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Treatments for Nuclear Contamination

Posted by **Mark Sircus - Director** on 13 March 2011 | Filed under [Featured](#), [Medicine](#)

Iodine – Glutathione – Natural Chelation – Clay – Baking Soda



It is too early to call everyone in North America to prepare for a radiation cloud streaming down radioactive particles from the accident in Japan. According to the media and government, America is not at risk due to radioactive fallout from the recent Japanese nuclear accidents in several reactors but that could change in a heartbeat as authorities race to combat the threat of multiple nuclear reactor meltdowns. Nuclear plant operators are working frantically to try to keep temperatures down in several reactors crippled by the earthquake and tsunami, wrecking at least two by dumping sea water into them in last-ditch efforts to avoid meltdowns.

Now, just hours after writing this above paragraph we get a report in the New York Times indicating that even best case scenarios include radioactive releases of steam from the crippled plants could go on for weeks, months or even years. So prepare we must. "Pentagon officials reported Sunday that helicopters flying 60 miles from the plant picked up small amounts of radioactive particulates — still being analyzed, but presumed to include Cesium-137 and Iodine-121 — suggesting widening environmental contamination. More steam releases also mean that the plume headed across the Pacific could continue to grow," printed the [Times](#).

The incident is a reminder that preparedness should include being prepared for nuclear events with foods and medicinals in our medical cabinets that will protect us and our families as much as humanly and medically possible. Many people in Japan and elsewhere around the world that live and work close to nuclear plants will be seriously affected by nuclear accidents. When a meltdown happens the effects can be carried thousands of miles by the prevailing winds.

It is unclear how far the impact of a meltdown might reach. In the United States, local communities plan for evacuation typically within 10 miles of a nuclear plant. However, states must be ready to cope with contamination of food and water as far as 50 miles away. When it comes to risks and toxic exposure levels we can count on the government and medical officials to understate the threat. This is something consistent in their approach to all types of toxic exposures.



Besides having iodine on hand for emergencies, we can grow (and, at present, purchase) herbs and foods that prevent our bodies from storing radioactive particles. Some of these foods and herbs even remove radioactive particles from our bodies. As we are all already being affected by radiation released by numerous sources, eating these foods and doing detoxification and chelation protocols regularly is a good idea.

If you have been exposed to too many X-rays or CAT scans, if you fly too much, work with diagnostic medical equipment or are environmentally sensitive and have ingested elevated levels of radioactive contaminated food, air or water, you also want to partake of the following protocol on a regular basis.

Sodium Bicarbonate (Baking Soda)

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. 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.

Sodium bicarbonate can safely remove paint, grease, oil and smoke residue, decreasing workers' exposure to harsh chemicals and eliminating much of the hazardous waste associated with other cleaners. "Sodium bicarbonate is able to clean in areas where other substances pose fire hazards, because baking soda is a natural fire extinguisher," says Kenneth Colbert, a general manager for Arm & Hammer. This is the reason it's used by oncology centers to control chemo agent spills and it's actually used intravenously to protect patients from the hazardous toxicity of chemotherapy.

"Uranium is one of the only metals that get significant bonding from carbonate. Just flushing a lot of bicarbonate through the system, along with whatever kidney support you are going to use, will be very helpful," writes Dr. Chris Shade. There is no better therapy for radiation sickness than intense sodium bicarbonate (baking soda) and [magnesium baths](#) with the appropriate [clay](#) added in. Even sodium thiosulfate can be added to these baths and that instantly neutralizes any chlorine in the bath water while simultaneously providing sulfur for the vital sulfur pathways.

Bicarbonate and Nuclear Fallout



If the bombs start dropping anywhere on earth, or if you live near a nuclear plant, you will want to have a large amount of sodium bicarbonate on hand. Minimum stocks should be 25 or 50 pounds. Normally I recommend someone start with using one pound of bicarbonate in a bath but that could easily be two or three pounds in an emergency situation. It is not a joke that one can get 50 pounds of the most powerful medicines on earth for 35 bucks. You will also need a lot of magnesium salts and the very best and most penetrating of them is the magnesium chloride in the form of [magnesium bath flakes](#). Dead Sea salt is also quite fine for this application.

Exposure to radiation causes a cascade of free radicals that wreak havoc on the body. Radiation decimates the body's supply of glutathione.

Please read my essay on [Glutathione and Bicarbonate Nebulization](#). Nebulization is one of the best ways to quickly increase glutathione levels as is the use of glutathione suppositories. The main cancer risk from inhaled uranium oxide and other airborne radioactive particles would be from tiny insoluble particles lodged deep in the lungs. That's a good reason to nebulize both glutathione and bicarbonate directly into the lungs and one must wonder why governments and health officials have not sponsored this treatment.

Dr. Sarah Mayhill, speaking about uranium oxide says, "It can be inhaled by soldiers and civilians, it sticks to the lining of the lungs, it is taken up by cells of the immune systems and gets into lymph glands, bone, brain, hormone producing glands, ovaries and testes. It stays in these organs for many decades and is only very slowly excreted in urine." Nebulization transdermally treats the lung tissues allowing for best effect on contaminated lung tissues.

I have had the pleasure through the years to learn from some of the most intelligent doctors and scientists about heavy metal chelation and the opening of detoxification pathways. The individual who wins the Nobel Prize in the area of chelation, the scientist with the greatest genius, especially when it comes to mercury chelation, is [Dr. Chris Shade](#). He has developed a sophisticated detoxification system based on enhancing the natural removal of metals through the intestines.

