

# Radiation Support for Your Immune System: We are under invisible siege

By [Dr. Ilya Sandra Perlingieri](#)  
Global Research, April 02, 2011  
2 April 2011

Theme: [Environment](#), [Science and Medicine](#)  
In-depth Report: [Nuclear War](#)

"The only thing we have to fear is fear itself." Franklin Delano Roosevelt

*I have had countless calls asking for more suggestions on how we can support our already compromised immune systems, as we are exposed daily to untold levels of radioactive elements that are now traveling world-wide. Due to our already highly polluted air, we now have a multi-pronged attack on our immune systems. We were never meant to be sponges for an assortment of highly hazardous and unregulated chemicals and nano-technology, genetically modified organisms, aerosolized Chemtrails, pesticides, and artificial and poisonous additives in our food supply. This has been going on for most of the twentieth century; and now laws, in place for decades to protect us, have been gutted. Secret political agendas and corporate profits continue to take priority over our well-being and safety. This has a long history in our corporate consumer-oriented society. For the first time in our recorded history, we have multiple and chronic illnesses caused by human intervention. Greed trumps everything else, when the world (gone amok) is filled with moral indifference and decrepitude, along with enormous governmental corruption.*

Here is a bit of background: Unstable atoms give off energy as their nuclei spontaneously decay. When this energy is a radioactive element [and there are many, each with a different half life] and sufficiently strong enough to actually dislodge electrons from other molecules or other atoms in its path, it actually can damage or kill any living tissue. This is called ionizing radiation; and it is this that is so deadly –especially for some radioactive elements that have a long half-life (such as Plutonium-239 with 24,000 years, and Uranium-235 with 700-million years). These and many more radioactive elements are continuing to come across the Pacific and hitting everything in North America, and then traveling to Europe and beyond. Nothing is even remotely fixed at the Fukushima Nuclear Reactors facility. On March 28, Florida and the Carolinas were reported to have rainwater and air with radioactive Iodine-131 [with a half life of 802 days]; and officials said: "there was no current threat to public safety."(1) Another report on plutonium in the soil at Fukushima is here:

[www.naturalnews.com/031882\\_plutonium\\_soil.html](http://www.naturalnews.com/031882_plutonium_soil.html)

Pouring sea water on the damaged reactors is worthless. The radioactive rods are so hot that the water turns to steam. Why has this not been reported? PLUS there are more than 600,000 spent fuel rods that have been collecting on the Fukushima Nuclear Reactor site for 40 years. This is a radioactive plague being unleashed! How many more weeks will this cover-up go on, while both the Japanese public and the rest of us are not being told the truth?

The entire Japanese population already is in grave danger. All children are the most vulnerable to genetic damage done by radiation exposure. It can cause sterilization and radiation-induced cancer. Acute radiation exposure is now a fact for millions of Japanese. The rest of the world is not immune to this contamination.

A very high level of personal cleanliness is absolutely ESSENTIAL! Leave your shoes at door. Don't bring in radioactive particles inside the house on the soles of shoes. Gamma rays are already on the winds. Remember, this is all invisible. Wash your hands upon coming in, before meals, after using the toilet. Children, especially, need to be reminded of this every day. The best soaps (such as castile soap) do not have chemicals, but few ingredients. Do NOT let children out in any rain, fog, sleet, or snow. There is a very high probability that it is now radioactive, on an on-going basis. THERE IS NO ACCEPTABLE LEVEL OF RADIATION EXPOSURE -no matter what any public official or agency says. PERIOD! Here is a recent map from France, posted March 20, showing the dispersal:

[www.youtube.com/watch?v=fKXiYQC9Wvo](http://www.youtube.com/watch?v=fKXiYQC9Wvo)

What we need URGENTLY across the US and Canada is independent monitoring of the air and water (as there are the already mentioned reports of radioactive elements found in rain and snow). We need collective, grassroots help! Be creative. People could pool resources to buy a good-quality Geiger counter, or ask for help from some local college or university science department. Anything over 10 rems [the measuring in units of radiation exposure] is already dangerous. As Dr. Caldicott often says: "NO EXPOSURE IS SAFE!"

