

Medicine and Nutrition for Survival - 2011

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The recent nuclear disaster in Japan has many people seeking facts and information on personal radiation protection. This event also presents a perfect opportunity for subterfuge, charlatanism, and outright evil to run amok. Government officials have no reason for honesty and cannot be trusted to report facts. It simply does not serve their best interest.

The radioactivity that has been released is mostly from isotopes for which there is very poor or no monitoring whatsoever. Only Cesium-137 and Iodine-131 are being reported officially, and the safety thresholds used for determining risk factors from exposure to these isotopes are misleading. It is cumulative exposure to these and their far more evil relatives that is the biggest threat to our health and safety. Risk factors are generally determined by one time adult exposures. The truth is that many who are reading this article will be long expired from old age or other causes before the carcinogenic effects of a significant radioactive exposure today will play out into cancers. **It is our children who will suffer from today's exposure** and it will be not because of a single dose. It will absolutely be from their cumulative exposure not only to radiation, but to countless other toxins accumulated everyday that we have been told are completely safe because "safety" is determined by the outcome of a one time exposure.

Saying the radioactive exposure level in the US from the Japanese nuclear event is safe is akin to saying that the tiny amount of pesticide exposure you get from eating a serving of non-organic strawberries is negligible (strawberries are the most commonly pesticide contaminated food item). What if you eat strawberries everyday? Is the exposure still negligible? Absolutely not. All of us are or soon will be breathing radioactive air from Japan, and obviously not just one single breath of it.

Below are observations, facts and proposed solutions for the layperson written by a group of concerned and experienced healthcare providers who actually work the front lines of the war against our health and sanity. We are not your typical primary care physicians and we have absolutely nothing to do with Big Pharma, the CDC, FDA, or AMA except to strongly oppose their frequent insanity and utter disregard for health and wellbeing.

This information addresses not only preparation for detectable exposure to radioactive release, but mostly the non-reported and far more massive problem of cumulative radioactive exposure. Because so many nuclear reactors in the US are either built on or near fault zones and earthquake activity is clearly increasing for a variety of natural reasons, it not a matter of "if" but "when" this information becomes even more critical to our collective survival from a major nuclear accident or event. More importantly, it addresses a much worse but far less obvious risk to our species. It outlines what we all should have done to prepare for a best outcome from the current event, and what to do prior to the next catastrophe, no matter the type.

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An Independent Monitoring Network

There is an independent radiation monitoring website that I encourage you to participate in by buying one of the dosimeters that they recommend or sell (check to insure you get a model that they require for networking), and also the software that allows your monitor to post readings automatically to their site. It worries them (and me) that the web traffic provoked by this article may crash their server but here is the link: <http://www.radiationnetwork.com> The meters used for this monitoring system do not detect most of the dangerous isotopes, but do detect the most commonly released types of radioactive particles and thus literally give an idea of “which way the wind is blowing”. When you find these easily detectable isotopes, their invisible evil companions are invariably there too.

A Self Monitoring Solution

Find a meter locally or get one online and have it expedited. You should not have to spend over \$450 but don't spend less than \$200 or it probably will not be able to do what is required. There are many types of dosimeters and radiation detectors on the market. Check the specifications or contact the seller to insure the device can monitor radioactive fallout to assess health risk. To review or critique dosimeters is beyond the scope of this article. But here is an excellent dictionary of common terms used when describing radiation and meters to help you pick the right one: www.radiationnetwork.com/Definitions.htm

Government Monitoring and Media Reporting

We recommend that you not trust government, media or industry monitoring unless they are reporting dangerously high readings. Here is a website that is currently monitoring a radioactive element called xenon, which you probably have not even heard of yet: <http://www.prisonplanet.com/xenon-133-dispersion-animation-radionuclide-has-blanketed-entire-united-states.html>

There are many other isotopes that are also not being reported. Remember, it is the cumulative exposure to all radioactivity that must be considered. Other dangerous isotopes found drifting with xenon are numerous.

What Level of Radiation is Dangerous?

This simple question has a very complex answer that requires some explanation but here is a good source: [http://www.unitedstatesaction.com/nuclear radiation and fallout.htm](http://www.unitedstatesaction.com/nuclear_radiation_and_fallout.htm)

Below are common terms used in describing radiation and then some general guidelines for exposure to the most commonly monitored isotopes. Note that these numbers will not make much sense technically without an understanding gleaned from the webpage linked above.

Primary Types of Radiation

The radiation one typically encounters is of four types: alpha radiation, beta radiation, gamma radiation, and x radiation. (Neutron radiation is also encountered inside nuclear power plants and high-altitude flight and emitted from some industrial radioactive sources).

1. Alpha Radiation

Alpha radiation is a heavy, very short-range particle and is actually an ejected helium nucleus. Some characteristics of alpha radiation are:

Most alpha radiation is not able to penetrate human skin.

Alpha-emitting materials can be harmful to humans if the materials are inhaled, swallowed, or absorbed through open wounds.

A variety of instruments has been designed to measure alpha radiation. Special training in the use of these instruments is essential for making accurate measurements.

A thin-window Geiger-Mueller (GM) probe can detect the presence of alpha radiation.

Instruments cannot detect alpha radiation through even a thin layer of water, dust, paper, or other material, because alpha radiation is not penetrating.

Alpha radiation travels only a short distance (a few inches) in air, but is not an external hazard.

Alpha radiation is not able to penetrate clothing.

(Examples of some alpha emitters: radium, radon, uranium, thorium).

2. Beta Radiation

Beta radiation is a light, short-range particle and is actually an ejected electron. Some characteristics of beta radiation are:

Beta radiation may travel several feet in air and is moderately penetrating.

