

WE ARE UNDER INVISIBLE SIEGE

Fukushima Fallout Alert and Radiation Precautions!



PLEASE TAKE FUKUSHIMA FALLOUT ALERTS & RADIATION EXPOSURE PRECAUTIONS VERY SERIOUSLY!

Do not rely on the US government to warn or protect you from harm from Fukushima fallout. The following are a few of the Environmental Protection Agency's most egregious failures. Not only did they fail to prohibit contamination with toxic substances, they failed to warn the public of the danger!

- There are 1,623 hazardous Superfund sites in the US
- The first-responders to 911 were told the 'air was safe', as a direct result many are extremely ill and some have died. http://www.huffingtonpost.com/2010/12/18/911-first-responders-bill_n_798727.html
- Three Mile Island residents received warnings that were way too little and way too late:
People Died from Three Mile Island
<http://www.commondreams.org/view/2009/03/24-3>
- The pesticide Atrozin is permitted in the United States but is prohibited in Europe due to its toxicity. As a result our rivers and streams are contaminated with a toxic poison.
- The toxic oil dispersant Corexit was not approved by the EPA and yet the 'agency' permitted it to be sprayed over the population of the Gulf of Mexico region. Many are now very ill.

"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." [1]

"Nothing is even remotely fixed at the Fukushima Nuclear Reactors facility. 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!" [1]

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].

April 3, 2011. University of California, Berkeley, Department of Nuclear Engineering: Iodine-131 was measured in a rainwater sample taken on the roof of Etchevery Hall on UC Berkeley campus, March 23, 2011 from 9:06-18:00 PDT. The 3 Liters of rainwater collected contained 134 Becquerels of Iodine for an average of 20.1 Becquerel per liter, which equates to 543 Picocuries per liter. The federal drinking water limit for Iodine-131 is 3 Picocuries per liter, putting the rainwater sample at

18,100% above the federal drinking water limit.

<http://www.infowars.com/radiation-found-in-san-francisco-ca-tap-water-182100-above-drinking-water-limit/>

Geoscientist, independent and internationally known scientist Leuren Moret, a radiation expert, says that radiation is in the entire 60 miles of our Troposphere.

Radiation Support for Your Immune System (excerpts)

by Dr. Ilya Sandra Perlingieri, April 1, 2011

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 radio-active. 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.

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 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.

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]

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.

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

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; 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

[1] Dr. Perlingieri's full article *Radiation Support for Your Immune System: We are Under Invisible Siege*, April 1, 2011; <http://aircrap.org/radiation-support-immune-system/331187/>

See also: *Fukushima Reactors Catastrophe: Radiation Exposure, Lies and Cover-up* by Dr Ilya Sandra Perlingieri; Mar 26, 2011 <http://globalresearch.ca/index.php?context=va&aid=23973>

CHEMTRAILS

For information on Chemtrails watch "What in the World are They Spraying?" <http://www.youtube.com/watch?v=jf0kxstYDLA>

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