[www.globalresearch.ca/index.php?context=va&aid=23902](http://www.globalresearch.ca/index.php?context=va&aid=23902)

As I have written in my book, "The Uterine Crisis": "invisible does not mean safe." This, now planetary-wide crisis for all of us, is very grave. Yet, it remains invisible, not reported by a corporate-controlled media, and thus off most peoples' radar. It is criminal what is being covered up! Excuses equal lies. I am sure most people do not realize the gravity of this on-going catastrophe, and the long-term implications for children and everyone else! Remember, our pets and all other living animals are also all at risk for radiation exposure. Plants, too, are being exposed to this radiation; thus, we have exposure to the entire food chain. We are at the top of this already very contaminated food chain.

There is also the major financial part of this wrecked scenario. Food prices are already very high; and some staples have doubled in price over the last year or two. Predictions of crop shortages were already news over this past Winter. How does that connect with all Spring crops in North America with a probability of being planted in radioactive soil? Would this kind of contamination ever be reported? The US dollar is already manipulated green toilet paper.

In some parts of the northern hemisphere, it is the beginning of Spring; and those who love to garden are getting ready to plant their seeds. It is a ritual of renewal that many of us love to do. However, anything started outside now runs a high risk of being planted in radioactive soil -whether or not it is reported. This is why is it imperative for us all to get independent testing done for the real-time exposure level of radioactive elements. I believe it is already a hazard; but the governments never tell us the truth! Tragically, this same scenario played out at Chernobyl. People were lied to and deceived by government officials. A few courageous Russian doctors reported the truth; and they were discredited. People paid a heavy price with this hazardous exposure with high rates of radioactively induced cancers,

horrific birth defects, and miscarriages.(2)

If you do any Spring planting, use organic seeds you may already have. Start them INDOORS, and keep them indoors. Place them near a window for with sunlight. If you plant them in radioactive soil, they will be contaminated.

Radiation kills. This is why birth rates are also down significantly in Japan, because subsequent generations of women (after the US bombs were horrifically dropped on innocent civilians in World War 2) have had difficulty conceiving. Over the last 25 years, sperm rates have dropped 50 percent (and not just in Japan). Women also have numerous reproductive illnesses that make conceiving no longer easy. If we ever collectively saw the photographs of these heartbreaking radioactive birth defects, the nuclear industry would immediately cease to exist. The nuclear industry, built on deception, doesn't want us to see this. This is why Dr. Helen Caldicott and Dr. Rosalie Bertell's life-long and courageous work on the extreme dangers of radiation is so vital!

Please note these educational suggestions below are not cure-alls for radiation exposure. But it is important to support and protect your immune system, as best as possible. These are sensible precautions. If you are on any kind of pharmaceutical drug(s) or have health issues, please check first with your health care provider.

DIET: Do not use food produced since about March 14 (the approximate date the radiation traveled to the Pacific West Coast), due to radioactive Strontium-90 [it has a half-life of 29 years] and other radioactive elements. For example, Cesium-137 [with a half life of 30 years] is chemically similar to potassium; and because of this, it can become metabolized in the body through foods, including dairy products. Do not use any fresh-grown or harvested produce, as the soil throughout the Pacific Northwest and elsewhere is now very probably radioactive. This, combined with the aerosol spraying of Chemtrails makes for a very toxic soil to grow anything. Organic whole foods are always a better choice than supplements (whenever possible), because the body absorbs and retains these foods in tissues far better. How can we have a safe food supply with such an abundance of poisons?

Eat fresh organic apples with the skin on (and the wax rubbed off), or applesauce, bought before March 14. Drink unfiltered, organic apple juice with Bragg's Aminos (1 teaspoon per 8 oz for adults) [NOTE: I do not have any ties with this company]. Apple pectin is a known aid (and helped the children at Chernobyl); and it actually binds with various radioactive particles. Remember: "An apple a day..."

Here's my article from March 17 with some herbal recipes, one specifically for radiation exposure. It was written with consultation from more than 12 medical practitioners:

<http://aircrap.org/chemtrails-radiation-winter-illness/331115>

Do NOT use any dairy products bought after about March 14. Do not eat junk food or anything containing aspartame (a toxic synthetic sweetener).

Drink lots of steam-distilled water! If you have a reverse-osmosis filtering system, this is also beneficial. This process eliminates bacteria, viruses, pollutants, and many chemicals. Unpurified city water may contain unknown quantities of chlorine, fluoride, or other sources of contaminants. You can add flavoring to this water with 2 Tablespoons of raw apple cider vinegar per 1 gallon of steam-distilled water. Vinegar also helps with digestion.

