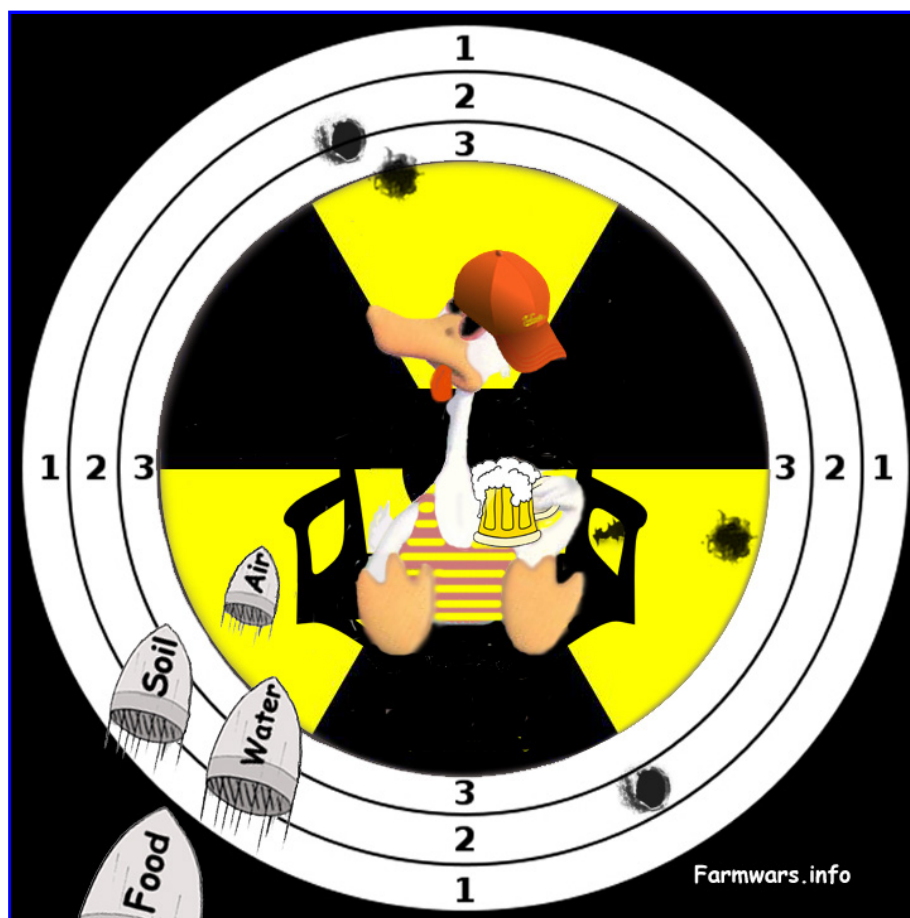


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May
18

Feel like a radiated sitting duck? Things you can do to mitigate the problem.



By Barbara H. Peterson

Farm Wars

At this point in time, most of us can say “no” to vaccines, genetically modified (GM) food, fluoride, and Big Pharma drugs. But we can’t “just say no” to radiation in the air all around us coming from Japan, and through oceanic contamination resulting from the BP Gulf incident. So, the difficult question is not how do we avoid this contamination, but rather, how we mitigate our exposure.

Let’s face it. We are surrounded by radioactive contaminants in the air, water, soil, and in our food, which is grown outdoors. We cannot control the air, which contaminates the soil, water, and plants. So, if we cannot get away from the problem, then what do we do? We can start by making sure that we have the knowledge to do the right things and collect the right resources to lessen our exposure. The following is a collection of some of the materials and applications that can be used to mitigate radiation exposure.

Personal detoxifying – people and animals

Unless we live in a bubble, our bodies will be contaminated with radioactive particles, so don't just wait until someone tells you that you have been exposed, do something about it now. There are certain materials that will help detoxify the body without ill effects whether or not you have been exposed to these harmful materials. Some of these are:

- Zeolite Clay
- French Green Clay
- Bentonite Clay
- Baking Soda
- Boron
- Certain foods

Clay

The same products that are good for humans, are good for the animals you care about also. You can mix the above-mentioned clays in food and water for ingestion, as well as in bath water or use body wraps and clay packs to draw radioactive materials out of the body, and aid in preventing the uptake of harmful radioactive materials.

