

THIS MAP PROVIDES LINKS FOR DOING YOUR OWN RESEARCH. IT IS NOT INTENDED TO DIAGNOSE OR PRESCRIBE. PLEASE CONSULT YOUR HEALTH CARE PRACTITIONER FOR PERSONAL AND SPECIFIC INFORMATION.

PARTIAL LIST, FOODS

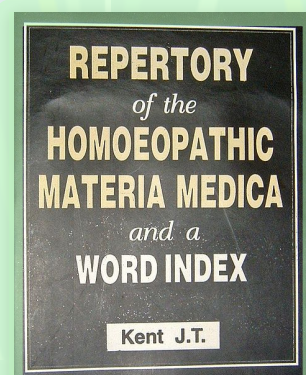
Mineral rich foods from sea, land
 Sea products: kelp, spirulina, chlorella
 Bee products; pollen, propolis
 Fermented foods: sauerkraut, miso
 Chlorophyll foods: grass juices
 Thiol foods: onions, garlic
 Antioxidant foods: green tea, berries
 Pectin foods: apples, sunflower seeds
 Fiber, nutrient foods: seeds, grains, beans
 Nutritional yeast
 Beets

PARTIAL LIST, SUPPLEMENTS

Minerals: calcium, magnesium, others
 Antioxidant complex
 Vitamin B-complex (methylation)
 Vitamin C, bioflavonoids
 Vitamin E complex
 Lipoic acid
 Coenzyme Q10
 Silymarin
 Carnitine
 Essential fatty acids, in balance
 Vitamins A and D

POSSIBLE FOODS TO AVOID:

★ [FLUCTUATING FOOD SAFETY SEAFOOD OFF U.S. COAST](#)



GOALS OF PROTECTION
 Prevent ingestion, inhalation
 Minimize binding
 Chelate radioactive elements
 Repair damaged tissue

"THE DOMINANT DAMAGE WAS NOT PRODUCED BY DIRECT HITS OF RADIATION ON THE DNA IN THE GENES, BUT THE PRODUCTION OF... FREE RADICALS THAT DAMAGED CELL MEMBRANES."
 Dr. Ernest Sternglass

THE AMES TRIAGE HYPOTHESIS STATES THAT SURVIVAL IS MORE IMPORTANT TO THE BODY THAN REPAIR. THE BEST WAY TO SUPPORT REPAIR OF DAMAGED TISSUE IS TO HAVE A PLENTIFUL NUTRIENT RESERVE.

SOME PEOPLE ARE ALLERGIC TO IODINE. CONSULT YOUR HEALTHCARE PRACTITIONER FOR PERSONAL ADVICE ON THIS AND OTHER NUTRIENT DECISIONS.



RADIOACTIVITY: DIETARY PROTECTION AND NATURAL SUPPORT

NON-DIETARY MEASURES

[DR. MERCOLA INTERVIEWS ORI HOFMEKLER I, II](#)

Related maps
[Methylation](#)
[Triage Hypothesis](#)
[Nutrition and EMF](#)
[Nutrient-dense Foods](#)
[EMF, Methylation, Glutathione](#)

RUSSELL JAFFE, M.D.
["Acting from an excess of caution"](#)

- [Miso](#) Foods
- [Beets](#)
- [Sweet whey](#)
- [Apple pectin](#)
- [Whole grains](#)
- ★ [Sulfur foods](#)
- [Sea vegetables](#)
- [Spirulina, chlorella](#)
- [Rad-Tox](#) Products
- [Modifilan](#)
- [Bioplasma](#)
- [Grass-fed whey](#)
- [Clorox bath](#) Baths
- ★ [Epsom salt bath](#)
- [Sea salt and soda baths](#)

- Books, Articles
- [13 Remedies](#)
- ["Just in case"](#)
- [Radiation detox](#)
- ["Radiation Detox"](#)
- [Fighting Radiation](#)
- [Anti-Radiation Diet](#)
- [Are You Radioactive?](#)
- [Combatting Radiation](#)
- ★ [Top 14 Supplements](#)
- [Supplements that protect](#)
- [Vitamin C as radioprotective](#)
- [Book: Diet for the Atomic Age](#)
- [Summary: Diet for Atomic Age](#)
- [Susun Weed, Wise Woman Way](#)
- ["... After... Radioactive... Exposure"](#)



Extracted List

Rad. Element	Prevent. Element
cesium-137	potassium
cobalt-60	vitamin B-12
iodine-131	iodine
plut.-238, -239	iron
strontium-90	calcium
sulfur-35	sulfur
zinc-65	zinc

Extracted List

SUPPLEMENTS THAT PROTECT

Vitamin
 Vitamin A, B, C, D, E, F
 Rutin
 Pantothenic Acid

Minerals
 Calcium and Magnesium
 Potassium iodide
 Germanium
 Selenium
 Zinc
 Iron

Herbs
 Ginseng
 Aloe
 Chaparral

- Studies
- [Bengal quince helps](#)
- [Antioxidant diet helps](#)
- ★ [Radioprotection: soy](#)
- [Grapefruit naringin helps](#)
- ★ [Radioprotection: honey](#)
- ★ [Radioprotection: cherry](#)
- ★ [Radioprotection: ginger](#)
- [Melatonin is radioprotective](#)
- ★ [Radioprotection: mango](#)
- ★ [Radioprotection: ginseng](#)
- ★ [Radioprotection: rhodiola](#)
- ★ [Radioprotection: curcumin](#)
- ★ [Radioprotection: rice bran](#)
- ★ [Radioprotection: capsicum](#)
- ★ [Radioprotection: rosemary](#)
- [Protective effects of nicotinamide](#)
- ★ [Radioprotection: grapeseed](#)
- ★ [Radioprotection: mushrooms](#)
- ★ [Radioprotection: brown algae](#)
- ★ [Radioprotection: fermented milk](#)
- ★ [Radioprotection: flaxseed lignan](#)
- [Resveratrol has radioprotective effects](#)

Foods and extracts
 Sea Vegetables
 Bee Pollen
 Bee Propolis
 Fermented Foods
 Beets
 Garlic and Onions
 Green Cabbage
 Naringin
 Beta-1, 3 Glucan
 Polyamines
 Brewer's Yeast
 Lemon
 Lecithin
 Kelp
 Pectin
 Papain
 Cysteine
 Vegetable Oil
 Chlorophyll

Other
 DMSO
 Melatonin
 RNA, DNA
 Medicinal Charcoal

Extracted List

THE PROTECTIVE FOODS
 Whole grains
 Vegetables
 Beans
 Miso
 Tofu and tempeh
 Sea vegetables
 Seeds and nuts

Home: [Oscillatorium.com](#)
 Newest version [this map](#)
 Date of this update: 01-31-16