Beta radiation can penetrate human skin to the "germinal layer," where new skin cells are produced. If high levels of beta-emitting contaminants are allowed to remain on the skin for a prolonged period of time, they may cause skin injury.

Beta-emitting contaminants may be harmful if deposited internally.

Most beta emitters can be detected with a survey instrument and a thin-window GM probe (e.g., "pancake" type). Some beta emitters, however, produce very low-energy, poorly penetrating radiation that may be difficult or impossible to detect. Examples of these difficult-to-detect beta emitters are hydrogen-3 (tritium), carbon-14, and sulfur-35.

Clothing provides some protection against beta radiation.

(Examples of some pure beta emitters: strontium-90, carbon-14, tritium, and sulfur-35).

3. **Gamma and X Radiation**

Gamma radiation and x rays are highly penetrating electromagnetic radiation. Some characteristics of these radiations are:

Gamma radiation or x rays are able to travel many feet in air and many inches in human tissue. They readily penetrate most materials and are sometimes called "penetrating" radiation.

X rays are like gamma rays. X rays, too, are penetrating radiation. Sealed radioactive sources and machines that emit gamma radiation and X rays respectively constitute mainly an external hazard to humans.

Gamma radiation and x rays are electromagnetic radiation like visible light, radio waves, and ultraviolet light. These electromagnetic radiations differ only in the amount of energy they have. Gamma rays and x rays are the most energetic of these.

Dense materials are needed for shielding from gamma radiation. Clothing provides little shielding from penetrating radiation, but will prevent contamination of the skin by gamma-emitting radioactive materials.

Gamma radiation is easily detected by survey meters with a sodium iodide detector probe.

Gamma radiation and/or characteristic x rays frequently accompany the emission of alpha and beta radiation during radioactive decay.

(Examples of some gamma emitters: **iodine-131**, **cesium-137**, cobalt-60, radium-226, and technetium-99m).

Primary Types of Radiation Measurement

What's the Difference Between Roentgen, Rad and Rem? These terms are mostly interchangeable, but each has a specific definition as follows.

Roentgen (abbreviated 'R' and pronounced "renken")

The roentgen is a unit for measuring *exposure*. It is defined only for effect on air and is **not** a measure of energy absorbed, or dose. It applies only to gamma and x-rays. It does not relate the amount of exposure to biological effects of radiation in the human body.

Rad ('Radiation Absorbed Dose')

The rad is a unit for measuring absorbed dose in any material but it is **not** a measure of the relative harm or risk to the body.

Rem ('Roentgen Equivalent Man')

The rem is a unit of biological hazard.

Mrem

Abbreviation for 'millirem'. Since the rem is a fairly large unit, radiation exposure is usually recorded in thousandths of a rem – or millirems.

Summary

1 rad = 1 rem = 1000 mrem

For a good list of these and other terminology used see Steve Quayle's excellent explanation here: <http://www.stevequayle.com/ARAN/rad.conversion.html>

Action Levels

2.5 mrem: Cosmic dose to a person on a one-way airplane flight from New York to Los Angeles

10 mrem: Annual exposure limit set by EPA for exposures from airborne emissions from operations of nuclear fuel cycle facilities, including power plants, uranium mines, and mills

46 mrem: Estimate of the largest dose any off-site person could have received from the March 28, 1979, Three Mile Island nuclear accident

66 mrem: Average yearly dose to people in the United States from human-made sources

100 mrem: Annual limit of dose from all DOE facilities to a member of the public who is not a radiation worker (NOTE: The authors consider this to be the time to start taking low dose potassium iodide or seaweeds)

244 mrem: Average dose from an upper gastrointestinal diagnostic X-ray series (Time for full dose potassium iodide)

300 mrem: Average yearly dose to people in the United States from all sources of natural background radiation

1 to 5 rem: Level at which EPA Protective Action Guidelines state that public officials should take emergency action when this is a probable dose to a member of the public from a nuclear accident

10 rem: Estimated level at which an acute dose would result in a lifetime excess risk of death from cancer 0.8%

25 rem: EPA guideline for voluntary maximum dose to emergency workers for non-lifesaving work during an emergency

75 rem: EPA guideline for maximum dose to emergency workers volunteering for lifesaving work

50 to 600 rem: Level at which doses received over a short period of time produce radiation sickness in varying degrees. At the lower end of this range, people are expected to recover completely, given proper medical attention. At the top of this range, most people will die within 60 days

Shopping List for Basic Radiation Exposure Protection

(Stock these items now for a future nuclear event. Iodide will likely not be useful at this time.)

- **Potassium Iodide.** Potassium iodide will protect your thyroid from radioactive iodine only, the most common fallout component. Iodide will **not** protect you from any other radioactive isotopes, which are numerous. You will need at least 1,300 mg potassium iodide for each adult. Compounding pharmacies usually have it available. No prescription is required. Before taking potassium iodide read these health warnings and other information: <http://www.answers.com/topic/potassium-iodide-ki-tablets#ixzz1GgJ0grDs>
<http://www.bt.cdc.gov/radiation/ki.asp>
- **Seaweed and Miso.** Edible seaweeds (especially kelp and kombu) are rich in iodine which has the same effect as low dose potassium iodide. However, seaweeds are universally contaminated with mercury and chemical toxins (see next item).
- **Chlorella.** You must take chlorella when eating seaweed to absorb these toxins. Many brands of chlorella also contain mercury and chemical toxins so do not buy it indiscriminately. The best source of quality chlorella is here: <http://stores.homestead.com/BiopureHealingProducts/Categories.bok?category=Chlorella+Pyrenoidosa+Tablets>
- **Baking soda** (sodium bicarbonate). Large bags if possible (25 or 50 pounds)
- **Dust masks.** Generally the more expensive ones are better; a full face radiation rated respirator is ideal.

