

Why Reduce Radiation Risks

Radioactive Particulates Emitted Into Our Air

From Japan's Nuclear Disaster + Limerick Nuclear Plant's Routine Operations
Can Present Significant Health Threats To You And Your Family, Especially Children
➤ To Better Understand How and Why Contact ACE (610) 326-2387

Ways To Minimize Risks From Radiation Emissions

- **Filter Water For Drinking, Cooking, Washing Food**
 - ✓ **With Reverse Osmosis Filter – Must Have Pre and Post Carbon**
Can Purchase Quality Unit From Suburban Water Technology, Gilbertsville
- **Soak / Rinse Fruits and Vegetables To Limit Radioactive Particulates**
 - ✓ **Soak For Extended Time In Bentonite Clay Liquid or Powder**
With Toxic-Free Veggie Wash - Use Filtered Water to Soak and Rinse
- **Limit Time Outdoors During Participation**
Demand Elected Officials Provide Radioactive Particulate Alerts (like for Ozone)
- **Leave Shoes At The Door – In Precipitation, Leave Outer Clothes At Door.**
- **If You Believe You Were Exposed To Higher Than Normal Levels Of Radiation Emissions From An Accident or Terrorist Attack At Limerick Nuclear Plant:**
 - ✓ Wear A Protective Mask.
 - ✓ Change Clothes and Shoes - Put Exposed Items In A Plastic Bag. Seal The Bag and Place It Out Of The Way.
 - ✓ Take A Thorough Shower.
 - ✓ Seek Medical Attention If Available.
 - ✓ Follow Emergency Management Directions.
 - ✓ To Protect Specific Organs Attacked By Specific Radionuclides Entering The Body, You Can Take Supplements Recommended By Physicians and Nutritionists Knowledgeable About Exposure From Nuclear Plant Radionuclides.
- **Reduce Radiation Exposure Impacts Using Supplements Recommended by Physicians, Experts - Certified Radiation FREE**
- **Suggestions To Protect Yourself Nutritionally:**
 - **Dr. Ann Louise Gittleman Recommends a Comprehensive Approach:**
 - ✓ Sea Vegetables - Tested for Radiation
 - ✓ Foods High in Beta-Carotene
 - ✓ Potassium
 - ✓ Calcium
 - ✓ Mineral-Rich Foods
 - ✓ Potassium Iodide, if necessary

Tips On What to Eat or Not Eat From Dr. Rosalie Bertell

- ✓ Avoid eating salads if you are suspicious of it being contaminated by fallout or contaminated water
- ✓ Always wash carefully fruits and vegetables to remove any surface contamination.
- ✓ Do not take Potassium Iodide without medical supervision. The iodine 131 has a short half life, and probably will not travel very far from the source unless the release from the reactor is explosive.
- ✓ If radioactive iodine is in milk, then probably cobalt 60, a very dangerous gamma radiation emitter, is also in the milk. Cobalt becomes much more dangerous to the liver when ingested in milk.
- ✓ Healthy people with good basic nutrition fare better when food, air, or water is contaminated.
- ✓ Get sufficient rest so the body can undertake efficient repair of damage.
- ✓ Keep hydrated with the best water available to you!

Summary of Recommendations From Several Physicians and Nutritionists – Knowledgeable About Radiation Exposure Threats

- ✓ High-Dose Vitamin C
- ✓ Vitamin D-3 (Cholecalciferol) Prime Agent in Protection Against Low Level Radiation Damage
- ✓ Kelp, Other Seagreens (High in Natural Iodine) Certified Radiation Free
- ✓ Spirulina (Blue Green Algae) Used to Treat Children After Chernobyl
- ✓ Chlorella (Contains Chlorophyll) Which Increases Resistance to Radiation
- ✓ Calcium (With Magnesium) To Protect Against Strontium-90 Uptake
- ✓ Nascent Iodine (2% Formulation) Safe to Protect Thyroid For Sensitive People With Pre-Existing Conditions
- ✓ Potassium Iodide – People living 200 Miles From A Nuclear Plant Should Store It
 - Use ONLY for Major Emergency – For Only 2 or 3 Days
 - Using Long-Term Could Result In Thyrotoxicosis

Radiation Exposure Reduction With Essential Oils and Supplements

“QuadShield” Synergistic Effects To Protect The Hormonal And Immune Systems:

- ✓ Super C Powerful Immune Enhancer
- ✓ Melrose Protective Skin Barrier
- ✓ Longevity Super Antioxidant
- ✓ Thyromin Contains Kelp and Iodine

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