Clay of all kinds — in the bath, on the body and taken internally — is recognized (albeit quietly) as being the fastest and most effective way to remove all forms of radiation from the body.

Taking a clay that is high in electrolytes internally... sets up an electromagnetic polarity in the body causing heavy metals, radiation, chemicals and other toxins (which are positively charged) to gravitate to the clay as it passes through the body and through the bloodstream.

Before the Response Team at Chernobyl put on their radiation suits, they smeared clay all over their bodies. (What did the Russians know that we are just now beginning to understand?) ([Vitality Herbs and Clay](#))

The research on the use of Zeolite in Chernobyl show that giving 1-2 zeolite cookies per day cleared all radiation after 3 days for adults and children. ([Gabriel Cousins](#))

Growing up in Provence, South of France, the use of green ILLITE clay was a part of our lives. Mom made me drink it, would spray her plants with a clay/water solution, it was given to dogs, cats, horses... Internally and externally..

After moving to the US and becoming fully involved in the horse world, I became aware of how little was known about the benefits of the green illite french clay. It is my hope to bring the clay and its healing properties into public awareness. ([Clay for All](#))

Baking Soda

Baking soda, or sodium bicarbonate is by far the least expensive addition to our defense against radioactive contamination.

The oral administration of sodium bicarbonate diminishes the severity of the changes produced by uranium in the kidneys. The kidneys are usually the first organs to show chemical damage upon uranium exposure. Old military manuals suggest doses or infusions of sodium bicarbonate to help alkalinize the urine if this happens. This makes the uranyl ion less kidney-toxic and promotes excretion of the nontoxic uranium-carbonate complex. The oral administration of sodium bicarbonate diminishes the severity of the changes produced by uranium in the kidneys. ([IMVA](#))

Baking soda taken internally, or used in baths along with salt is very effective at cleansing the body from radiation.

This bath counteracts the effects of radiation, whether from X-rays, cancer treatment radiation, fallout from the atmosphere, or television radiation: 1 cup of baking soda and 1 to 2 cups of ordinary coarse salt (or epsom salts or sea salt) to a tub of water. You can soak for 20 minutes. ([Our Little Place](#))

Boron

The backup system to force-fed potassium iodide in severe, acute radioactive poisoning is boron.

In the entire table of elements, including subatomic particles, there is only one mineral that is capable of accepting and ionizing radiation that never changes the innards or the nucleus of the cell — boron. The protons and the neutrons do not change under any conditions in the boron molecule. Boron can take radiation and release it without upsetting this very delicate balance.

That makes Boron an excellent candidate to have into your system, whether the radiation be from excessive sunlight or spent uranium bullets that's being ionized and released into the atmosphere. When that mineral is present in your system, your DNA creates a much better buffering system to ward off radiation. Even when chromosome breaks do occur, they are much more easily repaired and maintained by the system. ([New Paradigm Digest](#))

Interestingly enough, Boron can be found in Borax.

Borax: Yes, this is the laundry detergent. It is quite safe, it has been for years. The Boron content of Borax is approx 11 %. While Borax is classified as a chemical, but it is usually a mined product – meaning that it is a [natural mineral complex](#). It has some H2O2 quality and emulsifies fat. Hence its use as laundry powder. ([New Paradigm Digest](#))

Foods

Here are [19 of the best foods](#) to naturally combat radiation poisoning:

Brown rice

Seaweed

Kelp

Miso

Pumpkin

Spirulina

Bee pollen

Wheat grass

Rosemary

Blue-green algae

Beets

Garlic

Ginger

Alfalfa sprouts

Broccoli

Onions

Olive oil

Leafy greens

Apples and other sources of pectin

Indoor Gardening

If you are concerned that your garden will be subjected to rain containing radioactive material, and you are able, a greenhouse or indoor gardening space will protect your fruits and veggies. Make sure to use uncontaminated soil by treating it with one of the clays discussed earlier, rock dust, and/or baking soda before planting. These soil treatments will be discussed in the next section titled “Treating the soil.”

