

Natural Treatments Offer Hope To People Affected By DU

From Creating Health Institute
Leaf lady.org
9-27-6

Folks who are in the midst of the fields of exposure may be helped by taking kelp or iodine tablets daily in an effort to protect endocrine and immune function.

Kelp and Iodine are controversial, but many holistic physicians are using this type of treatment. Some researchers, however, advise that kelp can contain fluoride, so it may be a 'Catch 22'. The benefit may outweigh the risk in this situation.

Water soluble iodine or natural nutritional protein bound iodine tablets are generally more effective and safer than Potassium Iodide.

Diabetes in this case may develop from loss of function of the thyroid gland, which in turn affects function of all other endocrine glands, including the pancreas. High quality digestive enzymes and other natural pancreatic support may be helpful.

Dry Skin Brushing follow with a 30 minute tub of hot water with 4 to 5 pounds of pure sea salt and 1-2 cups of miso broth added. Drink 1-cup miso broth while soaking for thirty minutes, Finish with a cool shower.

Sea salt and Baking soda baths: 50/50 mix - is helpful to re-balance the body after exposure to radiation.

Some treatments can be adapted for use in the field.

Red Clover and Chaparral Tea helps cleanse the blood, and it seems to benefit lymphoma type reactions.

Dandelion herb helps the liver and kidneys. It is high in minerals and especially vitamin A. Any help to these organs of elimination is beneficial. Dandelion root is especially helpful to keep blood sugar balanced.

Eleuthero or what is called Siberian ginseng helps support the adrenal

glands. Other help for these glands are vitamin C and bee pollen. These glands are the 'fight or flight' center of your body and are often exhausted in stress.

Alfalfa and spirulina may also be good to use for general support.

Five Flower Remedy and Yarrow Environmental Formula are flower essence remedies that help in anxiety and panic (Five Flower) and environmental over exposure (YES).

Thyroid testing is an important diagnostic tool. Sadly most physicians do not order the correct set of tests to thoroughly evaluate thyroid function. This panel should at least be - ultrasensitive TSH, Free T3 and Free T4. One cannot accurately 'infer' the T3 level from TSH and T4 as many doctors claim. If immune dis-orders such as lupus and others are suspected then a reverse T3 is necessary (rT3).

The current range for TSH, since 2003, is 0.3 - 3.2. The optimal range is 1.5 to 2. If the reading is high you tend to have low thyroid, if opposite you tend to have hyperthyroid. Home kits for thyroid evaluations are available through my office.

Avoid any products containing aspartame, acesulfame K and sucralose.

Please know that each individual responds to this type of environmental trauma differently. For the best results it is important to treat each person accordingly, and in relation to their symptoms.

Please refer to these web pages for more information -

www.leaf lady.org/veterans.htm

www.leaf lady.org/cancer.htm

www.leaf lady.org/Diabetic_Health.htm

www.leaf lady.org/immune_system_health.htm

www.leaf lady.org/usefulness_of_iodine.htm

www.leaf lady.org/xrays.htm

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For more information on the usefulness of Iodine, go here:

http://www.leaf lady.org/usefulness_of_iodine.htm

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