

Japanese Nuclear Meltdown Crisis Got You Stressed Out? Radiation Fallout Risk is a Real and Present Danger...

Now is the time to interview Susun S Weed
Anti-Cancer Health Expert, Wise Woman Herbalist

Susun will share with your audience how to **Protect Yourself from Radiation Contamination**

Author of *Healing Wise*, Susun Weed will inform, comfort, and support your audience. To schedule an interview with Susun, send email: wisewoman@herbshealing.com or call 845-246-8081

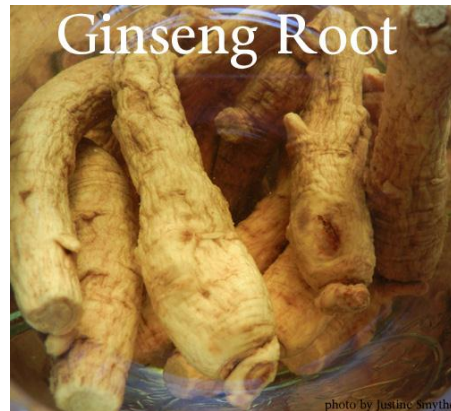


Suggested talking points for your interview with Susun Weed

- ❖ **Everyone is worried about nuclear fallout, what can we do to protect ourselves and our families from this threat?** Embracing simple Wise Woman Ways can help you stay healthy in these difficult times. We can protect ourselves with common foods, herbs, and simple exercises available to everyone for pennies a day. May I share my favorite recipe for “anti-radiation soup” with your listeners?...
- ❖ **If you could do just one thing to protect yourself from exposure to radiation what would it be?** In clinical trial with humans, those who took ginseng extract (*Panax quinquefolium*) for thirty days following exposure to radiation showed hastened recovery from injuries to their bone marrow, organs, skin, and blood cells according to Paul Bergner in *The Healing Power of Ginseng, The Enlightened Person's Guide*, Prima, 1996. He quotes Japanese researcher Dr M. Yonezawa as saying that "ginseng appears to be the most useful agent available for protection against radiation damage."
- ❖ **Are there really common foods that can help us prevent radiation damage?** Your mother was right all along! Green and Orange vegetables can keep you healthy! Guinea pigs bombarded with radiation lived a lot longer if they ate broccoli or cabbage. All cabbage family plants - including arugula, turnips, radishes, cauliflower, mustard greens, bok choy, Brussels sprouts, broccoli d'rappe, kale, collards, and of course broccoli - protect your cells from the damaging effects of radiation. Japanese researchers found that diets high in carotenes significantly reduced DNA damage in humans exposed to radiation. Supplements of beta-carotene (or of vitamins C or E) did not show this effect. Eating lots of orange and dark green foods (sweet potatoes, winter squash, beets, carrots, kale, collards, chard, and spinach, for example) can protect you from radiation-induced cancers.
- ❖ **What can we do to reduce our very real stress response caused by the intense media coverage of disaster and possible nuclear meltdown?** Envision yourself and all your cells protected from damage. (One woman wrapped herself in psychic lead.) Choose an image, an icon, something meaningful to you, as a focusing agent. Put your affirmations, blessings, prayers, visualizations, and healing love into it, for easy access when you need help. Homeopathic remedies can be taken before and after exposure to radiation: Plumbum (lead) is said to help those who feel overwhelmed and in need of protection. Belladonna is used to prevent and relieve radiation burns and pains - even long after the immediate exposure.
- ❖ **Tell us more about Miso, what is it and how would we use it to prevent radiation damage?** Miso broth is the classic food for prevention of radiation damage, it is easy to prepare and tastes salty, similar to beef broth. There's twice the protection if a quarter-ounce/5 grams of dried kelp seaweed is added to the soup. In scientific studies, seaweed was able to neutralize radioactive isotopes in the human body. Researchers at McGill University say radioactive strontium binds to the algin in brown seaweeds to create sodium alginate, a compound easily and harmlessly excreted. Common black tea exhibited the same anti-radiation effects in several Japanese studies.

- ❖ **Are there herbs or supplement that will help to protect us from radiation?** Selenium protects DNA from radiation damage and helps prevent damage to the skin surface, too. Get plenty of selenium by eating a daily dose of 2 cups/500 ml of nettle infusion, one-half ounce/15 g kelp, 2 ounces/60 g cooked burdock root, or 1 cup/250 ml organic yogurt daily. Shellfish, green and black teas, and garlic contain significant amounts of selenium, as do many mushrooms. The best sources however are nettles (2200 mcg per 100 grams), kelp (1700 mcg/100 g), burdock (1400 mcg/100 g), catnip (*Nepeta cataria*), ginseng, Siberian ginseng, and astragalus.

- ❖ **What final words of advice can you offer people concerned about risk of radiation poisoning?** It's important to keep yourself well-nourished if you are exposed to radiation. Make it a habit to drink at least two big cups of nourishing herbal infusion daily. Nettles, red clover, and violet leaves supply generous amounts of the nutrients you need most: protein and minerals, especially potassium and zinc. For best results, do not use capsules of the herbs we have discussed. Instead, cook with them (kelp, astragalus, Siberian ginseng, ginseng, reishii, and burdock), brew nourishing herbal infusions with them (nettles, red clover, astragalus, burdock, catnip, and ginseng), make mineral-rich vinegars with them (nettles, burdock, catnip, ginseng, and astragalus), or take a high-quality non-standardized tincture of them (burdock, ginseng, Siberian ginseng, astragalus).



- ❖ **To make a nourishing herbal infusion:**
Put one ounce of dried herb into a quart jar; fill jar to the top with boiling water and cap tightly. Strain after 4-8 hours and drink hot or cold. Refrigerate what you don't drink right away; drink that within a day. For more info on how to protect yourself the Wise Woman Way, visit www.susunweed.com

Author bio: Susun S. Weed is the voice of the Wise Woman Tradition, a founding grandmother of the herbal renaissance and the originator of the concept of complementary medicine. Ms. Weed maintains an active, worldwide teaching schedule including correspondence courses, on-line education through the Wise Woman University, apprenticeships, and teaching at various venues including Yale Nurse Midwifery School, American College of Nurse Midwives, Bastyr Naturopathic College, Rocky Mountain Center for Botanical Studies, American Botanical Council, Weg der Mitte (Berlin), and Waikato College of Herbal Studies in New Zealand. Full CV available at www.susunweed.com/CV/

Susun Weed is the author of the Wise Woman Herbal Series (www.wisewomanbookshop.com)

- ❖ *Down There Sexual and Reproductive Health the Wise Woman Way (available June 2011)*
- ❖ *New Menopausal Years the Wise Woman Way (350,000 copies sold; in print: 2002)*
- ❖ *Breast Cancer? Breast Health! The Wise Woman Way (125,000 copies; in print: 1995)*
- ❖ *Healing Wise, the Second Wise Woman Herbal (125,000 copies sold; in print: 1989)*
- ❖ *Wise Woman Herbal for the Childbearing Year (250,000 copies sold; in print: 1987)*

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