

Naturopathic Therapies to Help You through Radiation

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The effects of radiation exposure are cumulative and can occur even after low level exposure. Some of these effects include:

- damage to cell membranes caused by the formation of free radicals
- a decrease in white blood cell count, particularly in a type of white blood cell called a monocyte which may result in iron deficient anemia
- depressed immunity
- irregularly shaped red blood cells, which may result in fatigue, short-term memory loss
- leukemia, thyroid cancer, lung cancer, bone cancer, Hodgkin's disease
- birth defects and increased infant mortality
- multiple chemical sensitivities
- kidney damage¹

During radiation treatment for breast cancer, it is beneficial to protect yourself from some of these damaging effects by using the foods and supplements listed below.

- Turmeric, 2 tsp daily or curcumin, 200 mg 3x daily which will substantially decrease the damaging effects of radiation
- Sea vegetables, 2 or more tbsp. daily or 3 kelp tablets daily for its sodium alginate content which binds to radioactive molecules and can increase excretion by 80%
- Yams, squash, carrots, Swiss chard or spinach daily for beta carotene, or a supplement containing Dunaliella algae, 25,000 - 50,000 IU daily
- Whey or organic soy protein powder containing cysteine, 1 tbsp. daily
- Foods or supplements high in calcium and potassium which aid in the excretion of radioactive particles
- Antioxidant supplements containing: vitamin C, E, Coenzyme Q10, zinc, selenium, grape seed extract, alpha lipoic acid and NAC to discourage free radical damage and the development of cancer
- Vitamin B3 or niacin, and B12 to help to repair DNA damage
- Green tea daily to remove radioactive isotopes and protect from cancer
- Reishi, maitake and shitake mushrooms to sustain immune health
- A high fibre diet, 45 grams daily, to improve excretion in general
- Foods from the brassica family daily – kale, cabbage, broccoli, cauliflower etc.
- Miso soup a few times a week
- Dried beans, or tofu daily in the diet.

Bertell, Rosalie. Gulf war syndrome, depleted uranium and the dangers of low-level radiation. www.ccnr.org/bertell_book.html.

Stevenson, A.F. Low level radiation exposure: the radiobiologists's challenge in the next millennium. *Indian J Exp Biol* 2002 Jan;40(1):12-24