Though his specialty is mercury, detoxification and chelation of radioactive poisons use the same pathways as mercury. He has developed three products that are effective for the removal of mercury including a liposome formula that allows us to get glutathione into the system via oral administration. (For more information or ordering of Dr. Shade's products I only have a phone: 1- 866-257-8168, talk to Karen.)

Combining his formulas with [HMD](#) (Heavy Metal Detox) from Dr. George Georgiou, another medical genius, gives us, in my opinion, the best possible medical formula to help remove radioactive contamination as long as iodine, [magnesium chloride](#), a super food spirulina-based formula like [Rejuvenate](#) and [edible clay](#) are

used as well. Rejuvenate is a powerful chlorophyll-rich formula that is easy to administer in high quantities because of its exceptionally pleasant taste. The intense levels of RNA in Rejuvenate will quickly help build up a person's immune system and help them recover from the RNA/DNA damage caused by radiation exposure.

Table 1. Mean percentage increases in toxic metals between baseline and post-hair sample while taking the HMD™ Ultimate Detox Protocol

Mean % increase of heavy metals between pre and post-hair samples							
Toxic Metals	Uranium	Arsenic	Beryllium	Mercury	Cadmium	Lead	Aluminium
Mean % increase	252.34%	306.80%	0	205.09%	333.33%	200%	155.52%

N.B. The levels of Beryllium were very insignificant in this sample of patients, in both the baseline and post samples.

It is interesting to see that uranium-238 is being eliminated in the hair using the HMD protocol; to date there is no natural chelating agent known to mobilize and eliminate uranium-238 from body tissues. HMD is the only chelation product that I have seen that has actually been tested and shown to be effective for uranium toxicity.

HMD's cilantro will move heavy metals and radioactive material out of the cells into the detoxification pathways with Dr. Chris Shade's IMD (Intestinal Metal Detox) pulling down hard on those pathways to get the stuff out through the intestines. The internal consumption of edible clay and external clays dramatically facilitate this process. Clay baths are a very effective way of removing heavy metals from the body and increase one's chances of survival if exposed to nuclear fallout.

Iodine

Iodine is the most obvious and important element in protecting against radiation damages. Radioactive iodine will plunge in to any and all iodine receptor sites that have no iodine in them due to iodine deficiencies. This is a serious problem because over 90 percent of people in North America, according to Dr. David Brownstein, are iodine deficient. This leaves them incredibly vulnerable to radioactive iodine, which is one of the principle forms of radiation given off in nuclear accidents and from nuclear weapons.

In a separate article are videos of an interview I did today with Dr. Brownstein and a lot of important information about iodine supplementation as a vital defense against radiation contamination and damage.

Intravenous Cocktails

In cases of serious exposure, IV cocktails with high dosages of vitamin C, [magnesium chloride](#) or sulfate, sodium bicarbonate and very pure seawater full of all the minerals necessary for life would be ideal.

Dr. David Brownstein administers a slow IV vitamin C drip—usually 25-50 gm, with minerals, and he adds 10cc of sodium bicarbonate. The addition of bicarb to the IV's made a huge clinical improvement. He also adds 1 cc of bicarb to all [Myers cocktail IV's](#), which he says is "a great addition."

Nutrients to the Rescue

Spirulina and chlorella have been used heavily by the Russians after the Chernobyl nuclear plant disaster. And the Japanese love their miso soup and that was said to help some of their citizens survive the fallout after the Americans attacked two of their cities. This is why I recommend [Rejuvenate in high doses](#) because of its high spirulina and chlorella content and because it is like refined rocket fuel for the cells providing them with a broad range of concentrated nutrients.

Tan Koon Peng from Singapore writes: "Miso is effective for detoxifying your body of radiation. During World War II, two hospitals that were located side by side were hit with atomic radiation, in one hospital people consumed Miso and all of them survived while many people in the other hospital that did not take miso died. Miso is rich in vitamin B therefore it is suitable for vegetarians who are in shortage of vitamin B. For best results do not cook miso."

Herbalist [Brigitte Mars](#) says, "There are a number of foods that can better help our bodies tolerate the effects of pollution. Eating lower on the food chain minimizes our chemical intake. Consuming more whole grains has a multitude of benefits. Their high fiber content binds with toxins and lessens intestinal transit time. Their vitamin B6 content nourishes the thymus gland and their vitamin E content helps the body to better utilize oxygen. The grain buckwheat is high in rutin and helps to protect against radiation and stimulates new bone marrow production. The mucilaginous fiber in seaweed helps to prevent the reabsorbing of radioactive strontium 90.

"Following the bombing of Nagasaki, a group of surviving macrobiotic doctors and their patients avoided radiation sickness by eating brown rice, miso and seaweed. They also did not get leukemia. Seaweeds also help to break down fatty deposits. High-chlorophyll foods like wheatgrass and barley grass strengthen cells, transport oxygen, help to detoxify the blood and liver as well as help to neutralize polluting elements and stimulate RNA production. Sulfur-rich vegetables like broccoli, cabbage and mustard greens combine with heavy metals and help prevent free radical damage," says Mars.

Dr. Shade commenting on the above said, "In the last sentence Brigitte Mars, a local friend actually mentions the broccoli family. A normal misconception is restated here – namely that the sulfur compounds in the broccoli family bind the heavy metals. Actually the **sulfur compounds trigger increased expression of your glutathione system**, which results in both metal detoxification and free radical neutralization. The other group of food compounds that do this is the polyphenolic antioxidants – pine bark extract, green tea extract, grape seed extract, and my favorite Haritaki or terminalia chebula, an Ayurvedic fruit that is the basis for many medicines including the intestinal detoxifier Triphala. This fruit is used extensively in Tibetan Medicine where it is pictured being held by the Medicine Buddha and call the "King of Herbs". It has potent effects on the glutathione system and on expression of other intracellular antioxidants such as superoxide dismutase. Haritaki is one of the superpowers in Clear Way. Clear Way also includes other polyphenolics such as Pine Bark extract, large amounts of liver cleansing dandelion root extract, natural iodine and minerals from fucus extract (or what is known as bladderwrack, a sea vegetable), the metal chelator and super antioxidant R-Lipoic acid, nerve protectors gotu kola and bacopa monniera, and B-vitamins 1, 5, and 6.

