



## NATURAL SOLUTIONS

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# Improving Our Health Despite The Fukushima Threat

Most Americans are iodine deficient to one degree or another, especially those living in non-coastal areas, and those eating commercial produce from modern agri-farming (soil depleting) methods which results in low iodine intake.

Those who have typically consumed fluoride and/or chlorine contaminated water, beverages, and foods have unknowingly filled their thyroid iodine receptor sites with molecules of some similar elements (halogens – fluoride, chlorine, bromine).

Modern commercial baking technology uses bromine in the dough, which may also block iodine receptor sites. This makes our bodies less able to use iodine than would be true otherwise. Bromine and chlorine are utilized in water purification and enters our bodies via drinking water, water-based beverages- tea, coffee, soda, reconstituted juices, commercially prepared soups, sauces, gelatin, salads and desserts, etc. We may absorb chlorine from bathing, swimming, etc. Since hot tubs use either chlorine or bromine as a disinfectant, soaking may be another route of exposure. Unfortunately, many municipalities add a toxic chemical, sodium fluoride, to the local water supply. Many people ingest and bathe in the fluoride-tainted water, absorbing problematic amounts. Commercial toothpaste and mouth washes typically add more fluoride, further complicating the public's iodine receptors. I always use natural non-fluoridated dental and oral health products and have a supply on hand at the office.

Consuming dietary sources of iodine on a daily or frequent basis is a simple measure to promote health and protect our bodies from various maladies. Sea foods, including many varieties of seaweeds, fish, other sea life and natural unadulterated sea salt are good sources of iodine (which is prominent in sea water). My favorite sea salt is Celtic Sea Salt® which is totally unadulterated and contains at least 92 native elements in the natural balance. Sea vegetables are by far the richest source.

Nutrition and research studies dating from the 1940's to present have noted the Japanese population has much lower rates of breast, ovarian and prostate cancer than comparable populations in America. Historically, the Japanese have utilized seaweeds and sea foods of all descriptions typically on a daily basis. This provides abundant supply of iodine to those Japanese people who consume their traditional diet. In fact, studies reveal the average daily intake of iodine for the Japanese population is 13,800 micrograms (or 13.8 milligrams) of iodine. The current (but sub-optimal) RDA for iodine in America is 150 micrograms or 1/92 of the Japanese norm. The incidence of heart disease and several

We should have learned from these facts and bolstered our dietary iodine intake prior to this time.

Sub-optimal levels of the natural mineral, iodine, can lead to numerous health problems. These include, but are not limited to:

- o hypothyroidism
- o goiter (enlarged thyroid)
- o autoimmune thyroid disease (Hashimoto's disease)
- o fibrocystic breast disease
- o congenital mental retardation (termed cretinism)
- o cardiac arrhythmia
- o heart disease
- o disorders of skin and hair, including dryness and other issues
- o ovarian dysfunction
- o infertility
- o breast cancer
- o ovarian cancer
- o uterine cancer
- o prostate cancer
- o skin cancer

The importance of iodine in our bodies cannot be underestimated.

At this time, in Spring 2011, soon after the nuclear reactor accidents, most people are hearing more about the mineral iodine than ever before. Elemental iodine feeds the thyroid and helps it regulate your hormonal system and metabolism.

This is a brief, simplified description of what happens within a nuclear reaction: Uranium 235, an unstable uranium fuel, is in the reactor waiting to be triggered. At the time of fission these fuel atoms randomly divide, yielding various by-products. Some of these have very short half-lives\* and are essentially inconsequential to the environment and to living beings. *Some of the by-products are toxic by their very nature, as well as radioactive.*

A general rule of thumb is that we could consider any radioactive isotope to be totally degraded or to dissipate in a period of 10 successive half-lives. For example, if an isotope's half-life is one minute, it would be virtually undetectable after ten minutes had elapsed. The degradation process yields new by-products, elements or compounds of distinct names and atomic numbers. Another example: the half-life is 15.5 years; the substance dissipates in one hundred fifty-five years. The half-lives of specific radioactive isotopes vary tremendously.

Four common harmful radioactive isotopes which are by-products of the nuclear fission of uranium are Iodine-131, Cesium-137, Cesium-134, and Strontium-90. Once these are released, they contaminate everything with which they come in contact for at least a period of time equal to ten of their respective half-lives.

