

Glutathione as Radiation Protective

We know radiation exposure causes approximately 3% of all cancers. This fact has been studied extensively. When you are exposed to radiation a very reactive type of free radical is formed called a “hydroxyl radical”. Studies have shown **glutathione’s** (GSH) detoxification abilities play a key role in neutralizing hydroxyl radicals and cancer specialists are now raising **glutathione** (GSH) levels in patients who are undergoing radiation therapy as part of their cancer treatment.

Detoxification benefits from boosted **glutathione** (GSH) levels helps cancer patients better tolerate their treatment. Studies have been done around the world, from Switzerland to Spain to India to Germany, on the effect of **glutathione** (GSH) on radiation damage. Low levels of **glutathione** (GSH) were connected with an increased risk of developing cancer from radiation exposure. Patients undergoing cancer treatment experienced stronger side effects and greater injury from radiation therapy when they had low **glutathione** (GSH) levels.

The immune system, have been shown to be better able to withstand radiation therapy when cancer specialists raised **glutathione** (GSH) prior to treatment. The implication here is... **glutathione** (GSH) does and will, to a greater degree, play a major role in the treatment of cancer by using detoxification to reduce the damaging effects of radiation.

In addition to **glutathione**, after any sort of radioactive exposure you want to be eating seaweeds and algae along with almost any type of commercial heavy metal chelating formula to bind radioactive particles and help escort them out of the body. Many nutritional supplements have been developed for the purpose of detoxifying heavy metals, most of which contain the algae and plant fibers and other binding substances. Basically, an anti-radiation diet should focus on the following foods:

- Miso soup
- Spirulina, chlorella and the algae (kelp, etc.)

- Brassica vegetables and high beta carotene vegetables
- Beans and lentils
- Potassium, calcium and mineral rich foods
- High nucleotide content foods to assist in cellular repair including spirulina, chlorella, algae, yeast, sardines, liver, anchovies and mackerel
- cod liver oil and olive oil
- Avoid sugars and sweets and wheat
- A good multivitamin/multimineral supplement

In the case of the current nuclear reactor troubles in Japan most of the radioactivity is in the form of radiocesium and radioiodine, which are byproducts of the fission of uranium in the fuel rods.

What makes cesium-137 and iodine-131 dangerous?

Iodine-131 can be inhaled or ingested. It concentrates in the thyroid, leading to thyroid cancer. It has a half-life of eight days. Taking iodine pills prevents the thyroid from absorbing iodine-131.

Cesium-137, which has a half-life of 30 years, is more serious. It is a salt that acts like potassium and goes everywhere in the body. It is absorbed into soft tissues, causing sarcomas. It contaminates food, water and milk and gets into the body when those are ingested. Contamination with cesium-137 is one of the main reasons large areas of land had to be abandoned in the wake of the Chernobyl disaster in 1986.

Cesium-137 mimics potassium in the body and can cause cancer, blood diseases and birth defects. It has a 30-year half-life, the time it takes for half the atoms to disintegrate.