Research on animals indicates that curcumin (an antioxidant and anti-inflammatory compound found in the curry spice turmeric) may help protect against radiation-induced damage to the skin. Other research in animals shows that the herb ginkgo biloba may help shield against organ damage resulting from radiation therapy. And aloe vera is often touted as a natural remedy for radiation-induced skin changes preventing or minimizing radiation-induced skin reactions.

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Tags: [Detox](#), [Radiation](#)

73 Responses to "Treatments for Nuclear Contamination"

1.  David says:
[March 14, 2011 at 1:23 am](#)

Dr Mark,

Very timely rescue oriented revelations. Great info on the herbs.

If things like REJUVENATE were more affordable, people like me could oblige. Perhaps it is time that makers of life-saving nutraceuticals forget the profit motive and try to help as much of mankind as they can.

[Reply](#)

o  *ema* says:

[March 14, 2011 at 7:26 pm](#)

i am in complete agreement with david. ...it's really hard to trust anyone in an atmosphere of health-for-profit...i appreciate this article, as many others i have read today, but the bottom line is nobody really cares and there is always a 'product' that you can buy at the end...and they are not cheap....ergo, health-only-for-the-wealthy persists.
thank you.


[Reply](#)

■  *allen heart* says:

[March 16, 2011 at 4:47 pm](#)

If you don't like the high expense of any of these products, make it yourself. Gather the materials yourself and mix it just right. Expecting people to do it for you without any form of energy exchange is very unproductive...and silly. Energy in the form of labor, study, and other hidden expenses must be invested while you are going about your business earning a living or taking care of the kids or.... An exchange of energy is a basic, constant principle of the Universe. There is no free lunch and there is no free medicine...you can plan, plant and tend a garden so you can produce your own.

[Reply](#)

■  *David* says:

[March 31, 2011 at 8:44 pm](#)

While there are those who can still boast of making good money, there are also those who are unemployed and receiving food stamps. Small incomes make survival very tenuous. This added threat is placing an additional burden of expenditure that few will be able to afford. While it is just that people should be adequately compensated for their research and products, the current economic situation is pricing the less fortunate out of their ability to cope.

Perhaps, the more fortunate should gently shift from the profit and loss paradigm and really begin to help humanity. It is going to get much worse. It is said that since 2001, the US has lost 50,000 manufacturing jobs every month. The closures are now being inflicted on retail conglomerates.

It would be very helpful if info re: making your own and sources of ingredients, if these could be posted so the less fortunate could pre-empt having to forego these lifesaving nutrients. Then, more of us could benefit and perhaps prolong our lives.

[Reply](#)

o  *Darlene* says:

[March 16, 2011 at 6:11 pm](#)

I disagree with that. I've been eating these kinds of things for the last 5 years and it isn't expensive, it's priceless. What else do we spend money on and don't blink? A coffee a day for \$2-3? A cookie or donut or bag of chips here and there? I've been coaching people on their health and improving it and we get people to do a food journal and many are surprised to find out how much they eat out and how much money they spend on it. One of my clients realized she was ordering pizza upwards of 3 times a week.

What about non-food things like iPhone apps, iPads, movies we go to or buy, leisure dollars we spend on fun things.

But we won't spend the money on healthy food items. It's all about choice really. So be clear that it's not "I can't buy that stuff" – it's more likely that "I choose to buy other stuff instead".

[Reply](#)

■  *ChristinaM* says:

[March 17, 2011 at 1:47 pm](#)

Bravo Darlene. Well said. We tell our clients all the time that it is about choices. An ounce of prevention is worth a pound of cure.

And another thing about making your own remedies, tinctures and herbs- it's not easy. In fact, it's time consuming and takes a good deal of expertise that cannot be garnered by casual reading and internet surfing. it takes years of study and hard work to make these things. Those who choose to do this in our practice (my husband is a homeopathic consultant) are the ones who ultimately fail to "thrive" or do not progress in their treatment. In a nutshell- BUY FROM THE EXPERTS. Take the Advice of experts and in the meantime, please keep educating yourselves!

Also, buy HPUS when possible and from reputable sources.

[Reply](#)

■  *Jim* says:

[March 18, 2011 at 3:53 pm](#)

That just about sums it up.. CHOICE.

Thank you.

[Reply](#)

o  *Cyn* says:

[March 19, 2011 at 7:08 pm](#)

Great suggestions , also may I suggest
Reishi Mushroom, Rhodiola, Astragalus, Ginsengs

[Reply](#)

2.  *Nigel* says:

[March 14, 2011 at 2:45 am](#)

Great article, thanks. Aside from this it is worth noting L Ron Hubbard's research and discoveries on the use of niacin with his book "Clear Body Clear Mind" which he developed as a solution to the proliferation of nuclear weapons in the 1950s as a threat to mankind. Niacin when used correctly and in balance with other vitamins and nutrition

[Reply](#)

 Cyn says:

[March 19, 2011 at 7:10 pm](#)

Useful to note that naicain causes flushing, and sometimes itchy skin particularly in high doses which could alarm someone if they were not forewarned

[Reply](#)

3.  Elaine says:

[March 14, 2011 at 8:00 am](#)

Dr. Mark,


Thankyou SO much for posting this most important information, esp. at this time!! I will be forwarding this newsletter to everyone I know. I was wondering if you could address the guidelines I often see on Potassium Iodate and it's large doses for emergencies like this, in comparrison to Nascent Iodine.

