $2 million grant from the National Institutes of Health to study the effectiveness of personalized baking soda cancer treatment for breast cancer. Obviously, there are people in the know who have understood that sodium bicarbonate, that same stuff that can save a person’s life in the emergency room in a heartbeat, is a primary cancer treatment option of the safest and most effective kind.

Studies have shown that dietary measures to boost bicarbonate levels can increase the pH of acidic tumors without upsetting the pH of the blood and healthy tissues. Animal models of human breast cancer show that oral sodium bicarbonate does indeed make tumors more alkaline and inhibit metastasis. Based on these studies, plus the fact that baking soda is safe and well tolerated, world renowned doctors such as Dr. Julian Whitaker have adopted successful cancer treatment protocols as part of an overall nutritional and immune support program for patients who are dealing with the disease.

The pH of our tissues and body fluids is crucial and central because it affects and mirrors the state of our health or our inner cleanliness. The closer the pH is to 7.35-7.45, the higher our level of health and wellbeing. Staying within this range dramatically increases our ability to resist acute illnesses like colds and flues as well as the onset of cancer and other diseases. Keeping our pH within a healthy range also involves necessary lifestyle and dietary changes that will protect us over the long term while the use of sodium bicarbonate gives us a jump-start toward increased alkalinity.

The pH scale is like a thermometer showing increases and decreases in the acid and alkaline content of fluids. Deviations above or below a 7.35-7.45 pH range in the tightly controlled blood can signal potentially serious symptoms or states of disease. When the body can no longer effectively neutralize and eliminate the acids, it relocates them within the body’s extra-cellular fluids and connective tissue cells directly compromising cellular integrity. Conversely, when the body becomes too alkaline from too much bicarbonate in the blood, metabolic alkalosis occurs, which can lead, over time, to severe consequences if not corrected. So I would recommend potassium chloride supplements or potassium gluconate supplements to ease any discomforts like night sweats.

Walmart sells “Nature Made Potassium Gluconate Tablets, 100ct” for $3.00 and some change. Take 2 a-day during treatment. Oh!, and wear some nice clothes when you go to Walmart. ;^)

How Baking Soda “Kills” Cancer

Basically, malignant tumors represent masses of rapidly growing cells. The rapid rate of growth experienced by these cells means that cellular metabolism also proceeds at very high rates.

Therefore, cancer cells are using a lot more carbohydrates and sugars to generate energy in the form of ATP (adenosine triphosphate).

However, some of the compounds formed from the energy production include lactic acid and pyruvic acid. Under normal circumstances, these compounds are cleared and utilized as soon as they are produced. But cancer cells are experiencing metabolism at a much faster rate. Therefore, these organic acids accumulate in the immediate environment of the tumor.

The high level of extracellular acidity around the tumor is one of the chief driving force behind the metastasis of cancer tumors.

Basically, cancer cells need an acidic environment to grow and spread rapidly. By buffering the tumor microenvironment with an alkalizing compound, the pH of tumors can be raised enough to starve them and stop their growth and spread.

Curiously, this rather simple solution to cancer has been proven right.

What is even more remarkable is that there is no need to cook up some fancy synthetic drug to lower the acidity in the immediate environment of the tumor. A simple, commonly obtained compound like sodium bicarbonate (Arm & Hammer) will do.

[**Dpcanaday**](http://Www.verizon.com)April 5, 00:31

Former American General Flynn,under President Obama administration that Obama funded Isis.if you stop Isis America stop funding them.

[Reply to this comment](http://www.askaprepper.com/16-remedies-radiation-exposure/?replytocom=248069#respond)

[View comments](http://www.askaprepper.com/16-remedies-radiation-exposure/#comments)

**Baking Soda to alkalize and eliminate cancer**

Other findings show that baking soda:
~Reduces the involvement of the lymph node on the transport of cancer cells
~Does not lower the levels of circulating tumor cells
~Reduces the involvement of the liver and, therefore, the spread of tumor cells to other organs
~Inhibits the colonization of other organs by circulating tumor cells

The Baking Soda Formula for Cancer

To make the baking soda natural cancer remedy at home, you need either Maple Syrup, Black Strap Molasses or Raw Unpasteurized Honey to go along with the baking soda. Here’s a baking soda formula that I’ve printed out and passed around to folks in and around Hinkley – made famous by the movie, Erin Brockovich (PG&E, hexavalent chromium or chromium-6).

This formula recommends mixing 90 teaspoons of [a] syrup with 30 teaspoons of Arm & Hammer Baking Soda. This preparation should provide 10 days worth of the baking soda remedy – taking 6 to 7 teaspoons per day.

Heat your syrup to make it less viscous. Then add baking soda. Stir for 5 minutes or until all is fully dissolved and thuroughly mixed.

The feedback I’ve received? So far, everyone’s been cured. No one has said, “It didn’t work.”

What’s sweet is, it’s simple, easy, effective and it’s cheap… all’s is needed is

~ Arm & Hammer Baking Soda
~ Either Raw Maple Syrup, Black Strap Molasses or Raw Unpasteurized Honey
~ pH strips
~ Potassium Gluconate Tablets 595 mg. NOTE: In any supplement, you will never find potassium over 99 mg.

Syrup is the bait. The pH strips can be purchased from a pool supplies store or a Walmart, when they stock “in-season” pools and supplies. And to lessen any ‘possible’ negative-effect of metabolic alkalosis, start taking 1,000 mg (doubling up) of potassium gluconate daily. Most people are acidic due to environmental pollution, over-processed and poor quality (toxic) food, alarmingly elevated levels of gamma and beta radiation hundreds of times higher than it used to be… yes, 100’s of times. The list goes on… We’re talking ELE or Extinction Level Event.

Bob Nichols has a bi-weekly write-up documenting extremely high levels of radiation across the US. You can read his latest report here:
<https://yourradiationthisweek.org/>

Testing your pH.

I would suggest that the first few days should be spent increasing the dosage incrementally (acclimating). First day start with 2 teaspoons in the morning, then two teaspoons before bed. Next day, 3 and 3; increasing the dosage until pH values reach 8.0.

What we want to do, and this is important – maintain pH values between 8.0 – 8.5 for the last five days running. At the end of five days – stop. Cancer cured. But if you’re unsure, make an appointment with your oncologist. In fact, consult with your doctor, of your plans. Measure their ‘receptiveness’.

Negative reports? About half reported varying degrees of having “night sweats.”

And I must stress one more important thing. It’s best to have a friend, loved one, or family member there to assist. Sometimes, one just gets plain ol’ tired; gives up. Or, forgets. That is human nature. Respect what s/he wants.