- **Rubber gloves.** For handling anything that has fallout dust on it.

What to Do if You Are Exposed to Radioactive Iodine

Potassium Iodide

The first line of defense is oral potassium iodide because it blocks the thyroid gland from absorbing radioactive iodine, one of the main constituents of the Japanese radioactive fallout. The CDC website is generally trustworthy regarding this issue: www.bt.cdc.gov/radiation/ki.asp

If you cannot find potassium iodide at a health food store or online try a pharmacy. No prescription is required. Recommended adult dose is 130 mg per day for 10 days beginning half a day prior to exposure. If you are certain you will be exposed then start early and at a low dose, then build up the dosage to 130 mg per day as the fallout begins. Potassium iodide can dramatically worsen hyperthyroidism and continuous use of potassium iodide is dangerous. Unless you are near a leaking reactor, you should never take 130 mg per day for more than 10 days.

For children's dosages see the CDC website listed above. Children are at much higher risk from radiation than adults because the health effects of thyroid irradiation are usually not manifested for 20 or more years -- when they will be in their prime of lives.

IMPORTANT: Have some 500 mg calcium tablets on hand when you start dosing with potassium iodide. Allergic reactions to potassium iodide and iodine are common and sometimes dangerous. If you start to have symptoms such as a fast heart rate, skin irritation, thinning of secretions (watery eyes, nose or saliva), metallic taste in mouth, fever, acne, nervousness and headache discontinue the iodide and chew a 500 mg calcium tablet every 15 minutes until symptoms abate (usually very quickly). Call your health provider immediately. If there is heavy fallout you may have to plow through the symptoms if they are not too severe and continue with the potassium iodide. This is a decision each person will have to make on their own.

Potassium iodide will only protect your thyroid. It can't protect the rest of you. Radioactive fallout may last for a weeks or months and accumulate in water supplies, food crops, animal feed crops, livestock, pets, as well as on you and your family. Breathing and ingesting radioactive particles can lead to elevated cancer occurrences in anyone.

Incidentally, in the event of a future "dirty bomb" or "suitcase bomb" event, potassium iodide will probably be useless because radioactive iodine is not generated by most small nuclear devices. They produce much more insidious and damaging radiation.

For All Radiation Exposures

Chlorella

Several Japanese practitioners used the well known radioprotective effects of a special subtype of the nutritional algae *Chlorella pyrenoidosa* to save thousands of lives in the nuclear aftermath of Nagasaki and Hiroshima. D.Klinghardt MD, PhD recommends at least 5-7 grams of a selected chlorella to be taken 3 times a day 30 minutes before a meal, depending on the

quantity of exposure even more. Chlorella has been shown to bind and aid the excretion of uranium, cesium, methyl mercury and lead – all metals which are - or can become - radioactive after an exposure. In recent years an extract of the kitchen herb cilantro has been studied by the nuclear industry for its phenomenal ability to help the excretion of radioactive metals. 15 drops 3 times a day 30 min before meals do the job! Both available in the correct form from: www.BioPureUS.com “Removal and preconcentration of inorganic and methyl mercury from aqueous media using a sorbent prepared from the plant *Coriandrum sativum*”

D. Karunasagar*, M.V. Balarama Krishna, S.V. Rao, J. Arunachalam (National Center for Compositional Characterization of Materials (CCCM), **Bhabha Atomic Research Centre**); *Journal of Hazardous Materials B118* (2005) 133–139

Air

If fallout is occurring shut off anything that circulates air (air conditioners, forced air furnaces, etc). If you have an ozone generator you should run it at its highest setting continuously until the fallout has stopped. Stay indoors and if you absolutely must leave your house wear the best mask or respirator you can find. A simple dust mask is better than nothing. A full face respirator with radiation rated filter cartridges is much better. Do not use the heater or air conditioner in your car, and keep all vents and windows closed. Travel as little as possible.

Water

Water supplies are usually a minor concern unless you are drinking directly from surface water. Radioactive particulate will settle to the bottom of a reservoir quickly then dissipate into the sediments. Community water supplies are not draw from the bottom of a reservoir and thus will not usually contain high levels of radioactive sediment. A typical carbon block home filter will trap the remaining sediment. If you experience significant fallout on an open water supply you should change your carbon filter frequently, handle it with rubber gloves, seal it in a plastic bag, and get it out of your house promptly.

Well water is typically not affected by fallout as it is dispersed into the water table leaving a very low radioactive concentration. In the event of very high exposure to the soils around a well then water testing is recommended.

Bathing & Washing

Rinse but do not scrub when washing yourself. Scrubbing can force radioactive particles into the skin. Showering is recommended when radioactive dust is visible on a person's skin or hair. Otherwise, it is not as effective as bathing. For bathing after overt exposure add one pound of baking soda and one pound of sea salt to a hot bath and soak for 20 minutes then shower with cool water. Including one pound of bentonite clay in the bath increases its effectiveness considerably.

Clothes Washing

Add 4 to 8 ounces of baking soda in each wash load depending on exposure level. Rinse twice.

Food

Soak all greens and vegetables or fruit that cannot be peeled in a mixture of 4 ounces of baking soda per gallon for at least 20 minutes. You can also scrub foods with baking soda and a damp sponge (use rubber gloves if your food is dusty from fallout and avoid breathing the dust). Baking soda absorbs uranium and some other radioactive particles very well.