You always come through for us. God Bless You, Dr. Mark!!

My prayers to all who have been affected by this tragedy.

Thankyou,
Elaine ~*~

[Reply](#)

4.  justice4world says:

[March 14, 2011 at 5:38 pm](#)

Also very important:

Melatonin, NAC, glutathione (GSH)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2800038/?tool=pubmed>

NAC is glutathione precursor. Melatonin (and vitamin D) raises glutathione levels.

Melatonin

<http://www.ncbi.nlm.nih.gov/pubmed/15183467>

<http://www.ncbi.nlm.nih.gov/pubmed/20652743>

NAC

<http://www.ncbi.nlm.nih.gov/pubmed/12633746>

<http://www.ncbi.nlm.nih.gov/pubmed/8538205>

<http://www.ncbi.nlm.nih.gov/pubmed/9845106>

Possibly Nicotinamide (vit B3)

<http://www.ncbi.nlm.nih.gov/pubmed/11538987>


[Reply](#)

5. [Iodine Treatments for Radiation Exposure | Dr. Mark's Blog](#) says:

[March 14, 2011 at 6:03 pm](#)

[...] to protect a person from uranium, cesium or plutonium radiation exposure so one has to turn to my full protocol and especially to eating clay and clay baths to try to remove these other particles as fast as [...]

[Reply](#)

6.  Dr. Gary says:

[March 14, 2011 at 6:04 pm](#)

Mark,

Could you give us an idea of where to get Clear Way?

Thanks.

Gary

[Reply](#)

7.  Dominique Allmon says:

[March 14, 2011 at 6:28 pm](#)

Great article Dr. Sircus. Absolutely wonderful information.

I use cilantro quite often and go on a detox at least twice a year. I also use baking soda to alkalize my body. I did not know, however, that this inexpensive substance can detoxify uranium. Many thanks sharing your knowledge.

[Reply](#)


8.  Lori says:

[March 14, 2011 at 8:13 pm](#)

Quicksilver makes Clear Way cofactors. You can buy it here:

<http://products.nihadc.com/clear-way-cofactors-75-caps.html>


[Reply](#)

9.  *Chris Steiner* says:
[March 14, 2011 at 10:37 pm](#)

Great article. The list I compiled and posted on my facebook page has many similarities:

- 10 items to absorb radioactive fallout and/or prevent/counteract radiation poisoning:
1. Iodine (potassium iodate / iodide) from kelp
 2. Bentonite clay
 3. Activated charcoal
 4. [Organic] Zeolite
 5. Chlorella
 6. Spirulina
 7. Food grade diatomaceous earth (aka "fossil shell flour" and "micro plant powder")
 8. Humic acid / Fulvic acid
 9. Wheatgrass juice (Kamut / Khorasan preferably)
 10. Cilantro leaf (coriander seed)

[Reply](#)

o  *ann Uk* says:
[March 28, 2011 at 6:26 pm](#)


to chris, what does it mean to have wheatgrass – kamut/khorasan preferably – i was going to make mine with organic spelt seeds. also the food grade diatomaceous earth what is that for. I GUESS FOSSIL SHELL flour is just another name – have to see if i can find it in the uk once i know what it does.

[Reply](#)

10.  *Mike R* says:
[March 15, 2011 at 3:40 pm](#)


Another great superfood is Boku Superfood. The list of ingredients is impressive. I combine Boku with Rejuvenate and have good results.

[Reply](#)

11.  *B Legere* says:
[March 15, 2011 at 9:12 pm](#)

Good article,thank you.
Has anyone else heard of cod liver oil as an alternative iodine supplement?
I am wondering about its effectiveness.

[Reply](#)

o  *John C* says:
[April 6, 2011 at 12:09 am](#)

Granulated kelp is probably the best food source of iodine

[Reply](#)

12.  *Roland* says:
[March 16, 2011 at 5:17 am](#)

Standard anti-radiation treatment is Potassium Iodide and nascent iodine mix.. Japan is currently sold out (if the news is to be believed!)


In europe and the uk, it's called 'Lugols Iodine Solution' and you can buy it from:

<http://www.bobbyshealthyshop.co.uk/Lugols-Iodine.php>

There are a number of different strengths available..


This only protects against radioactive iodine released into the atmosphere, obviously if you ingest uranium or plutonium.. just a microscopic particle, there is little that can be done after your DNA has been mutated..

[Reply](#)

o  *Darlene* says:
[March 16, 2011 at 6:13 pm](#)

uh what's not to believe! we're sold out all over North America and we can't get any anywhere.

[Reply](#)

■  *ORV DELANY* says:
[March 17, 2011 at 8:57 pm](#)

JUST BOUGHT YESTERDAY MAR. 16TH FROM <http://WWW.HERBHEALERS.COM> AND I BUY EVERY FEW MONTHS. THEIR PRICE IS THE BEST \$7.45 A BOTTLE FOR 5% LUGOL'S THEIR VERY TRUSTWORTHY BUT THESE AMERICANS ARE IN EXUADOR AND IT TAKES ABOUT TWO WEEKS TO RECEIVE IT. BUT THE BEST PRICE ON THE PLANET THAT I'VE HAVE FOUND. I USE IT EVERY DAY FOR MANY REASONS ALSO TRY J CROWS.COM BUT THEIRS IS \$ 25.00 FOR THE SAME SIZE BOTTLE


[Reply](#)

13.  *Michele Lee* says:
[March 16, 2011 at 1:42 pm](#)

Thank you so much for this information. Being informed is powerful!

