

# Fluorine/Radiation Exposure

## What to do. Symptoms and Remediation

**The P.C., B.S. DISCLAIMER**, for those who don't think for themselves;

"This is not medical advice, and should not be taken as such. It is information only. What you decide to do with it, is entirely, totally, up to you, no-one else, yadda, yadda, yadda."

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It has been compiled and condensed into the simplest possible form by individuals having had excess exposure, and are living through it. More information is available by searching web sites like [www.fluoridealert.org](http://www.fluoridealert.org), and reading about radiation from atomic bombs, examples being Hiroshima and Nagasaki. Many eastern countries have much info. available on the web.

Fluorine/hydrofluoric acid will be referred to as HF or fluoride, being a more commonly known term. Fluoride is radioactive. We are exposed to it daily in modern life, and it is a part of the munitions now being used in the wars, and atomic tests going on here and abroad. When exploded, the radiation and chemicals become airborne, and are now circulating worldwide.

Realize that not all fluorosis or radiation poisoning is evident immediately, except in extreme doses. More often it is chronic exposure over years, (even 40-50) leading to symptoms that may not all show up at once, but spread out over a wider period of time, making diagnosis more difficult, as the symptoms are not considered in association with each other and the root cause. Educate yourself about this!

## Symptoms

Some, but by no means all, symptoms to consider after exposures, chronic or limited:

- Frequent urination, w/or w/o much output
- Headaches including migraine, pressure in ears
- Mottled teeth, teeth easily decaying, cracking, crumbling, breaking
- Bones, ditto, ridging of fingernails or brittleness
- Sharp, shooting pains through the body, vomiting, nausea
- Poor sleep, poor memory, fuzzy thinking, occasional confusion
- Tense muscles, easily damaged tendons, ligaments
- Bleeding from the gums, excessive/frequent female bleeding, nipple exudation (copper ionizing out)
- Chronic poor posture, calcification of tissues, spinal compressions
- Low thyroid, Grave's disease, poor immune system, Scleroderma, Wilson's
- Polyarthralgia, RA, Lupus, Raynaud's, degeneration of myelin sheath, CREST
- Radiation burns, -may come from inside out, burning sensation of the bones or other tissues, slow healing wounds
- Dry eyes, lungs, mucus membranes (May awaken at night with lips stuck together, or tongue to roof of mouth, ouch.) Other lung difficulties

- Little stomach acid/enzymes, long lasting fatigue after eating
- CFS, MCS, Fibromyalgia, Environmental illness, weakness or fatigue of those types.
- Cancer
- Strokes, heart attack, thick blood, thrombosis, anemia
- Dry skin, prone to dehydration

## **Possible Remediation (Relief)**

### ***The bare bone basics:***

Whole milk. - This is to help cool your body in the fastest, slow way possible. The coolness will stimulate the vegas nerve and it will kind of get a "slap in the face" and the heart will slow. The fat will keep the cooling going.

Calcium, magnesium, potassium, genuine salt. -(If your stomach is finicky about minerals, get liquid forms), SOLAR or AIR dried salt only. You may need these in large amounts through the day to relieve discomfort, give your body materials to heal with, and the calcium in particular to let the fluoride and radiation bind to, to help your body with their excretion. Potassium & salt help balance each other and will help you keep hydrated and along with magnesium, prevent muscle cramping, twitches, and spasms.

Hemp, flax, or other Omega-3 fatty acid oils. -Poor quality ones may give minor headaches. These will help relieve dryness of lungs, eyes, etc.

CO2 water with no fluoride. -Glass bottles better. Make your own with a 1/2t. baking soda, large glass water and dash of vinegar. Follow directions on box for heartburn relief. This is to help raise core body temperature when you are chilled, and to ease breathing.

Milk thistle for liver support. Kelp and/or potassium Iodide to protect the thyroid.

Healing clays like French green or bentonite -to use for absorbing toxins from the skin and healing it. For internal use as well.

FIR- Far infrared light. - This will help increase circulation, rid the sebaceous glands and body of toxins, stimulate lymph for healing and more. You may spend hours comfortably under it. Find these in the hardware or animal supply stores for brooding chicks. Get one fixture for 250W bulb, with ceramic base, a clamp makes it much easier to place where you like. and infrared bulb. FIR sauna is good too if you have access to one. Read about it. Your insurance may cover a sauna if it is prescribed for pain relief, check with your Dr.

UVB light, -incandescent, NOT fluorescent, find in pet, reptile section, not a black light. -This has beneficial qualities for the immune system and skin in reasonable doses. If detonations are known to be occurring, placing it near a window in your home, will attract HF to it and cause it to precipitate out, rather than all attracting to you and your skeletal system.

