



ESSENTIAL INSIGHTS™

The Light of Seeing for the Truth of Healing

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RADIATION

One of the most positive memories I have in this lifetime is my time spent in Japan. The respectful and gentle ways of these people are truly admirable. It is heartbreaking to see them go through such tragedy and trauma, comparable to their experience from World War II. Not only have they experienced one of the strongest earthquakes ever recorded, and a massive tsunami, but now an unparalleled nuclear meltdown. I have received credible scientific information from intelligent minds that I wish to share with you, because this has a strong potential to affect those of us on the west coast of the United States and Canada.

From D. Gary Young:

Beyond the immediate impact of this disaster, several nuclear reactors on the eastern coast of Japan have been compromised. Radiation exposure can have devastating health consequences, a fact I learned during my extensive research on the Chernobyl disaster in the 1980's. As happened with Chernobyl, there are concerns that any leaked radiation from one or more Japanese nuclear reactors may be carried by air currents across large portions of the globe.

Japanese authorities are working to repair these reactors and contain the radiation. However, the true extent of these leaks is not yet known, and they could have the potential to affect people in Japan and across the world. Knowing this, we can take prudent precautionary steps to protect ourselves and loved ones from potential radioactive effects.

[We] will be taking several steps to safeguard our home with the powerful air-purifying and DNA-protecting properties of Young Living essential oils, and we recommend that you do the same.

- Use a Young Living diffuser, coupled with the following oils, in the rooms of your home over the coming days and weeks. Diffuse a combination of Melrose, Sacred Frankincense, and Purification essential oils. Combine the oils in pairs when diffusing (for example, Melrose with Sacred Frankincense or Sacred Frankincense with Purification). Melrose is a particularly powerful blend because it contains two melaleuca oils that may protect cells from radiation damage, according to Dr. Daniel Penoel...
- Another sensible precaution is to wear an inexpensive dust mask saturated with the above oils while you are outside or traveling.
- ...protect [your] environment [by] burning frankincense resin – an ancient method of purifying the air – throughout [the] house.

While science has not yet made a demonstrable link between diminished radiation effects and essential oils or resin burning, I believe in doing everything possible to protect my family using natural means.

In addition to the above recommendations, I have created a new kit called **QuadShield** (#4559). [This] combines four potent Young Living products: Super C, Melrose, Longevity, and Thyromin. These products may have a synergistic, protective effect on your hormonal and immune systems...

From Nan Kathryn Fuchs, PhD:

The recent earthquakes and tsunami in Japan filled all of us with horror as we watched the devastation on television. These acts of nature will change Japan and the lives of the Japanese forever. The natural disasters are bad enough.

But the unthinkable occurred. And it has the potential to affect your life and the lives of people in other countries as well. Several nuclear power plants suffered explosions and varying degrees of meltdown. Some experts say radiation from these events could reach us in the U.S. and affect our health if conditions are right. The latest news, in fact, mentioned that the wind is blowing away from Japan, toward the Pacific Ocean – toward the U.S. west coast.

If the wind changes and the radiation doesn't reach us, we will be safe for now. But there are still thousands of sites containing uranium throughout the world. And accidents happen, as we saw with Three Mile Island.

Now people are asking, "What can I do to protect myself if some of this radiation comes our way?"

My answer is: Plenty! Remember, uranium is a heavy metal. And we know how to remove heavy metals from our bloodstream before they cause health problems.

I've written about the dangers from heavy metal toxicity for years. Once absorbed, they're difficult to remove without powerful chelators. These toxins are the underlying cause of many chronic illnesses from cancer to heart disease and neurological problems. The heavy metals that are most talked about are mercury, lead, and aluminum. We need to change this. When we talk about heavy metal toxicity we now must include uranium – the heaviest heavy metal there is.

The best solution I've found to remove uranium is an oral chelation product made from modified ***citrus pectin** and ***sodium alginate**...The pectin in this formula is the only one studies show to effectively bind to heavy metals and remove them. The sodium alginate comes from seaweed, shown to bind to toxins in the intestines.

...During the Chernobyl disaster, they used pectin to reduce radioactive radiation with great success. They reduced radioactivity among children with elevated readings by over 50%.

* Young Living products that may contain distilled particles of pectin, found in ripe fruits, such as apples, plums, and grapefruit, are the essential oil blend **Citrus Fresh** and the individual oils of lemon and grapefruit. Consider taking drops in capsules or as drops in your daily intake of water.