I maintain a blog about traditional healing methods in the american south. This arsenal of radioactivity protection has been used by southerners, mostly black southerners, for generations, albeit, for different ailments. I'd like to include some of this information on my blog for my readers, many who will not know of your blog otherwise. I will definitely direct folks to this site and give full credit to anyone sited. it's <http://workingtheroots.blogspot.com>. Much Peace and Gratitude for your work.

[Reply](#)

o  *IMVA Staff* says:
[March 16, 2011 at 2:29 pm](#)

Michele,
You have Dr. Circus permission to repost with credits and links.

Sincerely,
Claudia French
IMVA


[Reply](#)

14.  *Peggy* says:
[March 19, 2011 at 3:29 am](#)

Have read the baking soda info in several places, but nowhere is there a recommended daily dosage for radiation detox...

And ditto on the deep appreciation for your timely information on the subjects presented.

[Reply](#)


o  *IMVA Staff* says:
[March 19, 2011 at 5:23 am](#)

Peggy,

Strong baths with bicarbonate are needed.2-3 lb or more of sodium bicarbonate are added to the bath. Directions on the bicarbonate package must be followed for oral use of bicarbonate: 7 half tsp of bicarbonate mixed in a glass of water/day is the limit. For people over age 60 only 3 half tsp/day in water are recommended.

Sincerely,
Claudia French
IMVA

[Reply](#)

■  *Rivqahyah* says:
[March 20, 2011 at 6:44 am](#)

Thank you for all the info,

I have several children, can we all use the same bath of bicarbonate? and how much is needed for oral use for children?

[Reply](#)


15.  *Diana* says:
[March 19, 2011 at 2:57 pm](#)

I've read that the baking soda bath should start out hot so you excrete the radiation, and you should stay in it til it cools(about 25/30min) ***but I also read that it should only be warm because you need to absorb the baking soda, which is it?

Also, I have no clay, magnesium, or dead sea salt at hand; I have maybe enough sea salt bath salts(mixed with some essential oils) for my 1st bath: will essential oils interfere with absorption/release?

What about adding kombu seaweed(or the water from soaking and/or cooking it) will that help or hinder?


[Reply](#)

o  *IMVA Staff* says:
[March 19, 2011 at 5:59 pm](#)

Diana,
Bath water should start out hot but not so hot to cause faintness. This draws toxins to the surface of the skin and opens pores. As the water cools, to slightly below body temperature, osmotic exchange of fluids takes place and the toxins are drawn out of the body and into the tub of water. Hopefully someone with knowledge of essential oils can answer your question on that but I don't think it should interfere.

Sincerely,
Claudia French
IMVA

[Reply](#)

o  *citizenofthepanet* says:
[March 30, 2011 at 11:17 pm](#)

doTERRA Essential Oils ..certified therapeutic grade oil...suggests using Frankencense , Patchouli and Peppermint oils as detoxification aids.

[Reply](#)

16.  *Diana* says:
[March 19, 2011 at 3:02 pm](#)

also I was told to drink an 8oz glass of water with 1/4 teasp baking soda + 1/4 teasp seasalt if exposed to fallout with the bath above, but these measurements are

different than I've read in other places: I'm not that healthy, don't digest things well, have very dry sensitive skin, probably have hypothyroidism... baking soda seems so caustic I'm worried about it. I tried some zeoforce (which is zeolite I believe) yesterday and it made it hard to breath by end of day(especially as i spilled a bit on my bedcovers) also I felt it dessicated every cell in my body... don't know of the similarities in response I might experience from baking soda


also the articles I read said to sip certain teas, in addition to or instead of the baking soda drink while i bathed, but it didn't mention what teas, can you recommend?

[Reply](#)

o  Diana says:
[March 19, 2011 at 4:44 pm](#)

Oh, and I do have enough sea salt, just for drinks. Hope you can respond to these questions

[Reply](#)

o  IMVA Staff says:
[March 19, 2011 at 5:54 pm](#)


Diana,

Green Teas and Kombuchko teas are said to have good antiradiation effects.

The baking soda recommendations above are ok, but you will just have to try it and see what kind of reaction you have. And decide which is worse, a mild reaction, possibly some diarrhea or radiation poisoning. Stay hydrated!

Sincerely,
Claudia French
IMVA

[Reply](#)

17.  Diana says:
[March 19, 2011 at 3:03 pm](#)

this is the site I'm referring to, if you want to compare notes: http://docs.google.com/viewer?a=v&q=cache:W3J0mYyP_F0J:www.radiationdetox.com/ebook/0707RadiationDetox.pdf+%22sodium+bicarbonate%22+bath+radiation+%22how+long%22&hl=en&gl=us&pid=bl&srcid=ADGEEShEYF_UFfrBMazcz7BWusysJ2yOdVqTff9clk3Ze_SNiz6XVamX_ixUnsOUIyze1ZEg0eHCVUvhRIEPq2WiZ7fPr

[Reply](#)


18.  Diana says:
[March 19, 2011 at 4:23 pm](#)

If children/pregnant women are more susceptible to radioactive iodine poisoning because of their faster growing cells, –does it then follow that things that amp up cellular regeneration like R-Lipoic acid –are then not good for them to take? Some sites recommended alpha hydroxy acid or even better R-Lipoic acid for taking if experiencing fallout.