Here is a nifty video with instructions on how to turn a room in your home into an indoor gardening area.



If inside gardening is not an option, or you prefer to garden outdoors, here are instructions for small hoop houses on the cheap:



If you have a large outdoor area that you want to use for growing fruits and veggies, then you might want to consider treating your fruits and veggies after harvesting. This will be discussed in a later section titled "Treating veggies and fruits."

Treating the Soil

There are a few products that will bind radioactivity in the soil and keep your plants from assimilating it. The following are a few examples:

Rock dust

Simple rock dust can be used to remineralize the soil and remove radioactive materials. At the Chernobyl disaster it was found that

"Remineralization protects not only soil and plants from radioactivity, but humans, too. Supplying abundant minerals especially trace elements to the human body improves radiation tolerance, immune system integrity and radiation exposure recovery." -David Yarrow, 2006

The intelligence of Nature tends to work to maintain health. Life on earth has evolved systems to selectively incorporate healthy minerals and trace elements into biological structures, and to repair the damage done by low levels of radiation, which is a common phenomenon even in Nature. Plants, for example, will selectively uptake healthy metals over radioactive particles if given the choice. However, under high levels of radioactive stress such as those encountered during a nuclear disaster, those systems become stressed and cannot cope with the damage, resulting in radiation sickness. Replenishing these systems with remineralized foods or a finely ground rock dust supplement is an important part of coping with this unprecedented radioactive stress." ([Remineralize the Earth](#))

Zeolite

The following information is from John:

I heard about zeolite a few weeks back and thought I could buy enough for a 1 acre garden but saw how expensive it was. So I thought "go to the source" and called a mine I think was in Texas. Turned out that they sold a minimum of 2 tons or so but told me that a horse deodorizer called "Sweet PDZ" is 100% zeolite. Comes out of Spokane, Wa and is sold locally here on the west side of the state.

They assured me not to worry about radiation in our soil but went on to tell me how much I should buy if I were to treat 1 acre, off the top of my head I think the guy calculated I should get 10 or 12 bags.....50 lb bags. (John VanVoorhees)

This equates to roughly 500-600 lbs per acre.

Bentonite Clay

Calcium Bentonite clay will bind radiation in the soil, as well as other toxins. You can mix this clay with water, and sprinkle it on your soil.

When it is safe to go outside, get a clean new garden sprayer and add 1/2 cup of liquid clay to a gallon of water and spray your lawns and gardens. ([New Paradigm Digest](#))

Baking Soda

So useful and strong is sodium bicarbonate that at Los Alamos National Laboratory in New Mexico, researcher Don York has used baking soda to clean soil contaminated with uranium. Sodium bicarbonate binds with uranium, separating it from the dirt; so far, York has removed as much as 92 percent of the uranium from contaminated soil samples. I started writing about baking soda after discovering that the United

States Army recommends the use of bicarbonate to protect the kidneys from radiation damage. ([IMVA](#))

Here are some instructions for using baking soda in your garden. They are not specific to radiation cleanup, but are a rule of thumb for normal use:

Acidity test for soil: To test the acidity level of your garden soil, add a pinch of baking soda to 1 tablespoon of soil. If it fizzes, the soil's pH level is probably less than 5.0. Flower species that prefer alkaline soil such as geranium, begonia, and hydrangea should be watered occasionally with a weak baking-soda and water solution.

Sprinkle baking soda lightly around your tomato plants. This will sweeten the tomatoes by lowering their acidity.

Raise alkalinity in potted plant soil: Carnations, mums, and petunias prefer neutral soil. To raise potting soil alkalinity, apply some baking soda but use it sparingly.