\*Half-life: The average time needed for half the nuclei in a sample of a radioactive substance to undergo radioactive decay. The half-life of a substance does not equal half of its full duration of radioactivity. For example, if one starts with 100 grams of radium 229 whose half-life is 4 minutes, then after 4 minutes only 50 grams of radium will be left in the sample, after 8 minutes 25 grams will be left, after 12 minutes 12.5 grams will be left, and so on. (*The American Heritage Science Dictionary*, p. 282)

ISOTOPE	HALF-LIFE	ESSENTIALLY DEGRADED (10 HALF-LIVES)	HEALTH ISSUES FOR LIFE FORMS
Iodine-131	8.02 days	Approx. 3 Months	Blocks nutritional iodine Blocks thyroid hormones Causes thyroid and other cancers Death
Cesium-137	30.17 years	Approx. 300 years	Normally not part of human chemistry but can enter body and substitute itself for sodium and/or potassium (related elements very prevalent in body tissues)
Cesium-134	2.07 years	Approx. 20 years	Sodium and potassium are essential for fluid dynamics, muscle contraction and nerve conduction. Leukemia and other cancers may develop.
Strontium-90	29.5 years	Approx. 295 years	May substitute itself for calcium and/or magnesium. This may cause bone cancer, as well as disrupt muscle contractions, heart rhythm and metabolism.

It is urgent that we all undertake self-help protective measures to thwart, as best as we can, the potential onslaught of radioactive fallout and its numerous harmful effects.

(For those in the immediate vicinity of the damaged nuclear reactors, taking 130 mg. of Potassium Iodide for approximately two weeks, then decreasing dosage as determined to be appropriate is standard operating procedure for most governmental public health authorities.)

## *Steps to Ensure Better Health Outcomes*

### **1. FILL YOUR IODINE RECEPTORS WITH POTASSIUM IODIDE TO WARD OFF UPTAKE OF RADIOACTIVE IODINE-131**

For those not in the immediate vicinity of the nuclear reactor accidents, taking 50 mg. daily of Potassium Iodide for two weeks to load the thyroid with “good iodine so it can’t absorb the “bad” iodine which has “blown in” from Japan is a good general recommendation. Guidance from a natural health care provider is advised. A proficient Kinesiologist can help determine the dosage, duration, and then diminution of dosage. It is critically important to take the higher than normal dose of 50 mg. of potas-

sium iodide immediately after exposure if not prior to exposure. We should consider taking a lower dose (25 mg.) for the next three months – 10 half-lives of I – 131. This initial “loading” dose is used to fill the iodine receptors which are located throughout the body. Approximately 20% of these iodine receptors are in the skin. Approximately 60% of the iodine receptors are located in the thyroid gland itself. The remaining receptor sites for the necessary element, iodine are scattered throughout tissues and organs, especially glands and organs of the reproductive system. Even our white blood cells require minute amounts of iodine to function properly. Of course, we are all individuals and may need individual dosages, but my general recommendations for a loading dose of potassium iodide are as follows:

Loading Dose	Nutrient	Dosage	Duration
Adults	Potassium Iodide	<b>50 mg. daily:</b> 25 mg. at breakfast 25 mg. at lunch	2 weeks
Children – 3 to Adult	Potassium Iodide	<b>25 mg. daily:</b> 12.5 mg. at breakfast 12.5 mg. at lunch	2 weeks
Toddlers - 1-3 years	Potassium Iodide	<b>12.5 mg. daily:</b> 6.25 mg (½ tablet Iodine Rescue) at breakfast 6.25 mg. (½ tablet Iodine Rescue) at lunch	2 weeks
Infants - Birth - 1 year	Potassium Iodide	<b>6.25 mg. daily:</b> 3.125 mg. (¼ tablet Iodine Rescue) at breakfast 3.125 mg. (¼ tablet Iodine Rescue) at lunch	2 weeks

My general recommendations for a follow-up or maintenance dose of Potassium Iodide for the next 2.5 months are as follows:

<b>Maintenance Dose (10 half-lives of I-131)</b>	<b>Nutrient</b>	<b>Dosage</b>	<b>Duration 10 Weeks after last radioactive emission from dam- aged power plants</b>
Adults	Potassium Iodide	<b>25 mg. daily:</b> 12.5 mg. at breakfast 12.5 mg. at lunch	10 weeks minimum
Children – 3 to Adult	Potassium Iodide	<b>12.5 mg. daily:</b> 12.5 mg. at breakfast 0 at lunch	10 weeks minimum
Toddlers - 1-3 years	Potassium Iodide	<b>6.25 mg. daily:</b> 6.25 mg. (½ tablet Iodine Rescue) at breakfast 0 at lunch	10 weeks minimum
Infants - Birth - 1 year	Potassium Iodide	<b>3.125 mg. daily:</b> 3.125 mg. (¼ tablet Iodine Rescue) at breakfast 0 at lunch	10 weeks minimum

These schedules should fit the needs of most people. Contact me at 719-660-4817 with problems, concerns, or specific needs. Continued emissions or other events or conditions may require modification of dosage schedules.

## **2. GIVE YOUR BODY PLENTY OF CALCIUM AND MAGNESIUM TO MAKE YOUR BODY LESS LIKELY TO UPTAKE RADIOACTIVE STRONTIUM.**

I have not seen specific information about dosages in this instance. Research data documents do not seem to be available. Dosages will be individual, but probably should be at greater than standard and greater than your usual intake. Please contact me if you need guidance.

Here are examples of a few select high calcium foods (listed in decreasing order): mustard greens, dandelion greens, collard greens, spinach, beet greens, chard, rutabagas, garbanzo beans, black beans, pinto beans, globe artichoke, okra.

The following are some foods high in magnesium (listed in decreasing order): millet, rye flour, beet greens, barley, raisins, molasses, almonds, brazil nuts, cashews, filberts, black walnuts, avocado, apricots, peaches, figs, collard greens, Swiss chard.

For more comprehensive lists of foods rich in calcium and magnesium, please contact the office.

### **3. ENJOY WHOLESOME SOURCES OF POTASSIUM IN HOPE THAT YOUR SYSTEM WILL NOT BE AS LIKELY TO ABSORB RADIOACTIVE CESIUM.**

You may also wish to take a potassium supplement for a period of time. Reliable sources of dietary potassium come from many foods. A few good selections of the foods most rich in potassium are below: Dulse, kelp, Irish moss (and any sea vegetable), soybeans, lima beans, rice bran, bananas, white beans, lycii fruit, mung beans, blackeyed peas, apricots, peaches, prunes, sesame seeds, brazil nuts, parsley. Again, we have a much longer list on file at the office.

### **4. AUGMENT YOUR DIET WITH IODINE-RICH FOODS.**

Kelp and other seaweeds and sea vegetables are the best sources. We should all incorporate the use of seaweed in our diets - daily or several times a week. Many types of seaweed grow in the oceans. Health-food stores and oriental markets often have at least these six types available in dried form:

Arame	Kombu
Hijiki	Dulse
Wakame	Kelp

(Nori is also widely available. It is usually in very thin sheets, and is best used for sushi or California rolls.) Most of these are available in dried form and can be easily prepared. I prefer to eat dulse as is, as a snack food. Kombu is thick and tough - it must be soaked, then cut in 1/2 inch or smaller pieces. Next add kombu to beans or soups. When kombu is cooked with beans, the beans will be less likely to produce gas in your digestive system.

Arame, Hijiki and Wakame have many uses. When purchased, they are brittle and salty. My favorite method to make them palatable and easy to use is as follows:

1. Place dry seaweed in a colander.
2. Place colander in a bowl or pan large enough to accommodate colander.
3. Have a second bowl or pan of similar size readily available.
4. Soak seaweed in cool water for a total of 20-30 minutes.
5. After ten or so minutes move colander to second bowl, pour the rinse water over seaweed, and transfer back and forth from one bowl to the other to effectively rinse the extreme salt content and any debris from seaweed. The rinse water is mineral-rich and will be an excellent plant or garden fertilizer.
6. Let seaweed soak again ten or more minutes, then go through rinse steps again. Pour rinse water on garden.
7. Allow seaweed to drain for a few minutes.