There are many other herbs and supplements useful for body repair and support such as Choline and the whole B-complex. Take some time and learn about them. COQ10 is important for brain, heart health, and more, when you can afford it. Oregano as tea or oil, melatonin, amino acids.

### **Scenario One:**

When you feel hot, have a rapid pulse, headache, and high blood pressure:

1. Drink a cold glass of milk with pinch of salt, in three swallows. Whole milk, you need the fat to give the fluoride something to do. Wait for a few minutes taking breaths through your nose. The goal is to maintain core body temperature.
2. Repeat until the heart slows. The goal is to cool you down "slowly". If you feel cold or tired, then you came down too quickly.
3. When you get a slightly heavy feeling in your stomach from the milk, good sign, drink the CO2 water, take 200mg Potassium, and sea kelp. Take only items at *room temperature* or slightly cool. An orange, bread, -just not refrigerated, except the milk.

### **Scenario Two:**

This is when you feel hot and it is uncomfortable for you, prior to a rapid heart rate and high b.p.

1. Drink a red juice such as cranberry and cranberry blends. This is cooling with a complex sugar. Between the water and the complex sugar, the body will work to calm down. (Ocean Spray brand may cause headaches.)
2. During a "heat phase" like this you can take any supplement you feel you need, i.e. calcium, magnesium, potassium, salt..

### **Scenario 3:**

"I am feeling cold." Even before your body physically becomes cold, or cold feet, you will experience signs of confusion, poor memory, maybe a slight acidity in the stomach. You will start feeling very tired.

1. Drink your CO2 at room temperature. You may mix with a bit of lemon or lime. This is a good time to take calcium, magnesium, beta carotene, sea kelp, and omega fatty acids.
2. An effective way to warm the body is by infrared heat, (Although this heat, if not monitored can cause stress in older people.) **or** a hot sea salt bath. The sea salt will keep the water closest to the skin cool, so the temperature of the water can be safely increased without damaging the skin. (Think making ice cream.)

The principle here is to make your body make water. Lots of liquids.

### **Scenario 4:**

It might be hard to breath. This can be a tough one to manage.

1. Oregano tea or oil helps. The CO2 water should help here too.
2. A couple puffs of tobacco could help, although there are just so many chemicals in them, natural cigarettes would be best. Smoking is not advocated!!!!!! This is just a way to get excess nitrogen from the atmosphere out of the lungs and get some of the pressure off. Try holding your breath for a count of 20 2-3 times, to dilate airways further.

### **Scenario 5:**

Your head aches, hurts, has pressure, headaches won't quit.

1. The BEST thing for a headache is CO2 water and calcium. Calcium citrate or bicarbonate would be the most bio-available. Take 600mg. of just calcium, .no magnesium. You can take 300mg Calcium every 2 hours until your headache leaves you,. AND drink lots of the water, like 2 to 3 litres. (Some use mag. for migraines, but this has a different approach.) Also take 10mg. of garlic powder.

2. 100mg. B complex four times a day, 500mcg. chromium, (these are not long term doses), natural progesterone. B complex may keep you wide awake that night.

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Weather indicators to help you notice what to watch for:

Warmth by feet and cooler above. HF on bottom, with nitrogen on top (inversion), with high (cold) wind can cause: pain in the ears, confusion, cardiac arrhythmia, difficulty breathing, nervousness, agitation. Physical symptoms present as tingling in the extremities, sciatic nerve pain, pain in the groin or testicles (prostate area), difficulty urinating. You might feel hot. Acute rise in blood pressure or pulse. Stay out of the winds. Drink milk, see scenario one.

Just plain hot winds, from detonation, earthquake, or volcanic eruption: With heat the blood loses it's water and carries MORE oxygen. This causes a change in the consistency.. The blood can get pretty coalgulated. Drink plenty of fluids to keep hydrated. Salt and potassium. Outside of emergency, do NOT use formulas like Pedialyte w/o reading the ingredients, some contain synthetic sweetners, and the plastic bottles contain fluoride!

Rehydration Recipe:

Recipe for an oral rehydration drink that approximates most store-bought solutions can be prepared inexpensively at home:

To one liter of water add:

8 teaspoons of sugar,

½ teaspoon of solar dried sea salt,

1/3 teaspoon of Lite salt (potassium chloride) and

½ teaspoon baking soda.

Remember: Cold equals constriction and coagulation. Heat equals evaporation, dehydration and coagulation. Both equal strokes and heart attack.

The homeopathic remedy CalFluor. may also be helpful.