Radiation

*Exposure, Testing & Recovery*

What does it do to the body?

Recent signs of exposure can create symptoms such as:

* Ulcers in the mouth
* Weakens the immune system, allowing diseases to take off in the body
* Ages us faster

How Do We Get Exposed to Radiation?

* Air travel and Airport x-rays, contaminated luggage & clothing
* Dental and surgical x rays, PET scans, CT scans, MRI’s
* In utero
* Mammograms
* Water & air contaminated by nuclear disasters
* Animal protein that is high on the food chain (beef, foul and fish). This is called biomagnification
* Cell phones & other devices

Testing – We recommend a cell well being hair test (google providers)

Prevention Methods

Reduce animal protein to one serve per day.

Store luggage in a separate area of the house away from constant foot traffic or replace luggage.

Insist on using a lead apron for protection for your body during x rays. Lead aprons protect sensitive organs like the thyroid and reproductive areas.

Healing Methods/Detoxification

**Anti Radiation Tea** –

(For Recent Exposure)

Blend equal parts atlantic dulse flakes, nettle leaf, dandelion leaf, Atlantic kelp. Mix 1 x Tablespoon in hot water and drink daily.

**Heavy Metal Detox Smoothie –**

(For deeper exposure)

2 bananas, 2 x tablespoons of Atlantic Dulse flakes, 2 cups of wild blueberries, water, 1 – 2 teaspoons of barley grass, 1 – 2 teaspoons of spirulina, squeezed orange juice, 1 x handful of coriander.

**Edible sea weeds**

* Nori
* Atlantic dulce flakes
* Atlantic kelp

**9 Day Liver Cleanse Challenge**