Flowers and planting pots: Coat clay pots with a thin layer of baking soda when transplanting plants but before adding the soil. This helps keep the dirt fresh. If you have cut flowers, dip them in a solution of baking soda and water to lengthen their life. ([How Stuff Works](#))

Treating Veggies and Fruits

Clay

According to the CRIRAD "Spinach, salads, cabbage and other vegetables with large surface areas are among those food products that are particularly sensitive to iodine-131 contamination, if they are cultivated outside and exposed to rainwater. Washing vegetables does not help, as iodine-131 is quickly metabolized by the plants."

Calcium Bentonite clay has been proven to remove radiation. Not only can the clay remove radiation but it can also remove pesticides and toxins.

Because Calcium Bentonite Clay has a strong, negative ionic charge, it will act like a magnet when activated with water, adsorbing and absorbing radiation, pesticides and toxins. The clay grabs these substances which get removed when the clay is washed off.*

How to Wash Your Vegetables:

Mix 1 part Calcium Bentonite Clay to 8 parts of water. In a large bowl (non-metallic), mix ¼ cup of liquid clay with 1 quart of water. Toss your produce in this clay water, ensuring complete coverage, and let sit for about 10 minutes. (for a large batch of produce, use more clay/water). Rinse, dry and store. ([Vites](#))

Treating the Water

Reverse Osmosis

Reverse osmosis is highly effective in removing several impurities from water such as total dissolved solids, turbidity, asbestos, lead and other toxic heavy metals, radium, and many dissolved organic. The process will also remove chlorine, and also can remove nuclear radiation such as radioactive plutonium or strontium in the drinking water. Therefore, reverse osmosis combined with activated carbon seems to be the most advanced water purification method developed so far. ([Free Drinking Water](#))

Zeolite

Zeolites have the ability to capture cesium 134, 137 and strontium 90 isotopes and are ideally suited for the treatment of liquid radioactive waste effluents... ([Steelhead](#))

Using Zeolite as a filtering material for water is being done in Japan after the nuclear reactor incident:

The Tokyo Electric Power Co. will build a special facility to process radioactive water from the crippled Fukushima-1 nuclear power plant.

The new facility, to go on-stream already in June, will push the contaminated water through an oil filter using zeolite, a mineral that absorbs radioactive materials.. ([The Voice of Russia](#))

Shower heads for the home are available with Zeolite filters. Just type “Zeolite shower filter” into your Internet search engine and you will find information about this product.

The University of Texas has a patent on a Zeolite water filter application that can be used for the production of potable water from wells, bodies of water such as ponds, and/or point of use filters and water bottle filters:

*Our Surfactant Modified Zeolite (SMZ) filter is a filter that is designed to remove biological pathogens from water. Removed pathogens include bacteria, viruses, and parasitic protozoa. The material can be included in a filtration device, which can be used as a potable water filter, a point of use water filter, a water bottle filter, or a filter packet that can be placed into a body of water such as a well or a pond. The SMZ filter is especially suited and was intensively tested as a filter pack of wells. SMZ can be produced cheaply (about 50 cents per pound or less than \$500 per cubic meter), and used for any types of water ranging from drinking water to waste water. The SMZ can be manufactures in various grain sizes to allow water to flow at reasonably fast discharge rates through the filter. The SMZ was tested in the laboratory and in field experiments and was shown to be extremely efficient in removing bacteria and viruses from water. For example, in field experiments 100 % of *E. coli* and more than 99.9 % of the bacteriophages tested were removed from sewage water. After 6 months the removal efficiency for *E. coli* was still 100%. ([University of Texas](#))*

New Discovery

We also might want to keep our eyes on this new discovery by Russian scientists:

Russian scientists in the Khibinsky Mountains in the Arctic Circle have made an important scientific discovery. They've found a new mineral which absorbs radiation.

It does not yet have an official name and is known only as number 27-4. It can absorb radioactivity from liquid nuclear waste.

“It can extract radioactive substances from any water-based solution and so has a very important practical significance,” said Yakov Pakhomovsky, the head of the Kolsky Research Institute.

