FROM THE ARCHIATOR: Protection from Radioactive Contamination

Dr. Tom Lee, Church Archiator, offers the following suggestions for supplemental and hygienic protections against radioactive contamination in light of the nuclear disaster in Japan.

Thomas S. Lee, NMD, APH

Hello ICC Members and Friends:

The past several months have been difficult for many of us, both around Reno and much of the rest of the country. With weather, health, and economic challenges, it has been a tough winter. As difficult as we have had it, the disaster in Japan has shocked us with the intensity of suffering and number of lives lost among those kind and elegant people. And beyond

that, the biological disaster will affect our world for years to come.

This letter is to suggest some supplemental and hygienic protections for those of us who will be visiting Japan next month. They are suggestions that will be good to consider on a more limited basis for the rest of us here as well, as the radioactive contamination continues far beyond the borders of Japan. Low-dose radioactivity affects everything living thing in some way, usually badly.

The most dangerous isotopes affecting us in our food and water are iodine, cesium, uranium, and plutonium. There are others that either have short half-lives or are bound to less metabolically active metals, so it's easier to avoid them and keep them out of our bodies. The more dangerous ones are perceived by our bodies as slightly disguised versions of normal minerals that are important to maintain good health, and our bodies take them up, especially if it is deficient in that mineral.

The supplements I suggest here will nourish your body with the minerals that radioactive isotopes "imitate." If these minerals are at optimal levels before exposure, it will be easier for the immune system and digestion to refrain from absorbing the radioactive versions into the body.

Iodine nourishes and protects from radioactive isotopes of iodine; cesium imitates potassium; uranium imitates chromium; and plutonium imitates iron. Radioactivity of any type will cause death if it is too intense, regardless of these characteristics, but nutritional protection will help with low-level environmental exposures.

For those heading to Japan, I would encourage you to start taking the following supplements before, during, and after the trip:

• Modifilan (90 capsules)

http://www.naturodoc.com/PSD-Mod.htm

• Lugol's Iodine, 5{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909} (1oz liquid dropper bottle)
http://www.naturodoc.com/ND-Lug1.htm

• SuperSulfur, Organic Pure Sulfur Crystals
http://www.naturodoc.com/LB-OS.htm

• Organic Greens and Reds
http://www.naturodoc.com/D-57402.htm

***Modifilan** is a concentrated, dried extract of the brown seaweed Kombu (Laminaria japonica). It has a fascinating history that dates back to the Chernobyl nuclear reactor accident. We have had years of experience and amazing reports from clients who use it regularly to remove heavy metals, radiation, and strengthen their thyroid and digestion. Read up on it and decide if you want to include it in your arsenal. I recommend that you do so. Before travel, take 1 capsule three times a day with meals. While in Japan, take 2 capsules after each meal, always with a slowly swallowed full glass of water.*

***Lugol's Iodine Solution** (5{1fa2ef75e2e78439128d99df03acfe1d8ee3047374abe3d4676fe3470ff8b909}) is one of several iodine sources available, but it is the most reliable and affordable form we know of. If drops of a colorful liquid are too fussy to deal with, you can get it as tablets called Iodoral. Read up on dosing and testing procedures on the Naturodoc website.*

As a starting dose for those unfamiliar with iodine, take 2 drops of Lugol's Iodine in water or beverages twice a day. This will approximate 24 milligrams of elemental iodine daily. Build up with an extra drop per dose every couple of weeks so that when you are traveling in Japan, take about 4 drops twice a day for a total of about 50 milligrams daily.

If you experience any problems from this such as muscle aches or rashes, cut the amount in half and persist. If you are both iodine-deficient and halogen-toxic (too much chlorine, fluorine, or bromine in your system), you could have an unpleasant cleansing reaction, if you take too much. There's no need to be uncomfortable, just dose it lower and slower for a while.

***Organic Greens and Reds** is a concentrated extract of whole fruits and vegetables. Stir 1-2 tablespoons into juice or a fruit smoothie and drink that every morning with breakfast. The nutrients in this concentrate will provide a broad range of protective antioxidants, bioflavonoids, and minerals in a bioavailable form. This tastes pretty good. These supplements would not be as important if you already eat a lot of fresh organic produce and regularly juice fresh fruit and vegetables. Most of us would like to do that, but somehow lack the housekeeping and service staff to keep it going.*

***SuperSulfur i**s a crystalline form of MSM, which is so good for the muscles and joints. This dissolves immediately in a small amount of hot water, and then you can dilute it with any liquid of choice to cut the natural bitterness of the sulfur. Coffee or grapefruit juice cloak it well.*

These four items will protect and strengthen someone in a radioactively polluted environment.

Other supplements that you like and use are fine to continue, and the Reverend Robert Roy's Two Feathers Healing Formula paste taken as a 1/8th of a level teaspoon one to two times a day would also help to keep your body alkaline and cleansed. Alternatively, two tablets of the Formula taken twice a day would also be of benefit. To learn more about the Two Feathers Healing Formula, call Robert at (775) 324-4889. He is offering the Formula at a discounted price for ICC members. The paste is $88, and the tablets are $65.

Finally, be aware that most of the risky exposure is airborne or carried on surfaces you might touch. Be up on your hygiene and cleanliness. Take a zip-lock baggie with a soapy wet washcloth in your travel bag or purse. After you touch public surfaces like handles, doors, or counters, take a moment and wash your hands. At the end of the day, clean and refresh the washcloth for the next day. You will have access to stores and markets there. Get containers of baking soda, and every two or three days take a hot bath with about 3 cups of baking soda for a long hot soak. This will help to alkalize your skin and draw out toxins. It also just feels good and relaxing.

As for dietary advice, you all have advisors and opinions galore. Basic concepts are that you should not stress out and weaken your digestion by eating too much, and avoid the foods that have little or no nutritional value. Traditional Japanese cuisine will be wonderful. For the wine lovers, go slow on that, because wines are loaded with fluorides and sulfides, and alcohol exhausts the adrenal glands and pancreatic functions. Excess sugar and pastry sweets will also ruin your digestion and energy level. You'll enjoy your travel and your body more if you keep the diet light and stay active.

Some of the products I have recommended have become scarce and are hard to find, while my company, NaturoDoc, does have them all in stock. Here are Internet links to the website and blog for more detailed information.

www.naturodoc.com

www.naturodoc.com/blog

You can get these products online from the NaturoDoc Store, where we've set up a special discount for ICC members. Or you can order by phone by calling 1-877-867-4743 from the U.S. and Canada.

My suggestions to products that I sell on my site are to inform you about them. I encourage market comparison out there with anything of like quality you have access to.

That’s it. Have a great trip and represent us well. Learn a lot from the Japanese people and share your discoveries with us when you get back.

In the Light,

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Church Archiater