Over time, a serious fallout event will cause radioactive contamination to enter the entire food chain via animal feed crops, direct food crop exposure, fertilizer contamination (even organic fertilizers are already extraordinarily toxic with heavy metals, chemical toxins and carcinogens) and irrigation by surface water. At that time the nutritional and detoxification measures listed below will be very important.

Other Good Information

This website is packed with good and detailed information about dealing with nuclear disasters, but more from a nuclear bomb event: www.ki4u.com Highly recommended reading.

Cumulative Exposure: A Much Bigger Concern

Successful recovery from radiation and other toxic exposures depends not just on emergency measures as outlined above, but even more greatly on the body's preparedness. Most people simply are not well prepared at all, even if they have been taking supplements, eating organic food, exercising, meditating, etc. **This is because the rules of survival have dramatically changed within our generation.** It is no longer Darwin's strongest, fastest, smartest or wealthiest who will survive most successfully. It is those who have the best detoxification genes. And these people can just as easily be the skinny, pale folks wearing thick eye glasses as they can be Olympic athletes. Optimizing your detoxification is not as simple as just taking supplements or eating a different way. It is far more complex and often quite confounding. The goal of all medicine and nutrition that is holistic should be to optimize cellular metabolism. This is what maximizes energy conservation and production, immune function, tissue regeneration and detoxification. A program to optimize cellular metabolism must be individualized for each person as we all have different metabolic constitutions. Determining your type of metabolism and a basic diet and supplement protocol to optimize it is fairly simple and explained below. Genomic testing is currently necessary to isolate genetic defects and weaknesses that prevent optimal detoxification.

The following information should make obvious why one's genetic detoxification make-up so important. This dreadful information is followed by our best suggestions for the simplest possible solutions to these unbelievably complex and mostly hidden problems. These suggestions can be used for virtually everyone, regardless of their detoxification genes. However, having information from genomic testing will give you the best possible map to optimizing your cellular metabolism though you will probably need a knowledgeable and experience holistic healthcare provider to help you read the map. Sometimes the physicians who are offering these tests to their patients can also interpret them, but that is somewhat

rare, and more often than not, most physicians know far less than you are about to know from reading the rest of this article. Be your own authority on you. Don't allow anyone else to take that power from you.

The Edge of the Cliff

Globally the human race is being increasingly assaulted by multiple natural forces such as volcanoes, earthquakes, tsunamis, solar flares, droughts, etc. We are rather well designed to deal with such recurring global events. But at an individual level the most insidious and threatening attacks are happening from a laundry list of man-made evils that we simply are not well designed to withstand. They are (and listed in no particular order) as follows.

Chronic and hidden jaw bone infections called "cavitations" are underlying most root canals and extracted wisdom teeth. Ironically, industry standard dentistry does not even recognize this epidemic problem. If your dentist does not take a "panoral" or "Panorex" x-ray or even better, one of the new 3-D x-rays as part of their standard examination then it is impossible for them to see these infections. And even if they have been taught to recognize them, they almost invariably consider them "normal" or don't know the first thing about treating them. It is our collective opinion that dentists may well be the most dangerous healthcare providers in the US.

We are also all infected to one degree or another by named and unnamed viruses, stealth bacteria and cloaked parasites for which we have few or no lab tests (much less treatments), as well as significant heavy metal and chemical toxicity including multiple toxins from chem-trails, world wide electro-smog from cell phones and cell towers, radio, television and satellite signals, HAARP waves, and multiple other man made pathogens.

Our newborns and children are routinely injected with foreign proteins, assorted pathogenic viruses, heavy metals and other chemical "adjuvants" designed to "enhance" our immunity under the moniker of "vaccinations". The immediate effects are seen in children with autism for which traditional medicine has no useful cures yet can diagnose more than one child in 100 yet sees this as a puzzling phenomenon.

Our food supply is utterly contaminated and the term "organic" no longer means anything significant. In fact, the best selling organic fertilizer in the world (Milorganite®) is nothing but pelletized human feces from the sewage treatment plants of Milwaukee and is packed full of heavy metals, viruses, bacteria, chemicals, medications, and multiple carcinogens. The material safety data sheet even has a strong carcinogen warning on it. How can this possibly pass as organic? Ask your government (but don't expect an answer).

Imported organic foods are sprayed with arsenic as a pesticide as they enter the country. Arsenic is neurotoxic and carcinogenic – but it is organic too so no need to report it, right?

Nonorganic fertilizers are typically nothing but bags of heavy metals, chemicals and radioactive materials from manufacturing with some other "beneficial" chemicals thrown in. Read *Fateful*

Harvest by Duff Wilson for a shocking surprise about why and for how long this has been done, and by USDA and EPA mandate!

Heavy metals are now ubiquitous -- in our food, water and air. Most cancer patients have high levels of toxic levels of metals in their systems such as mercury, arsenic, aluminum, lead, iron, and especially a hard-to-detect toxic form of copper. These all can either cause cancer or make it "happy", and can greatly suppress immune function. Dental fillings contain 50% mercury when they are first placed in a tooth. Mercury is the second most toxic substance on our planet, rated just below plutonium. Over time, with heat, chewing, food and drinks that are acidic, this mercury is released and is attracted to fatty tissue like the brain, and other parts of the nervous system. Seafood is loaded with mercury as is most high fructose corn syrup, fluorescent light bulbs, bathroom tissue, and smoke from both coal burning power plants and forest fires. In fact, if you don't display a moderate level of mercury in a hair mineral analysis at all times it usually means you are storing mercury rather than eliminating it. If you show no mercury it is often a sign of abnormal detoxification genes. Everyone on the planet has mercury in their body today and everyone should be eliminating small amount of it via their hair, urine, sweat, feces and breathing all the times. Boys are affected more than girls: testosterone has a devastating synergistic effect with mercury and lead. At age 17 the IQ of boys is today 15% lower than that of girls. Far less boys graduate from high school than girls. And the tendency is getting worse.