I often put the hydrated and rinsed seaweed in a glass jar or container and store in refrigerator for several days. When serving soup, grains, steamed vegetables, or fresh salad, it is easy to add 2 tablespoons or so per serving, as a condiment, and mix with the meal. Sometimes I add the soaked seaweed to a pot of soup near the end of cooking time. Serving these seaweeds as uncooked as possible preserves their nutritional content. (Kombu, however, must be soaked and cooked.)

Typically, kelp is in a powdered form and is used as a condiment (put it in a salt or pepper shaker). Kelp is always available as a tablet or capsule as well. We always stock Bragg's Kelp seasoning in the office. I use the seasoning on scrambled eggs, salads, vegetable dishes and soups. I also take a Pure Brown Seaweed Extract (*Laminaria Japonica* or Hoku Kombu) and always keep it in stock as well.

Concerning dietary sources, sea vegetables provide the highest concentration of iodine, generally by a factor of many thousand times the amount in other foods. I will list a few of the best land-food iodine sources, but their content is relatively small and is dependent on the soil in which they were grown. Land-foods with more iodine than others are Swiss chard, turnip greens, summer squash, mustard greens, watermelon, cucumber, spinach, asparagus, kale, and okra.

Growing a garden fertilized with sea kelp products will increase the iodine content of your home-grown produce. Many garden centers now carry these products. My favorite is Neptune's Bounty.

I recommend Macrobiotic Diet by Michio Kushi as a reference book on seaweed foods and recipes. In his book, Macrobiotic Diet, Michio Kushi states:

“At the time of the atomic bombing of Nagasaki in 1945, Tatsuichiro Akizuki, M.D., was director of the Department of Internal Medicine at St. Francis Hospital in Nagasaki. Most patients in the hospital, located one mile from the center of the blast, survived the initial effects of the bomb, but soon after came down with symptoms of radiation sickness from the radioactivity that had been released. Dr. Akizuki fed his staff and patients a strict macrobiotic diet of brown rice, miso\* and tamari soy sauce soup, wakame and other sea vegetables, Hokkaido pumpkin, and sea salt and prohibited the consumption of sugar and sweets. As a result, he saved everyone in his hospital, while many other survivors in the city perished from radiation sickness.”

*\*miso: paste made from fermented soya beans and barley or rice malt, used in Japanese/macrobiotic cooking.*

## **5. CONSIDER USING OTHER FOODS AND NUTRIENTS KNOWN TO COUNTER THE EFFECTS OF IONIZING RADIATION.**

You may want to choose a few or several of these body boosters and may rotate or alternate between these health-building-blocks. These are sensible for most of us to use at any time and especially in the Spring of 2011:

### **FOODS:**

Miso, coconut oil, arugula, bok-choy, broccoli, brussel sprouts, cabbage, mustard greens, beans, onions, garlic, winter squash, sweet potatoes, carrots, apples, bee pollen, kelp noodles (these look like pasta, but are actually kelp, (available at [www.kelpnoodles.com](http://www.kelpnoodles.com), or 760-749-7575),

brown rice, sesame seed oil, \*chlorella, \*spirulina

Smoothies made with Total Green® from NutriWest contains dehydrated sprouts of many green vegetables and whey protein which may help your body make glutathione. Buckwheat is known to protect against radiation and stimulates bone marrow activity. Mangosteen juice is helpful because of its anti-inflammation properties (XanGo is pure whole mangosteen with other antioxidant fruits and no water added). Treat yourself often to fresh-made vegetable juice such as carrots, celery, cauliflower and kelp. Green drinks made with kale, spinach, parsley, pineapple, lemon, and apple are refreshing and mildly sweet.