Also will taking herbal stress supplements slow down or impare all the other things recommended here like iodine, the baths, the other supplements you mentioned. I have a mix by Gaia Herbs, don't have the ingredients in front of me, but I can post them.

1 more thing: An airline worker said that the 40 reading on this site would equal about 300 Xrays that West LA is experiencing: is that a correct reading of this live realtime geiger counter on this news site:<http://www.ustream.tv/channel/live-radiation-monitoring-from-west-la>

[Reply](#)

o  IMVA Staff says:
[March 19, 2011 at 5:50 pm](#)

Diana,

Alpha Lipoic acid has been shown to be an effective supplement in the case of radiation exposure and can be safely used. Alone or together with vitamin E and vitamin C, alpha-lipoic acid is usefull in nuclear-radiation exposure, lessening indices of oxidative damage and normalizing organ functions. Most nutritional supplements can only help the body to get rid of radiation.

I have no idea how accurate the readings being reported on the site you mentioned are.


Sincerely,
Claudia French
IMVA

[Reply](#)

19.  Diana says:
[March 19, 2011 at 5:03 pm](#)

If living in an area which doesn't yet have lethal enough fallout to be evacuated, but which still has unhealthy levels for people –would the water used for baths be resoaking you in radiation? On highway 5 in CA the water that we drink flows outdoors, I don't know if they have a way of purifying the radiation particles out of it: So would it still be better to do the baking soda baths in this instance, or not?

[Reply](#)

o  IMVA Staff says:
[March 19, 2011 at 5:42 pm](#)

Diana,

Yes baking soda baths will help in any type of radiation..... the baking soda will help neutralize any radiation present and remove it from your body.

Sincerely,
Claudia French

IMVA

[Reply](#)

■  Diana says:
[March 19, 2011 at 5:45 pm](#)

Thank you for the response!: not sure if you're confirming they will help without salt, magnesium or clay, –how much less effective without(not sure whether its better to stay indoors, or go out for more things

can you share answers for my other questions?

[Reply](#)

■  Diana says:
[March 19, 2011 at 6:45 pm](#)

what I'd really like to know the most right now is weather the baking soda bath works better if its hot and you stay til it cools; or whether you shouldn't let it get more than warm so you take in the baking soda, rather than sweating and being more likely to not absorb?

[Reply](#)

■  Diana says:
[March 19, 2011 at 6:48 pm](#)

oops, sorry, I didn't see your responses, I thought they'd be at the end of the thread. Thanx so much for the help!


Great to hear if you think I should get the magnesium(or dead sea salts?) and clay, or they are just extra and baking soda can really do the trick on its own...

[Reply](#)

■  Diana says:
[March 19, 2011 at 6:54 pm](#)

...and is the -drinking- of baking soda just for when radiation is really high... or is it good to do now, at the levels we have in West Los Angeles, where I am?

[Reply](#)

■  IMVA Staff says:
[March 19, 2011 at 7:02 pm](#)

Diana,

All of the mentioned substances will help the body to cope with radiation onslaughts like we are getting from Japan right now. Your body needs all things in combination to have the best effect: magnesium, clay, iodine, ALA, Vitamin C and all the other things that have been shown to help. There is NO ONE THING, that can take care of it all.

Problem is you and everyone else should have been using all of these substances well before now to ensure our bodies were in the best possible health to ward off these heavy radiation onslaughts. Massive doses right now is more risky to do.

Sincerely,

Claudia French

[Reply](#)

■  Diana says:
[March 19, 2011 at 7:09 pm](#)

I don't see ALA listed above in the article, what is that?

Will try the baking soda dring now too then. And yes, you're right should have been using stuff regularly... not working, didn't have the \$, plus usually people aren't posting things so clearly in *order of whats most important*– I've seen things listed for years and have slowly tried what I could, but hard to know which is really most important. And am definitely lacking, – precisely why I'm trying to make sure why I do things the most properly as possible now; plus also can't go out and buy everything, –just what seems most necessary.

I, and I'm sure thousands of others, really appreciate your not just posting this, but being patient and taking the time, now during all of this, –to educate those of us who are still just beginning to learn.

[Reply](#)

■  Diana says:
[March 19, 2011 at 7:10 pm](#)

oh, I'm guessing ALA is alpha lipoic acid, so no need to respond on that one.

[Reply](#)

■  Diana says:
[March 19, 2011 at 7:14 pm](#)


Is it only meat/fish/dairy that was alive and effected by radiation that we shouldn't eat; or should we also stay away from frozen or dry powder sealed things that we bought before the radiation? Also I hear to stay away from dairy, yet I read people recommending whey?

[Reply](#)

 Diana says:
[March 19, 2011 at 7:25 pm](#)

oh and what about colostrum?


Also re the baking soda drink, I heard you should take calcium(...I think calcium lactate pills with that)...is that what you suggest as well? I avoid taking calcium in any but food form– it causes alot of discomfort(feeling of having a constant bladder infection)... and I believe zinc as well; discomfort is definitely more acceptable than radiation poisoning... but I wonder if my body already has problems if using something that makes me ill will actually just not do the job to protect me from radiation– and just make me worse: This is part of the reason I have so slowly tried supplemets, and had difficulty finding what will really work for me.

 IMVA Staff says:
[March 19, 2011 at 9:11 pm](#)

Diana,

IMVA does not recommend calcium with sodium bicarbonate.

