

Detoxify Radiation and Radioactivity From Your Body - Radiation Dextox

Nutrients & Supplements available -

- a) Iodine (Himalayan Salt - contains Iodine in proportional trace amounts with other 70 + trace minerals
 - Raw Kelp, Seaweed - combine with meals several times per week
 - Potassium Iodide - effective supplement/pill form
 - Potassium Iodate - used by the Military in DU (depleted uranium) type combat zones/only known chemical which will prevent the thyroid from absorbing Iodine, 'radioiodine', following a nuclear blast
 - Rosemary - natural herb which contains rosmarinic acid/protects against gamma ray induced damage more effectively than water-soluble antioxidants, delays formulation of toxic malonyldialdehyde, inhibits skin alterations)
- b) Essential Fatty Acids (Fish Oil, Cod Liver Oil, Flax Seed/Oil, Borage/Black Currant Oil)
- c) Selenium - antioxidant, helps convert T4 to T3
- d) Zinc - Stimulates the Pituitary which signals Thyroid to make more Thyroid hormones
- e) Vitamin D3 -Steroid Hormone necessary for Thyroid Production
- f) Vitamin E - Tocopherol
- g) L-tyrosine - Amino Acid precursor to T4 & Co Q-10 (heart muscle supplier) - Spectrum of Amino Acids, synergistic
- h) Alternate antioxidant sources (Alpha Lipoic Acid & Grape Seed Extract)
- i) Progesterone - helps Thyroid Gland

Several of the best ways to chelate accumulated heavy metals out of body:

- 1) Activated Charcoal
- 2) Chlorella
- 3) Zeolite Rock Powder
- 4) Kale
- 5) Cilantro