## NUTRIENTS FOR AN ANTI-RADIATION BOOST

Vitamins	Minerals	Amino Acids	Miscellaneous
Vitamin A	Calcium	Glutathione	Core Level D-Tox®
B Complex	Iodine	L-Cysteine	Detoxification Formulations
Vitamin C	Magnesium		**Pure Brown Seaweed Extract
Vitamin D	Multi-mineral		***Superoxide dismutase
	Potassium		
	Selenium		
	**Zeolite Minerals		
	Zinc		

*“In Chernobyl...spirulina was used to help save many children from radiation poisoning. By taking 5 grams of spirulina a day for 45 days, the Institute of Radiation Medicine in Minsk even proved that children on this protocol experienced enhanced immune systems, T-cell counts and reduced radioactivity. Israeli scientists have since treated Chernobyl children with doses of natural beta carotene from Dunaliella algae and proved that it helped normalize their blood chemistry. Chlorella, algae, a known immune system builder and heavy metal detoxifier, has also shown radio-protective effects. Because they bind heavy metals, algae should be consumed after exposure to any type of radioactive contamination.” (from radiationdetox.com)*

*\*\* Noted as an effective detoxifier of toxic metals and radioactive substances.*

*\*\*\* For many years I have recommended superoxide dismutase (SOD) for patients undergoing radiation therapy or any type of surgery. It protects the healthy cells in the body during radiation therapy and promotes growth of new cells after surgery or trauma.*



## 6. MAKE TIME TO DETOXIFY YOUR BODY

We all need to detoxify our bodies periodically; spring lends itself to the process. It is the season of the wood element (with respect to Chinese Five Element theory) which relates to the liver and gall bladder.

The subject of detoxification is a very broad topic. Some of you have previously attended my classes on detoxification. I will briefly touch on the highlights of the topic.

- A. **The first principle of detoxification is to STOP putting toxins into your body!** This includes junk food, white flour, white sugar (which kills some white blood cells on contact at each exposure), preservatives, pesticides, transfats, etc. Also avoid coffee, soda pop, chlorinated or fluoridated water. Avoid fluoride toothpaste and mouth wash. Avoid toxins in cosmetics, skin cleansers, etc.
- B. **Flood your body with pure water, spring water, or water filtered by a technology known to be effective.** My favorite filter is the Berky Filter and Purifier. It has an optional fluoride filter. Fluoride is difficult to filter out and requires a specific filter.
- C. **Detoxify your body surface.**
1. Do dry skin brushing daily (ask for guidance if you need it).
  2. Sauna
  3. Take Epsom Salt baths (one pound per tub).
  4. Take Sea Salt and Baking Soda baths (½ pound of each).
  5. Add seaweed to your Epsom Salt or Sea Salt bath. (this therapy is called the Thalassotherapy). You may choose to use your seaweed soak/rinse water in your bath.
  6. Take mud baths. The best are at a spa which offers the service and has drains to handle the mud. You can purchase clay for this purpose, but need to protect the tub drain with screening.

All of the baths described are believed to ionically bind the radioactive isotopes and guide them down the drain.

D. **Detoxify internally:** Many nutrient and or herbal detoxification methods are available. I often recommend Core Level D-Tox® or Total Systemic D-Tox® by NutriWest for my patients. I also use frequently an organic herbal detoxification program with formulations which affect liver, kidney, lymphatic, and elimination. Some patients do well with a homeopathic detox program. Most people probably need some guidance with this step. It is good to cleanse with a program of this sort once or twice a year under “normal” environmental conditions. If you find a nutrient or herbal detox interesting, call for guidance.

E. **Energy medicine approach:** In the office, we use the Aqua chi technology which energizes the system and allows the body to rev up its own detoxification processes. We also help detox heavy metals and foreign elements with electrical energy frequencies. More information about these treatments is available.

## **7. RECOGNIZE THE POWER OF YOUR MIND AND LIVE LIFE HONORING THE MIND-BODY CONNECTION**

Know that we all experience the gamut of possible human emotions. We need to acknowledge and experience our emotions. Holding on to emotional trauma and stresses hold back our human potential. We move forward in life by processing and releasing our emotional baggage. We certainly learn and innovate by transmuting fear and anger into new creative activity. Hopefully my readers and patients are not perceiving this information as a call to doomsday. A wide spectrum of opinions about the reality of nuclear fallout being problematic at far distances from the Fukushima reactors are espoused and broadcast with voracious emotional emphasis. For the average person, taking in several of these vehement renditions is baffling at the least, frightening and anger-provoking at worst. We need to recognize that terrible natural disasters have occurred in Japan and that these have precipitated a large-scale unnatural disaster at the Fukushima nuclear reactor sites. It is most likely that no human truly knows the extent of environmental damage nor can we measure the direct and indirect impacts on human health which have and will occur. Our best response is to become educated about possible dangers and plausible remedies and each take positive action for ourselves and our loved ones. Moving forward and asserting our goals to be healthy and potentially improve our health in spite of any threats which may be issuing forth from the Fukushima reactors will empower us. All lessons which we have learned about taking good care of ourselves are more pertinent now than ever before in history. May the Fukushima disaster reveal a silver lining by inspiring us to live our lives in the most healthful process that we know.