Elderberry Syrup (in a glass bottle) is a great support for the immune system. Elderberries are a terrific all-around “medicine chest.” Children under 12 could take 1/4 teaspoon daily for the next 2-3 months. Children under 6 could take 1/8 teaspoon daily. It tastes delicious.

The best oils to use are cold-pressed organic olive and safflower oils. Coconut oil is also good for cooking and can be used topically for the skin, to help with dry skin. Avoid other kinds of oils.

Avocados and lemons help supply essential fatty acids that the body needs –again provided they are not contaminated! Find out where they were picked and when. Don’t shop on “automatic pilot” now. Do your homework and become an educated and informed citizen. Shoppers are not citizens.

Lemon-honey-fresh ginger-root tea is good daily drink. Use 2-3 very thin slices of ginger root per cup of boiled, steam-distilled water. (Powdered ginger root also works, but fresh is better.) Add honey and lemon to taste. For children, serve it warm or room temperature. Lemons are also a delicious way to flavor steam-distilled water and help with digestion.

Organic bee pollen (again check about the harvest date) is anti-microbial and has vitamins B and C, calcium, potassium, magnesium, enzymes, and plant sterols. It helps with stress, fatigue, and is a tremendous support for the immune system.

Buckwheat flour (for those who are not wheat intolerant) has rutin, and this also helps protect against radiation.

EAT LOTS OF GARLIC daily! This is long known to protect the immune system. Tumeric is also a good anti-inflammatory and a great spice to use regularly in cooking.

Medicinal organic mushrooms (picked before March 14, or dried): maitaki (a marvelous adaptogen, and it has been shown to inhibit cancerous growth), shitaki, trumpet, morels, all are excellent. There might be good dried ones available. Make the following: sauté 1 diced red and 1 diced yellow onion in organic, cold-pressed olive oil. Add diced mushrooms and mashed fresh garlic. Cook on low flame for about 10 minutes. Serve with pasta or over mashed potatoes. This helps support your immune system.

#### VITAMINS:

Vitamin C daily with bioflavonoids [this helps with C absorption] and rutin: Adults: 2-3 grams daily. DO NOT USE any oranges, lemons, or grapefruit (or other citrus) coming from any US southern state, due to the Corexit dispersant spraying for months (over land, too), since the Gulf of Mexico oil-rig explosion in April 2010. No testing has been done to see about any very real synergistic interactions among this deadly dispersant (that has contaminated the entire Gulf of Mexico region), aerosolized Chemtrails toxins, and radiation.

Vitamin B-Complex: For adults, 50 mg (max) of each of the major B vitamins (B-1, B-2, B-5 [called the “anti-stress” vitamin], B-6, and B-12) The B-Complex aids in supporting your body’s nerves, skin, eyes, mouth, liver, and hair to maintain their health. This also helps with anxiety; and this may be particularly useful now with little information on the extreme

gravity of exactly what invisible radioactive hazards we all face. Good sources of natural B include: burdock root (often found fresh), chamomile, raspberry leaves, brussels sprouts, broccoli, parsley, kelp [Atlantic and dried], watercress, dandelion greens, nuts, mushrooms, molasses, eggs, and rye flour.

Vitamin-A with mixed carotenoids. This helps not just with night blindness but also various other eye problems. This is particularly useful now with the use of EDB [Ethylene dibromide, a highly poisonous chemical], the desiccant in Chemtrails. Vitamin A maintains healing of the skin, mucous membranes, and bone formation. Some carotenoids act as antioxidants (that aid in the prevention of cancer).

Vitamin D: Due to a 20-percent drop in available sunlight, because of aerosolized blanketing of our poisoned skies, we are now running at a Vitamin D deficiency. 1,000 mg of Vitamin D-3 daily for adults is needed.

Vitamin E: natural sources (gel caps most often come from Genetically Engineered sources) include: cold-pressed olive oil, seeds, nuts, whole grains, sweet potatoes, dandelion, nettles, and rosehips.

Coenzyme Q-10. This helps prevent the body from absorbing radioactive materials. This is actually produced by our body's tissues; and it helps support the immune system to prevent cardiovascular disease. Co-Q10 also has been used for decades by the Japanese for patients with cancer and leukemia (both epidemic since the US dropped the bombs on Hiroshima and Nagasaki during WW2). It also helps protect the heart.