After coming into contact with the mineral, radioactive water becomes completely safe. Had this mineral been available to physicists after the Chernobyl or Three Mile Island disasters, the consequences might have been very different, as both accidents resulted in contamination from radioactive water. ([RT](#))

Prepare for the worst and hope for the best

Face it. None of us will make it out of this world alive, but we might just be able to make things better along the way. Since we are constantly being bombarded by radiation, which is a clear and present danger due to the Japanese Fukushima reactor melt down, we find ourselves facing the very real prospect of imminent demise. So, what matters most is how we react to the situation. We can succumb to fear and go out cowering, ignore the situation and pretend it isn't happening, or face it and embrace our circumstances, doing all that we can to make things better for ourselves and the people around us. I choose the latter, and hope you do too.

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(Visited 9,195 times, 9,195 visits today)



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10 Responses to “Feel like a radiated sitting duck? Things you can do to mitigate the problem.”

1. *BETty Haas* says:

[May 19, 2011 at 3:08 am](#)

Thank you for the informative video. Gardening small is just great!!!!!!!

2. *lah* says:

[May 19, 2011 at 5:00 am](#)

Thank you. Very practical and useful information.



3. *Joseph E Fasciani* says:

[May 19, 2011 at 6:36 am](#)

“Thank you!” for THE BEST single article I have ever read on this increasingly crucial subject, especially since both my government in Kanada and yours in the USSA [not a typo] refuse to address it realistically. As usual, you’re left to your own resources, so this info is an enormous help.

Joseph, 68
Victoria, BC

4. *T.W.* says:

[May 19, 2011 at 7:22 am](#)

I agree with Joseph. Borax is used for laundry detergent, and it certainly is a source for boron. Boron must be given to horses as a supplement because they aren’t getting enough from their worthless processed food or the worthless grass hay they are fed due to the artificial fertilizers, which put the brakes on minerals in the soil and render them void, that are so prevalently used in the “civilised” countries (US, England, Australia). What a mess. When I read a book written by an author who suggested supplementing your horses with three grams of boron a week and that that mineral was actually safe to administer using borax, I paused-until I read the above article. Now I am not worried about using the borax. I have been using borax for years for laundry because it is the safest “detergent” on the planet. I have also noticed the price per box (20 Mule Team Borax) has skyrocketed within the past 18 months. I am off to buy up all the borax on the grocery shelf. Thanks for the great article, a chock full of lifesaving info. that is so rare to find in the media trough these days that is usually refilled daily with the same partline slop concerning Japan.

Thank you Barabara!

5. *stienster* says:

[May 19, 2011 at 10:07 am](#)

FANTASTIC POST BARBARA



6. *Amelia* says:

[May 19, 2011 at 11:52 am](#)

Thank you for sharing your knowledge to help others. I only hope they will take heed and believe that we are not being told everything (or anything!)

7. *Lark2011* says:

[May 19, 2011 at 11:55 am](#)

Thank you for the information! We've already started our indoor gardening, but didn't know about the baking soda. Very good tips you had there.

Was curious if you've thought about moving to the Southern hemisphere, since I read that the jet streams for the northern and southern hemispheres don't mix.

8. *Mahina PacificaNews Service* says:

[May 19, 2011 at 12:00 pm](#)

Thank you for the urgently important post on what we can do to stay healthy in the Nuclear Age! I am recommending your article. *5-Star Review* Pacifica News Service, Hawaii. More! Please consider joining Global Citizen Action Forum, Hawaii at <http://www.amaraka.tv.com/forum/>

9. *waynepacific* says:

[May 19, 2011 at 12:44 pm](#)

Yes thank you!

Say doesn't Obama cut a fine Presidential figure, which is very important you know. I can see Nixonian influences.

How bout them NBA playoffs.

What ya think about them hot Kardashian gals.

10. *Ron* says:

[May 19, 2011 at 1:31 pm](#)

Interesting article, some new information that I hadn't seen. Dr. Bob Marshall says that green tea is also helpful to reduce the effects of radiation. It helped the Japanese survivors in Nagasaki and Hiroshima.

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Email (will not be published) (required)

Website

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