Eating genetically modified organisms (GMO's) have been clearly shown to cause cancer and birth defects but are now in nearly all animal feed grains (such as corn) and feed crops (alfalfa) thus contaminating non-grass fed animals and non-free range poultry. Corn, soy, canola seed, rice, dairy foods, papayas, artificial sweeteners (a whole toxic subject in itself) and some salmon, are GMO "Frankenfoods" and can be found in your grocery store right now, and all without appropriate labeling.

Meats and poultry are contaminated with antibiotics and hormones which are given increase their size and augment their growth rates. Young teenage girls become more feminized earlier as puberty onset is accelerated. Boys become physiologically gender confused.

Fluoride is added to our drinking water with the irrational thinking it will prevent dental decay. It only works topically to prevent decay -- not by drinking it. Fluoride is actually a widely used rat poison. It binds with calcium ions irreversibly to contribute to osteoporosis and even cancer. Its ability to lower IQ is proven.

Even more serious are chronic dental infections that remain in human jaw bones and go unrecognized by most members of the dental community. They cause local and remote disease processes such as chronic pain (headaches, arthritis, neuralgias and even cancer). Gangrenous and dead teeth (known commonly as "root canals") are left in jaw bones and allowed to disseminate microorganisms and their toxins. Tragically, this is the "standard of care" and fully sanctioned by the ADA. Yet these dangers have been recognized throughout written history but conveniently disregarded by conventional dentistry.

The air we breathe is laden with multiple harmful hydrocarbons, plastics and chemical poisons. Nobody in the US can pass a chemical toxicity screening test, and these chemicals almost universally cause cancer.

Chronic infections such as Lyme disease, and its multiple co-infections (now proven to masquerade as Autism, ALS, MS, Parkinson's, Alzheimer's, arthritis, senile dementia, and more) are now pandemic, yet very difficult to diagnose due in part due to insensitive testing methods and arrogant physicians who believe narrow minded or outright ignorant articles and so-called "experts" who have conflicts of interest in first protecting their professional statures, possible monetary interests and have more greed than compassion. In reality a simple microscope such as those used in medicine to diagnose syphilis 60 years ago can reveal the cause of MS, ALS and even Alzheimer's disease. But the use of microscopes, once found in every physician's office, have been outlawed to US physicians by their government and medical boards.

As cancer genes are signaled to stay turned on by this baffling array of toxins, the epidemic of cancer in the adult population is rapidly escalating. Germs responsible for serious diseases are rapidly mutating and are becoming increasingly untreatable as electro-smog and the list of toxins above "harden" them against the same onslaught we are suffering from. Because they mutate and adapt much more quickly than we do, they are much more likely to survive the battering than we are. And part of the battering they are compensating for is the very medicine we are using to kill them. The conventional "cut, burn and poison" therapies of the Civil War era (which are still taught in medical schools as primary treatment) provide a no more than a 2% cure rate. Amazingly, traditional physicians and their Big Pharma medicine and very poor training have now become a leading cause of premature death and disease in the US!

Most physicians are not adequately trained to address the true health problems nearly everyone has in these times. One must now assume responsibility to take care of oneself and become one's own physician in order to survive these worsening hard times. Only our Maker knows the events that are to come and they don't appear to be getting better.

Health Self Defense and Survival

Because nearly all treatments you can initiate on your own will be oral, it is critical that certain things be attended to first to optimize the utilization of what goes into your mouth. Try to understand the gut in a new way -- picture the space between the mouth and the anus as the hole in a donut. It really isn't inside the donut but rather a huge expanse of tissues intimately exposed to everything you eat and drink. The small intestine alone has a surface area equivalent to that of a tennis court. Your gut presents far more opportunity for insults to your health and immune system than your skin.

The Head First Protocol

A protocol named "H.E.A.D. First" covers the preparation for oral therapies. "H.E.A.D." is an anagram for Hydration, Elimination, Assimilation, and Digestion. If any of these are deficient or inadequate then any oral therapy will also be deficient. Here is a quick outline of how to

address these issues. Note that a professional assistance may be needed for some of the testing.

Hydration

Use this formula for determining correct fluid intake: Body weight (lbs) / 2 = ounces of purified water plus 8 oz for every vice (coffee, beer, wine, etc), and an additional 8 oz for every hour of exercise or hard physical activity. Your body can only absorb about 4 ounces of water every 30 minutes so drinking a lot of fluids all at once will not help.

Elimination

Constipation is very common. However, it is a symptom of some other underlying issue, not a disease. The main causes of constipation are:

- Lack of adequate stomach acid (see Digestion below)
- Food sensitivities/allergies
- Dehydration
- Inactivity
- Refined foods
- Hormonal imbalances
- Medications
- Iron supplements
- Electromagnetic field exposure in the sleeping location (near-by night light, computer, wireless router, TV, etc)
- Parasites

Loose stools or diarrhea can be dangerously dehydrating and is usually the sign of:

- Food sensitivities/allergies
- Significant or serious intestinal infection(s) – viral, bacterial and/or parasitic

Testing for these issues does not require a physician and most would not know how to test for them or think them important anyway. There is a large group of holistic nutritionists certified in Functional Diagnostic Nutrition (FDN) who are fully trained to run all the necessary lab tests and assess and help you correct everything listed in the HEAD First protocol. They are all much cheaper than a physician and better trained at correcting these issues. They also do not need to physically see you to work with you. You can find one here: <http://fdnmanager.com>