Avoid using cellular phones. This already damages brain function. There are numerous reports on this. DO NOT LET the children use a cell phone! There are more than 4-billion cell phones in use worldwide. This technology was never tested for safety before billions of people became addicted to its use. We now have an epidemic of glioma cancers [a specific type of brain cancer that used to be rare, due to the use of cell phones. It is what killed Senator Kennedy, and two of my own friends.]

Zinc lozenges [OptiZinc has best absorption. Again, I have no financial ties.]

Kelp [Not from Pacific Ocean or Japan!] , 1,000 mg daily for adults; or a 1/2 teaspoon daily sprinkled on food.

Fresh Miso in soup [again not from Pacific or Japan]

Here's a post from two scientists. They still think it is a fixable scenario. IT IS NOT! However, the photos they have show clearly how dangerous this on-going catastrophe is. These are the best shots I have seen so far. This will go on not for weeks, but YEARS! As I have just written, this is far worse than Chernobyl!

[www.youtube.com/watch?v=nkgW3DwmZms&feature=player\\_embedded#at=20](http://www.youtube.com/watch?v=nkgW3DwmZms&feature=player_embedded#at=20)

This global-wide crisis is of epic proportions. We no longer can leave decisions about our well-being and safety in the hands of politicians who are no longer working for us. It is time for us to join together peacefully and get accurate answers from independent people who don't have any hidden and harmful agendas that make us all expendable for some corporate bottom line.

\*\*\*\*\*

#### NOTES:

1. Daily Mail. "Rainwater and air across US contaminated with nuclear radiation is linked to Japan." London. March 28, 2011:

[www.dailymail.co.uk/news/article-1370684/Japan-nuclear-meltdown-Radioactive-iodine-Fukushima-rainwater-US.html#ixzz1HucnfsoH](http://www.dailymail.co.uk/news/article-1370684/Japan-nuclear-meltdown-Radioactive-iodine-Fukushima-rainwater-US.html#ixzz1HucnfsoH)

2. Pierpaolo Mittica et al. "Chernobyl. The Hidden Legacy." London: Trolley, Ltd., 2007. There is a section in this book written by Dr. Bertell; Alexy V. Yablokov, Vassily B. Nestorenko, and Alexy V. Nestorenko. "Chernobyl: The Consequences of the Catastrophe for People and the Environment." March 16, 2011:

[www.globalresearch.ca/index.php?context=va&aid=23745](http://www.globalresearch.ca/index.php?context=va&aid=23745); and Dr. Ilya Sandra Perlingieri. "Chernobyl: The Horrific Legacy: 23 years and counting." April 25, 2009:

[www.globalresearch.ca/index.php?context=va&aid=13349](http://www.globalresearch.ca/index.php?context=va&aid=13349)

*Educator and environmental writer Dr. Ilya Sandra Perlingieri is the author of the highly acclaimed book, "The Uterine Crisis." London's "The Ecologist" calls this book "an inspiration." She is an Associate of the Carnicom Institute.*

The original source of this article is Global Research  
Copyright © [Dr. Ilya Sandra Perlingieri](#), Global Research, 2011

---

**[Comment on Global Research Articles on our Facebook page](#)**

**[Become a Member of Global Research](#)**

Articles by: [Dr. Ilya Sandra Perlingieri](#)

**Disclaimer:** The contents of this article are of sole responsibility of the author(s). The Centre for Research on Globalization will not be responsible for any inaccurate or incorrect statement in this article. The Centre of Research on Globalization grants permission to cross-post Global Research articles on community internet sites as long the source and copyright are acknowledged together with a hyperlink to the original Global Research article. For publication of Global Research articles in print or other forms including commercial internet sites, contact: [publications@globalresearch.ca](mailto:publications@globalresearch.ca)  
[www.globalresearch.ca](http://www.globalresearch.ca) contains copyrighted material the use of which has not always been specifically authorized by the copyright owner. We are making such material available to our readers under the provisions of "fair use" in an effort to advance a better understanding of political, economic and social issues. The material on this site is distributed without profit to those who have expressed a prior interest in receiving it for research and educational purposes. If you wish to use copyrighted

material for purposes other than "fair use" you must request permission from the copyright owner.

For media inquiries: [publications@globalresearch.ca](mailto:publications@globalresearch.ca)