Recommended herbs for radiation

**Recommended Herbs**

**You can take them as a tea, a tincture or as individual encapsulated herbs. You can get individual herbal tinctures online at** [**Herb Pharm**](http://herb-pharm.com/) **or get a custom combination tincture made at** [**Farmacopia**](http://www.farmacopia.net/) **in Santa Rosa, CA.**

**Source:** [**http://falloutsupplements.nodes.org/**](http://falloutsupplements.nodes.org/)

**Burdock Root (Arctium lappa)– removes radioactive isotopes from the body.**

**Recommended Dose – 1-4 ounces/300-120 grams of cooked fresh root, up to a pint of infusion daily, or several large spoonfuls of vinegar but only if made with fresh roots. Tincture – 15-20 drops 3 times a day.**

**Contraindications – do not use Burdock during the first trimester of pregnancy.**

**Cilantro Leaf (Coriandum sativum)– natural heavy metal chelator (i.e. plutonium and cesium are heavy metals.) Therefore, it helps to eliminate them out of the body.**

**Recommended Dose – Take 1-3 dropperfuls daily of tincture or eat large amounts of fresh cilantro**

**Eleuthero/Siberian Ginseng (Eleutherococcus senticosus)– helps protect against the side effects of radiation exposure.**

**Recommended Dose – 500-3000 mg. in capsule form. Tincture: 15-20 drops three times a day.**

**Holy Basil/Tulsi Aerial Parts (Ocimum sanctum)– preliminary research shows evidence that Holy Basil protects against radiation-induced peroxidation, thus helping to protect against the detrimental effects of low-level radiation. It also increases glutathione and superoxide dismutase which are important mediators in the liver in helping the body deal with radiation.**

**Recommended Dose – Tincture: 40–60 drops, three times per day. Tea: add 1 tsp. dried leaf to 8 oz. hot water, steep, covered, 5–10 minutes. Take 4 oz. of tea up to three times per day. Capsules: various forms of capsulated products are available. These include extracts in gelcaps, dried or powdered herb in capsules, and standardized extracts (2 percent ursolic acid) in capsules.**

**Contraindications – Holy Basil should not be taken while pregnant or nursing or for an extended period of time. Use caution if you have high blood pressure or rheumatic heart disease.**

**Reishi Mushroom Fruiting Bodies (Ganoderma lucidum)– offers protection against ionizing radiation**

**Preventive Dose – 400 mg. take 2 caps or 1 dropperful of tincture up to 3 times per-day.**

**Dose Upon Radiation Exposure – take the same dose up to 6 times per day**

**Contraindications – None.**

Holy basil, sage, ginkgo, gotu cola, burdock root, siberian ginseng, chaparral, aloe vera, nettles, red clover, astragalus. ( You can make teas and vinegars with some of these – search Google for instructions. )

**Recommended Foods ( not from the west coast, Japan, China or Pacific ocean )**

1. **Seaweed –** In scientific studies seaweed was able to neutralize radioactive isotopes in the human body.

2. **Kelp**

3. **Miso –** Miso broth is the classic food for prevention of radiation damage.

4. **Pumpkin**

5. **Spirulina**

6. **Bee pollen**

7. **Wheat grass**

8. **Rosemary**

9. **Blue-green algae**

10. **Beets**

11. **Garlic**

12. **Ginger**

13. **Alfalfa sprouts**

14. **Reishii (a mushroom)**

15. **Onions**

16. **Olive oil**

17. **Leafy greens**

18. **Red Apples and other sources of pectin**

19. **Brown rice**

20. **Kefir**

21. **All cabbage family plants – including arugula, turnips, radishes, cauliflower, mustard greens, bok choy, Brussels sprouts, broccoli d’rappe, kale, collards, and of course broccoli – protect your cells from the damaging effects of radiation.**

  22. **Orange/dark green vegetables – Sweet potatoes, winter squash, beets, carrots, and spinach.**

**Pharmaceuticals** ( prescription )

**Prussian Blue, DTPA and Neupogen**

**Stay out of the rain, fog, surf and snow. Stay away from the Pacific ocean including the beaches. Get a geiger counter and learn how to use it.** [**http://geigercounters.com**](http://geigercounters.com/)

If you experience a metallic taste in your mouth EVACUATE the area immediately.

Take a baking soda bath and juice some cilantro, it helps your body flush heavy metals and will assist in eliminating some of the radioactive particles in your body. “Oil pulling” for your mouth after potential exposure can help. ( [http://oilpulling.nodes.org](http://oilpulling.nodes.org/) )

**“Vitamin C is of particular importance and should be included at high intakes for anyone trying to minimize radiation poisoning. High dose vitamin C provides continual antioxidant flow through the body. It is absorbed from the gut and helps to replenish the other antioxidants. When it is used up, it is excreted in the urine.**

**Vitamin C can chelate or “grab onto” radioactive heavy metal atoms and help eliminate them from the body. Large dynamic flow doses of vitamin C (about 3,000 mg, taken 4 times a day for a total of 12,000 mg) would exemplify antioxidant treatment. Higher doses have been used by Dr. Atsuo Yanagisawa and colleagues.”**

[http://chelate.wiki.nodes.org](http://chelate.wiki.nodes.org/)