Assimilation

Assimilation is the transfer of nutrients from your gut to your blood stream and to every cell of your body and must be optimized for all metabolic functions to take place, especially detoxification. Poor assimilation is an extremely common problem in the US but goes completely undiagnosed by mainstream medicine. It is usually caused by hormonal imbalances

(particularly high cortisol – the main stress hormone) and GI infections (yeast, bacterial, parasitic, viral all of which are epidemic in the US), and an imbalance of the beneficial bacteria in your gut. Assessing assimilation does require some lab testing and then a skilled practitioner to guide you in correcting any problems found. Again, the FDN practitioners are a great choice: <http://fdnmanager.com>

Digestion

Inadequate digestion is probably the single worst deficiency one can have in these stressful times. Digestion is comprised of two main processes – sterilization of what you eat to prevent invasion by bacteria, yeast, parasites and viruses, and the first stage of breaking down ingested proteins required for repair of every cell and tissue in your body. The sterilization process is done by hydrochloric acid (HCL) produced by your stomach. There are multiple things can compromise hydrochloric acid production including having had chicken pox as a child to having the most common infection on the planet called Helicobacter pylori. This is the bacteria associated with ulcers and more than 60% of you reading this have it. This bug can virtually shut off production of HCL in your stomach. More than 50% of adults over 40 years of age produce low and weak levels of acid. With the massive promotion of acid blockers (Prilosec, Nexium, the Purple Pill, etc) the problem is expanding rapidly. Ironically, people with heartburn are usually suffering from having very low and inadequate acid, not high acid. The real problem is that weak stomach acid causes the stomach's mucus barrier to thin and weaken so that when acid increases when we eat something acidic, it actually starts to digest the stomach wall. The solution is to assess and fix the reason for the low stomach acid, then repair the mucus barrier and finally to reestablish *stronger* acid.

Diet

A recent Harvard Public Health Study has shown conclusively that our diet, once the very source of our health and sustenance, has now become the leading cause of premature death and disease.

Today nearly everyone knows to avoid trans-fats, sugar, high fructose corn syrup, mercury contaminated seafood, known carcinogenic and pesticide contaminated foods. But these items are not the whole problem. The most insidious problem is that certain so-called healthy foods that can prevent or reverse one problem can worsen or even cause another. For example, the following foods have been proven to help prevent or treat arthritis.

- Broccoli
- Brussels Sprouts
- Bok Choy
- Cauliflower
- Kohlrabi
- Barley
- Oats
- Kale
- Spinach

These exact same foods have been proven to worsen thyroid function. And these foods, known to help improve thyroid function are the same foods that will worsen kidney stones.

Celery

Leek

Okra

Bell Peppers

Sweet Potato

Beet Greens

Collard Greens

Millet

Rye

Another example is the foods proven to shorten an influenza infection will dramatically worsen a yeast infection.

And here is a real surprise to many. Even though organic foods are a “must” in spite of the term “organic” meaning far less than we would like to believe, they are often *more* harmful than the same foods raised by inferior commercial production farms. The reason for this is that organic foods contain more of the phyto and micronutrients that promote healing and reverse disease and conversely, also contain more of the natural nutrients that *cause* and *exacerbate* disease. Real food can be real strong. Sorting all this out is the work of a skilled holistic nutritionist.

And beyond all of this, there is an even more critical piece of the diet puzzle that must be sorted out. And that has to do again with optimizing cellular metabolic efficiency. The best method we have found for doing this is a system called Metabolic Typing. It can identify what the dominant force behind your individual metabolism, measure it, then recommend the exact foods and nutrients required to bring it into optimal function. There is no other system we have found that can do this. This method can determine whether you will do best on a vegetarian diet, a high protein diet, or somewhere in between. No one diet fits all and no other system recommends the right diet specific to the individual from a whole spectrum of different diets styles. There is a book title *The Metabolic Typing Diet* that can explain the principles behind this approach, and the book does have a questionnaire in it that can help you determine a piece of your metabolism, but the professional level questionnaire that will determine your exact Metabolic Type and the correct diet and nutritional supplements for you is available here for a small fee: www.metabolictypingonline.com

With this system you will avoid the trap that many fall into of reading that for instance, that zinc is good for immune function, then buy some zinc only to unknowingly be worsening their metabolic efficiency and undermining dozens of metabolic functions for the sake of improving one not-so-important and minor function that is ultimately controlled by the ones they just suppressed. Dietary nutrition really requires a full “systems approach” to be effective and get to the ultimate goal of all medicine and nutrition, namely (and again) the optimization of the metabolic functions that control absolutely everything in your body.

The Metabolic Typing system also has over 1,000 trained advisors worldwide who can assist you should you need it, and many of them can also run the tests required for the HEAD First protocol above. You can locate one here: www.mt-advisors.info. We recommend you first complete the questionnaire at their website then see if you need additional guidance. As they say on their site, Metabolic Typing is a self-help program but not necessarily a do-it-yourself program and they have provided an impressive support net work. And as with the FDN practitioner's they are all trained to work with you long distance and at a very affordable rate.

Exercise

Contrary to common medical propaganda, lengthy aerobic exercise is not very healthy. It raises troublesome stress hormones and often causes more harm than good. A far better exercise routine is short but very intense full body work outs with weights. There are many excellent short routines available and even a chain of "20 minutes" health clubs out there. An excellent group of practitioners who are quite evolved and understand this approach to exercise are called CHEK practitioners. You can locate one here: www.chekconnect.com/Page/SearchForm

Regardless of what you choose to do, exercise is absolutely essential in times of great stress – even if you are exhausted and sleep deprived. When under stress of any kind the body produces powerful stress hormones (mostly cortisol) that were designed to make you able to fight, or run and escape. If these hormones are not "burned off" with something akin to running or fighting they will do damage to your body.