* Consider the Young Living product **Multi Greens** for chlorophyll and kelp.

David Wolf of Longevity Now, from Protecting Yourself Against Nuclear Fallout:

He recently flew over Tokyo from Soule, Korea to Hawaii. From his study of nuclear reactors he explains that radioactive plutonium, uranium, and cesium are placed in rods and lowered in containment. These are triggered with neutrons, igniting nuclear material, generating heat and steam. Water is placed inside and outside the containment for cooling. In the Fukushima reactors the outer cooling failed and the back-up generators ran out of fuel leading to an explosion, allowing radioactive hydrogen to escape. Though some of these other materials may have a half-life of 8 hours, others may last for many years to come. (It has still not been revealed what other ions may be escaping.)

From Wiki Leaks documents, Japan was warned that the plants may not hold up to an earthquake. There were also cover-ups of nuclear accidents and skewed financial data on the significance of the use of nuclear energy. From reports in Korea, evacuation has happened within approximately 100 km of the site. It has been suggested for those in the vicinity to leave clothing at the door so that radioactive particles are not carried into the home. However, nuclear debris is being carried out of the country on shoes and clothing by those encouraged to leave by France, the U.S. etc. by airline. It is estimated that there is 8 to 700 times the amount of radiation than normal. The fallout is brought into the upper atmosphere, and carried by the jet stream across the ocean potentially to the northern mountains of California, Oregon, Washington State, and British Columbia. The neutrons, alpha, beta, and gamma particles (radiation) cause burning, damaging tissues and affecting primarily the thyroid. Acute symptoms are hair loss, organ failure, nausea, rashes, bleeding, and can lead to leukemia and cancers. What can we do to increase our immunity to these substances?

- Kelp – eat as much as you can! Different from other seaweeds, it has more bio-available iodine.
- Ginseng – modulates our body’s ability to remove radiation debris.
- Ashwaganda – an ayurvedic herb that helps the thyroid cope with stress. The thyroid is considered a defense “shield” in most languages. Ion or electrical resources used to neutralize radioactive particles are local to the thyroid.
- Chlorella – contains the highest amount of chlorophyll of any plant on the planet! Chlorophyll neutralizes toxins formed from nuclear fallout.
- Zeolite – clay mined around the planet that stops neutron reactions. It has been used for over 800 years in Asia for detoxification. In recent times it has been used since the nuclear age for surrounding nuclear debris put into the ground to neutralize neutron reaction and radiation. (Children from Chernobyl brought to Canada were treated with this. It binds with radioactive materials in the intestines, as well as mercury and heavy metals.)
- Folic Acid – accelerates the ability to absorb other nutrients.
- Lugol’s Iodine – developed by a French physician in 1880. It has been used and recognized since as a standard for dietary Iodine supplementation. It has a major effect on thyroid function. Its benefits range from controlling the effects of estrogen on breast tissue to protecting against the effects of radioactivity. This is available at Amazon.com. Please consider going to www.fssh.org and click on the Amazon logo to order.
- Sea Salt – detoxifies halogens (radioactive iodine, bromine, chlorine) up to 833% effectively. Salty miso’s are also effective on radioactive iodine.
- Reishi mushroom - activates the immune system and creates a radiation shield.
- Additionally, high dose Vitamin C, magnesium, selenium (from Brazil nuts) and coconut products also support the thyroid.

From Bernie Ivanco, Forestry Specialist:

Another warning that the Japanese people are receiving is not to consume dairy products. The reason is that radioactive strontium, similar to calcium, has receptors in the bones. With radioactive fallout to the ground, cows eat the grass, producing radioactive milk, that if humans drink, can produce problems. A calcium/strontium supplement can help reduce the amount of radioactive strontium absorbed.

From Adam DreamHealer:

We can all focus our energies on a safe resolution of this issue. Your participation in this visualization is your way of helping to create a safe outcome. Use your positive intentions to see their nuclear system cooling safely.

- Visualize water being pumped into the reactor.
- See the rods in the reactor totally submerged in water.
- Know that cooling is happening in an enclosed system.

It is reported that Higher Minds have affirmed for decades the total annihilation of nuclear testing. If you desire a copy of the affirmations for the current crisis in Japan please let us know!

Essentially Yours,
Annette Ahlers