Please include a dose of humor in your daily life:



## **8. BALANCE THE GLOBAL PERSPECTIVE AND YOUR INDIVIDUAL SPIRITUAL UNDERSTANDING**

Our home, the earth, has mechanisms for detoxification: dilution and dispersion. The wind functions to move and dissipate toxins. This is a major factor resulting in some amount, thankfully quite “diluted,” of radioactive isotopes to North America (and actually, presumably all the other continents). Rain, snow and other forms of precipitation serve to dilute the toxins, which will ultimately

flow to the oceans. Certain bacteria in the ocean actually help digest and break down the radioactive toxins.

I'm sure that most of us deeply wish that the Fukushima nuclear reactors had not been damaged or breached. Certainly, we mourn with the Japanese people for the tragic loss of so many lives and such horrific destruction wrought by the earthquake and resultant tsunami in March 2011.

Perhaps now the best actions for us to take will be to send our thoughts and prayers to the Japanese people, and observe how Mother Earth acts and reacts to catastrophic change. As we see the earth attempt to rebalance her orbit, her internal pressures, and to cleanse herself, perhaps we can learn to apply those principles to our lives.

May you enjoy excellent health.

Dr. Susan L. Levy

## ***IMMUNE SOUP***

This soup recipe comes from Bridgitte Mars, herbalist. The soup has vegetables, sea vegetables, and herbs that will enhance the immune system. Make this soup fresh one or two times per week and enjoy.

3 cloves garlic

½ of an onion

2 TBS olive oil (or other high quality oil)

1 cup of each vegetable of choice—diced (carrots, broccoli, celery, green pepper, cauliflower, cabbage, etc.)

3-inch piece of sea vegetable (kombu, wakame, or kelp)

\*Miso (fermented soy paste)

\*Condonopsis (twig-like herb)

\*Astragalus (branch-like herb)

\*Can be found at a health food store

Sauté garlic and onion in olive oil and place in soup pot

Add vegetables, sea vegetable, codonopsis, and astragalus to soup mixture

Add enough water to cover ingredients

Add Miso paste for seasoning (Optional)

Put several TBLS of miso paste in a small bowl

Add about ½ cup of water

Mash the paste until it is dispersed throughout the water and add to the soup

Simmer soup until vegetables are done, then remove astragalus and enjoy!

## *Purple Potato Salad with Arame*

1 1/2 lbs small purple potatoes  
3/4 cup sour cream (tofu sour cream is best)  
1 T apple cider vinegar  
1 T Dijon mustard  
2 T pickled ginger, minced  
Some chopped cilantro  
1 cup dried arame  
Sea Salt to taste

Place the arame in a bowl of water and soak while you prepare the salad.

Place the potatoes in a pot and cover with water.

Bring the water to a boil, and cook until a knife receives no resistance when poked through the potato.

Drain the potatoes and cool them to room temperature.

Meanwhile, bring a pot of water to a boil, and cook the arame for about 5-10 minutes until soft. Drain in a fine mesh sieve.

When the potatoes are cool enough to handle, remove the skins. If you are making this for a more informal setting, you can leave the nutrient rich skins on, but they will eventually get lost in the salad.

Mix together the cream, vinegar, mustard, and ginger.

Toss the potatoes, arame, and cream together, making sure to coat the potatoes nicely with the mixture. Lastly, mix in the chopped cilantro.

I like to leave some small pieces of pickled ginger whole in the salad along with the cilantro in order to bring soft pink and green colors to the mix.

If you let this dish sit for a few hours in the fridge, the purple color of the potatoes becomes incredibly vibrant.

Serves four as a side dish.

More sea vegetables information and recipes are available in the book, *“Vegetables From The Sea,”* by Seibin & Teruki Arasaki, 1983