Sleep

Sleep is essential but during difficult times such as these we often experience insomnia. This is usually caused by neurochemical imbalances or even more frequently by an elevated nighttime cortisol hormone generated by real or perceived stress and from fighting inflammation from infections. Cortisol sounds like "cortisone" because they are very similar and both have the same primary effect – to reduce inflammation. Inflammation is the by product of nearly every infection and physical insult of the body. A healthy cortisol rhythm and acute elevation in response to high stress is appropriate. Chronic elevated cortisol can be deadly. Literally. Ironically, insomnia can raise cortisol, and elevated cortisol can worsen insomnia so you can have a cascading effect if it is not interrupted. The FDN, Metabolic Typing, and CHEK practitioners are all well trained in addressing the underlying issues behind sleep problems. If you wish to attempt a cure yourself, start in the following order.

1. Try melatonin, 5 to 10 mg at bedtime. Melatonin has multiple detoxification benefits too.
2. Try and amino acid called "GABA" (gamma-amino-butyric-acid). This one reduces anxiety in a safe way and in times of stress we tend to be very deficient in the nutrient and the neurotransmitters it creates. Another form of it that often works better is beta-phenyl-gamma-amino-butyric-acid. You can get it here if you can't find it anywhere else:
www.neurogistics.com/index.asp

3. Calcium and/or magnesium at bed time. 3 parts calcium to 1 part magnesium. Start with 1000 mg of calcium. Stress exhausts both of the minerals, but be aware that for certain Metabolic Types, calcium can make the problem worse, just as magnesium can for other Types. This mix tends to be safe for both and often does the trick.

4. Calming herbs – passionflower, hops, valerian, skullcap, and chamomile. These are our least favorite because taking them does not address the underlying problem causing the insomnia.

5. One of the strongest sleeping cocktails: 80-100 mg Lithium orotate, 100 mg of HTP, up to 3000 mg L-Tryptophane, all available at most health food stores and online.

Over the counter sleep aids such as Benadryl and Nyquil and should be strictly avoided. They all cause significant brain problems the following day and derail multiple metabolic functions necessary to solve the underlying cause of the insomnia.

Systemic Detoxification Methods

First, let us begin by saying that the old tried and true method of fasting to detoxify is no longer safe or effective. It should be avoided. This is because we have become incredibly toxic from our environment and fat is where almost all toxins are stored. When one stops eating and the body begins to use fat for fuel, and the flood of toxins from the mobilized fat can make one extremely ill and worsen one's overall toxic picture. Toxins must be mobilized carefully and in the correct sequence to prevent damage to one's metabolism, organs, tissues and brain.

Before attempting a system detoxification, the HEAD First protocol should be completed and the liver and kidneys supported to handle the insults of eliminating the toxins. There is one supplemental product that both very nicely, and it the only one we know of that does both at once. It is called **L-K Formula** and can be ordered from a very reputable small company called **Ultra Life** at **1-800-323-3842**. If you mention this article they will provide you with a discount from their regular price. They will be mentioned again below because they specialize in creating certain formulas that address exactly what we are trying to achieve. L-K Formula is very powerful and we recommend you only take one capsule twice a day. You can take three per day if you have a large body.

Below are the detoxification tools that we use in our individual practices that we know from decades of testing and use to be safe, effective and affordable.

Ingested or Inhaled Radioactive Particles

Diethylenetriamine pentaacetic acid (DTPA) is the most powerful first line agent for capturing radioactivity in the body then helping remove it. You can read about it here: www.bt.cdc.gov/radiation/dtpa.asp. It comes in a calcium and zinc form. The zinc form is used for the first day of exposure then the calcium form used for several days after that. It is expensive and requires a prescription is injected IV. It is also difficult to find but it is the best treatment for most forms of radiation exposure.

Ethylenediaminetetraacetic acid (EDTA) is the second most effective substance for removing radiation. It no longer requires a prescription for the oral or suppository forms. The suppository form is best for systemic radiation exposure and can be found under the name Detoxamin. It can be ordered here: www.detoxamin.com

The oral form of EDTA is best for ingested fallout if used quickly (within 2 hours or so). It is easy to find online or at health food stores, and relatively inexpensive.

Glutathione is another very powerful radiation “chelator” (captures then removes it from the body). See the section entitled Chemicals Detoxification below.

Chlorella is essential and the correct one is chlorella pyrenoidosa available from the BioPure link below. Use the dosage for Heavy Metals immediately below.

Another product that has been traditionally used in Japan for Radiation Poisoning is Fulvic/humic minerals – a close relative of peat. The correct products are available from: www.BioPureUS.com (product name: MatrixMinerals). More info: www.KlinghardtAcademy.com

Bee pollen is another radioactive toxin scavenger and can be found online and in most health food stores. It is no where near as powerful as the agents listed above but for children it is good. **Do not give it to infants!**

Heavy Metals

When mercury poisoned the fish in Minimata bay in Japan, and eating the fish then poisoned the people living there - several local medical doctors prescribed the algae chlorella as a supplement to their patients. Other doctors ridiculed the idea. The chlorella patients survived and they gave birth to healthy children. Not so in the other group. This has resulted in a simple detox protocol used all over the world. Acute poisoning: 5-6 gram chlorella pyrenoidosa 3 times a day 30 min before meals. At the same time cilantro tincture 15 drops 3 times per day. The same regime had been used successfully for the radiation poisoning of the survivors of Hiroshima and Nagasaki. It also works on many other toxic metals. Both available from: www.BioPureUS.com. More info: www.KlinghardtAcademy.com

For chlorella that is more suitable for children, we strongly recommend the HMD system which has conducted very impressive effectiveness studies. It lists both adult and child specific dosages here: <http://www.detoxmetals.com/pages/HMD-Dosage-Guidelines.html>
We recommend purchasing the HMD products directly from the small US owned and operated company **Ultra Life** at **1-800-323-3842**.