Sincerely,
 Claudia French
 IMVA


 IMVA Staff says:
[March 19, 2011 at 9:09 pm](#)

Any food item that is touched by radiation falling from the air, rain, or wind should be used with caution. See this article for a better explanation: <http://latino.foxnews.com/latino/health/2011/03/17/japans-nuclear-radiation-contaminate-worlds-food-supply/>

Hopefully we will not have anywhere near the dangerous level of radiation they are having in Japan. And supposedly our government is beefing up their checks on all imported foods. And hopefully they are being truthful about this.


If you purchased foods before the radiation came to the US and kept it in a safe place where it would not become contaminated, it should be alright. Same for medicines and supplements.

Sincerely,
 Claudia French
 IMVA

20.  norma says:
[March 19, 2011 at 11:03 pm](#)

I found many good informations here, but my question is if someone has published this to the Japanese people, or how it is possible to let it reach to them.

[Reply](#)

 IMVA Staff says:
[March 20, 2011 at 12:12 am](#)

Dear Norma,

Hopefully we have some Japanese people as IMVA subscribers. Many people forward our information to friends.

Sincerely,
 Claudia French
 IMVA

[Reply](#)

21.  Diana says:
[March 20, 2011 at 7:39 pm](#)

Is bentonite clay still very helpful, or do you only recommend the magnetic clay.

And when you say keeping food in a safe place –that I bought before the radiation: what would a safe place be? I have some in the fridge, some in plastic bags around the apartment...?


Thank you!

[Reply](#)

 Diana says:
[March 20, 2011 at 8:28 pm](#)

I'm refering specifically to Aztec Healing Bentonite clay sold at Whole Foods

[Reply](#)

 IMVA Staff says:
[March 21, 2011 at 4:34 am](#)

Diana,

We are not familiar with the Aztec Healing Bentonite Clay. But any good **edible** clay will help. We recommend Edible Clay from LL's Magnetic Clay. Specifically made for ingestion. They also have other clays for baths. You might want to direct your questions to the staff there. Clay is going


to be one of the most important things people can do during radiation emergencies.

There is a great deal of additional information at the site of [LL's Magnetic Clay](#).

Any safe place would be somewhere where the radiation particles will not fall on and penetrate packaging.

Sincerely,
Claudia French
IMVA

[Reply](#)

■  Diana says:

[March 21, 2011 at 5:00 pm](#)

Safe place: so does this mean things air tight in plastic bags are still workable, or do you mean something covered by concrete or lead; or aluminum... I know those are best, but we're not at that stage yet are we...?

[Reply](#)

22.  susie says:

[March 22, 2011 at 1:19 am](#)

Thank you, IMVA, for your responses. Many people, like me, are benefitting from getting a better idea of things that are important, dosage amounts, etc. Thank you!!!

[Reply](#)

23.  susie says:

[March 22, 2011 at 2:40 pm](#)


Two follow up questions:

-I hear conflicting reports whether or not Arm and Hammer baking soda has aluminum in it. What is your 'official' word on that?

-any further information on the Himalayan salt that can be bought at swansons? They have been promoting that for a number of years, from a woman doctor from germany, dr barbara heindel or something like that. Someone said that the Himalayan salt may be full of floride.

Thank you for all you are doing to educate us folks out here!

[Reply](#)

○  IMVA Staff says:
[March 22, 2011 at 3:34 pm](#)

Dear Susie,

We have no fither information on fluoride in Himalayan salt at this time, but will look into this claim.

This is a repost of my previous response on the question about ARm and Hammer baking soda:


Arm and Hammer gets their sodium bicarbonate from trona mines in an effort to stay away from manufactured sodium bicarbonate. Their sodium bicarbonate is aluminum free, nothing is added and it is mined organically.

Baking Soda, alias sodium bicarbonate, is a naturally occurring substance that is found in all living things, where it helps regulate their pH balance. ARM & HAMMER® Baking Soda is made from soda ash, also known as sodium carbonate. To make ARM & HAMMER® Baking Soda, the soda ash is mined in the form of an ore called trona. The soda ash is then dissolved into a solution (water) through which carbon dioxide is bubbled and sodium bicarbonate precipitates out, forming "Pure, Safe and Natural" ARM & HAMMER® Baking Soda . <http://www.armhammer.com/basics/magic/>

I have also personally communicated with the people at the company because of the concerns all over the internet about thier baking soda containing aluminum. They assure us that there is NO aluminum in Arm and Hammer Baking Soda and that it is often confused with Baking powder which is an entirely different product and can contain aluminum and other additives. You need not be afraid of using Arm and Hammer. Bob's Red Mill is another option, and they advertise being aluminum free, but this is just a marketing ploy on their part.

Sincerely,
Claudia French
IMVA Staff


[Reply](#)

■  Diana says:

[March 22, 2011 at 10:51 pm](#)

So, just to confirm, if its not Arm and Hammer baking soda, it may contain aluminum, even if its baking soda and not baking powder?... I got some Ralph's brand baking soda, its ingredients just said sodium bicarbonate... but what you're saying is its in the process, so some may have aluminum?
Thank you!


[Reply](#)

■  Claudia - IMVA Staff says:
[March 23, 2011 at 10:24 am](#)

ANY brand of sodium bicarbonate that states it is 100% sodium bicarbonate should not contain any aluminum. Yes, some sodium bicarbonate is created through different manufacturing processes, in fact now they are even going to be making sodium bicarbonate as a by-product of the cleaning process of coal fired power plants.

Sincerely,
Claudia French
IMVA


[Reply](#)

24.  *Kiki Corbin, ND, CTN* says:
[March 28, 2011 at 8:05 pm](#)

I just bought some nascent iodine, oral clay, bath clay and modofilan (brown algae) from this business:
Green Dragon Enterprises LLC
Novato, CA
415-234-6519
<http://www.greendragonfoods.com>


I have purchased other whole foods from Ron in the past. I know his products are super pure.
He also has some Chinese herbal tinctures that are loaded with good nutrients that should be good for supporting DNA repair.