Electro-smog Detection and Eradication

Electro-smog is the constant bombardment from cell phone signals, wireless modems, radio and TV broadcasts, power lines, HAARP, solar flares and man made non-ionizing radiation. We

strongly believe that this constant barrage is going to be to us what lead pipes were to the ancient Romans. We are dramatically weakening ourselves and not even seeing that it is happening.

We are mostly concerned about 3 sources of electromagnetic radiation: household appliances and circuitry (electric fields and magnetic fields), cordless phones in the home (microwave) and the ambient background noise of the cell phone industry. The solutions are simple: 1. Shut off all breakers/fuses at night, 2. Replace your cordless phones with inexpensive corded phones, 3. Avoid cell tower radiation for at least 7 or 8 hours each day by shielding your bed with a Faraday canopy. Here are a couple sources for them:

<http://www.lessemf.com/personal.html> (scroll down the page)
http://www.safelivingtechnologies.ca/rf/products_rf_canopy.htm

Beyond these simple and very effective steps, the next thing to do is to check for “dirty electricity”. A good explanation of what dirty electricity is can be read here:

<http://www.dirtyelectricity.org>

The correct device for checking your house or work place for dirty electricity is the one at the top of this page:

http://www.nature4less.com/index.php?main_page=index&cPath=3&zenid=cc03ae160b12a1c94e7468041fc225df

If you find a problem in your own personal workplace, the cheapest and fastest solution for dirty electricity when you cannot shut off power is by using the filters found below the meter on the same webpage.

Chemical Detoxification

Having adequate levels of a naturally produced antioxidant called glutathione is critical for removing the most common yet most dangerous chemicals and all metals (especially uranium and other radioactive molecules) in the body. Glutathione is called the Mother of all Antioxidants because it is not only the most powerful one, but it is also the only one that does not itself turn into a toxin if you have too much of it.

Taking oral glutathione is proven to not be effective, and intravenous glutathione is not practical. One single company has created and patented a method of maximizing your body's own glutathione dramatically by providing all the necessary building blocks for glutathione in a way that does not disturb basic metabolic efficiency but rather helps optimize it. This company sells through a multi-level marketing scheme that would usually leave bad taste in the author's mouths, but in this case they are a reliable, reputable and honest company with a real patent behind their product. To get the wholesale price from them you must use the code of one of their sponsors. Clinical nutritionist David Vaughan, one of the authors of this article, is a sponsor and his sponsor ID is 302342. You can place a wholesale price order for the specific product called “Max GXL” here: <http://www.max.com/page.php?page=gxl>

Because removing metals and chemicals is a long term project, you should select the option for “auto ship”. This option lowers the cost to \$69 per month from \$85 per month. If you wish to try to copy their formula you can do that but we have found it is far more expensive to do this than to just order directly from the patent holder.

In addition to maximizing glutathione, there is one other very inexpensive amino acid called “Glycine” which removes the rest of the spectrum of dangerous chemical toxins, but it is dependant upon having adequate glutathione to work property. Glycine is easy to find at many health food stores or online. You should take 500 mg of Glycine once a day on an empty stomach for best effect. You must take this for a minimum of one year. Glycine will not disrupt the effects of any Metabolic Typing therapy and has no known side effects.

Infections

Infections have plagued humanity since the beginning. Our kitchen herbs are all successful attempts to push back the invading microbes and parasites (Basil, Cilantro, Pepper, Garlic, Onions, Turmeric, etc.). Most effective is a wormwood extract called “artemisinin” both against parasites, Babesia (the main Lyme bug), several of the Lyme co-infections and more. A simple herbal tincture called “Quintessence” is providing broad based anti-microbial coverage while at the same time acting as an herbal bitter to prime digestion, increase liver detoxification and increasing lymphatic drainage. Both from: www.BioPureUS.com

Beyond those infections mentioned in the HEAD First protocol, today’s stealth and cloaked infections require an extraordinary talent in investigation and carefully designed and individualized treatment protocols. These infections are ubiquitous and must be treated to restore health and metabolic viability. You can locate practitioners trained in this arena who have been students of Dietrich Klinghardt, MD, PhD through his academy: www.klinghardtacademy.com

Summary

Because of time constraints in producing the article, there are many details that have not been fully addressed. A follow up article seems warranted. However, the big picture and big pieces are here, and we have provided access to several excellent groups of affordable practitioners who are specialists in finding and resolving the hidden infections and toxins we all carry with us.

Materials Sources

FDN Practitioners: <http://fdnmanager.com>

Online **Metabolic Typing test:** www.metabolytypingonline.com

Access to **Metabolic Typing Advisors** worldwide: www.mt-advisors.info

Access to **CHEK practitioners** worldwide: www.chekconnect.com/Page/SearchForm

Source of best form of **GABA:** www.neurogistics.com/index.asp

Only distributor of **Max GXL**: www.max.com/page.php?page=gxl (use code 302342 when ordering for discount)

Source of **L-K Formula** and **HMD** chlorella products: **1-800-323-3842**

Source of **chlorella** and other **detox materials**: www.biopureus.com

Source of suppository form of **EDTA**: www.detoxamin.com

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