[Reply](#)

25.  *Gary* says:
[March 28, 2011 at 8:51 pm](#)

Before taking any above-mentioned supplements and mineral baths I would first question what direct or indirect monetary benefit anyone recommending such products would obtain – especially those repeatedly recommending one particular brand of product. Transparency in this world of natural medicine is just as non-existent as in big pharma world. Go ahead and ask and see if you get a carefully worded response, such as “I do not directly benefit from the sale of these products”.

[Reply](#)

26.  *Ruby Osorio* says:
[March 31, 2011 at 7:20 am](#)

Thank you for your valuable post.


We have decided to share it with our global physician audience at PhysicianNexus.com: <http://physiciannexus.com/forum/topics/treatments-for-nuclear>

Best Regards!

Ruby


<http://www.PhysicianNexus.com>
Physicians Comparing Treatments Worldwide

[Reply](#)

27.  *Carroll* says:
[March 31, 2011 at 10:54 pm](#)

How would I administer & estimate doses for an infant child of 8 months old? Am extremely concerned about her thyroid. Is there a way to protect her with our iodine & if I do get a hold of some can this have adverse effects on her? What about Kelp? And antioxidants such as spirulina, chlorell. & baking soda. What doses for an infant & will this cause adverse effects on her development? Help please. Thank you.

[Reply](#)

- o  *Claudia - IMVA Staff* says:
[March 31, 2011 at 11:24 pm](#)

Carroll,

Infants need iodine as much as adults and if you read the research on this you will see that through the ages, children who had adequate iodine intake did not suffer the cognitive disabilities that occur with deficiency. See Dr. Sircus book on Humane Pediatrics , use nascent iodine and start out very slowly....1 drop /day to start.

Spirulina is a natural food and there is no specific dosage. You can't really give too much. Recommended is 3 gm/ day, but many people and children take more. 10 gm/day is considered a “medical dose”. Chlorella is also considered a natural food product.

Use baking soda with caution with a young child as it has been known to cause some vitamin deficiency of folic acid I believe.
For more specific dosages you will need to consult with Dr. Sircus directly. But consider baking soda's benefit in nuclear radiation poisoning. This can be used in baths instead of orally with a young child .

[Reply](#)

28.  *susie* says:
[April 6, 2011 at 2:35 pm](#)

RE: sunshine. On the one hand, I read that it is good to go outside and get some regular sunshine. On the other hand, with the winds bringing radiation, cesium, strontium, etc around the globe, is it better at the moment to limit one's time outside? Am curious what Dr. Sircus' perspective is on this. Thank you!


[Reply](#)

29.  *Valicia* says:
[April 11, 2011 at 3:39 pm](#)

I've seen there's more xenon 133 being dispersed currently and cannot find any reference to protection or detox of this gas. Does Dr.Sircus have any advice about xenon detox or protection other than what has been printed?

Thanks in advance,
Val in So Cal

[Reply](#)

- o  *Claudia - IMVA Staff* says:
[April 11, 2011 at 9:55 pm](#)

Valicia,

No we don't have a lot of good info on Xenon, other than seeing that some sources say it is not absorbed by the human body, so therefore poses no problem. If anyone has any other information I hope they will share it here.

[Reply](#)

30.  JJ says:
[April 12, 2011 at 12:52 am](#)

Inexpensive is all about perception. To those that think health food is inexpensive compared to \$2-3 cups of coffee, donuts, i-pads, i-phones etc., and that it is all about choices of what we spend our money on, I can't afford those things either. Don't have TV, don't have home phone, spent \$163 for two weeks (probably will have to make it stretch a month) worth of groceries for a family of five, now I don't have money for mortgage payment. Health food is out of reach for some of us

[Reply](#)


31.  Lisa says:
[April 12, 2011 at 3:45 pm](#)

I'd also love to hear a response re Susie's question re limiting our time outdoors, or still focusing on having as much of an outdoor life as possible with sunshine & fresh(?) air.

Also, I'm a swimmer, and with EPA readings of 2.9 of radiation in our Los Angeles water, when 3.0 is the maximum they deem safe— I'm wondering if I should switch my 40 min to 2hr, 3times a week or more, swimming pool workout to something else... Though I eat healthy, go to the accupuncturist, and use supplements; *nothing* has ever helped me as much as swimming.

Thank you so much for your time, and this site!

[Reply](#)

o  Claudia - IMVA Staff says:
[April 12, 2011 at 5:58 pm](#)

To Linda and Lisa,

Here is a list of some of the precautions that should be taken depending on how severe our radiation exposure is. Each person will have to decide for himself how much protection is needed. Consider that we are all being exposed to some radiation on a daily basis (from the sun and various other sources) And we are not yet being advised to take extraordinary precautions.

- watch radiation levels for your area daily (find a reliable source on the web)
- do not eat radiation contaminated foods, or foods coming from Japan
- write or inquire of supplement manufacturers on how they are assuring lack of radiation effect
 - don't spend much time outdoors
- put wet cloth over all doors and windows in the house, or cover windows and door jambs with taped plastic
 - wear a moist mask when outdoors
 - use bottled water produced on the East coast
 - wear long sleeve shirts and pants outdoors
 - wash them often
- take a shower every time you come from outside
 - get a radiation dosimeter and watch the level
 - go live under ground

Some of these measures seem extreme, and should be adjusted depending on how strong the radiation in your area is.

[Reply](#)

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