

Dr. Dale's Anti-Radiation Protection Protocol in the Forefront

Dr. Theresa Dale PhD, CCN, NP, of the Wellness Center for Research and Education, reacts to risk of radiation contamination, inciting a lifestyle change in dietary and supplementation support

Ventura, CA ([PRWEB](#)) May 04, 2012 -- Dr. Theresa Dale PhD, CCN, NP, of the Wellness Center for Research and Education, reacts to risk expressed in recent news articles indicating there may be a major widespread nuclear radiation exposure occurring due to Japan's Fukushima accident in 2011 (www.enenews.com, a world Energy News and archive site). Dr. Theresa Dale, PhD, CCN, NP, determined that certain nutrients in foods play a major role against the damaging effects of ionizing radiation. Her research led Dr. Dale to developing a protocol for supporting the body when exposed to ionizing radiation.

As a Clinical Nutritionist, Dr. Dale advocates that Americans reconsider their lifestyle, diet and choice of supplementation to naturally support the immune system, strengthening it to better protect itself from ionizing radiation. A diet which includes increased amounts of whole plant foods can improve detoxification of nuclides or radioactive elements. Non-contaminated micro algae and seaweed foods would be the recommended anti-radiation diet of choice, such as Miso soup (not made in Japan); Dulse or any other type of sea veggie (from the U.S., preferably Maine); high beta carotene vegetables; beans and lentils; potassium calcium and mineral rich foods; high nucleotide content foods to assist in cellular repair including spirulina, chlorella, algae, sardines, anchovies and mackerel; olive oil for drizzling on foods, not for cooking; avoiding all sugars, sweets and wheat.

The Institute of Radiation Medicine in Minsk and Israeli scientists both treated Chernobyl children exposed to ionizing radiation contamination with Spirulina, Chlorella algae, or Dunaliella algae, and it was found that these micro-algae foods helped normalize blood chemistry. Dr. Dale formulated a product called [Ocean Meds](#) that contains concentrated amounts of Fucoidan, a seaweed that has been shown to support the immune system, cellular metabolic activity, is an anti-inflammatory, anticoagulant, and has antithrombotic activities.

Prompted by personal experiences during the Chernobyl disaster, Dr. Dale discerned that the best way to naturally recover from radiation is to actually fix the pathway in the body that detoxifies it - [The Hepatic Glutathione Pathway](#) (HGP). The strategy of repairing the pathway is so the body is able to detoxify, correct and protect itself from free radicals. Repairing the pathway using the HGP formula blend is much more effective than wasting money using expensive Glutathione supplementation. A significant nutrient, Glutathione (GSH) is a tri-peptide with important detoxification abilities that play a role in neutralizing "hydroxyl radicals" and is the major endogenous antioxidant produced by the cells, used in important metabolic and biochemical reactions such as DNA synthesis and repair, and more.

Dr. Gustavo Bounous, MD, made a 20th century landmark contribution in cell-defense with his research and discoveries on Glutathione (GSH) synthesis. Since 1994, extensive research has been published by cancerres.aacrjournals.org, a publication home for the American Association for Cancer Research, reporting that cancer specialists are now raising Glutathione (GSH) levels in patients undergoing radiation therapy as part of their cancer treatment. When exposed to ionizing radiation, a very reactive type of free radical is formed called a "hydroxyl radical" and by boosting Glutathione (GSH) levels prior to treatment, cancer patients can better tolerate their therapy because it will help with detoxification. The implication here is that Glutathione (GSH) does and will, to a greater degree, play a major role in the treatment of cancer by using detoxification to

reduce the damaging effects of radiation.

When Dr. Dale discussed Fukushima events with several Japanese visitors at a health conference last month in Long Beach, California, it appears that the Japanese people were misled as to the safety of their nuclear plants as well as ill advised. The [Japanese Travel Advisory](#) said it was safe 20 miles or even 50 miles from the plant. Actually, Chernobyl research demonstrates that [200 miles](#) may be even too close if there is a meltdown or even a partial meltdown. Nuclear expert, Dr. John Price, a former member of the Safety Policy Unit at the UK's National Nuclear Corporation, has warned it could take a 100 years before fuel rods at Japan's stricken Fukushima nuclear plant are safe. Dr. Dale believes that the Fukushima disaster may be far more serious and complicated than her encounter 25 years ago with Chernobyl. Depending on exposure length and proximity to the nuclear plant, the Wellness Center for Research and Education advises to regard the Anti-Radiation Protection protocol with attentiveness.

Projected paths of the [radioactive atmospheric plume](#) emanating from the Fukushima reactors, best described as airborne particles, and subsequent atmospheric monitoring showed the plume coming in contact with North America at California and the greatest exposure in central and southern California, according to a Journal Environmental Science and Technology report. Radioactive debris from [continuous leaking](#) is beginning to wash up on the Pacific Coast with radiation levels at least 500% higher than normally found in [coastal seaweed](#). Due to the fact the Japanese are burning radioactive materials instead of disposing of them, nuclear expert Arnie Gundersen stated that radioactive rain-outs will continue for some time, even on the Pacific Coast. He noted that radioactive rain-outs were documented in British Columbia and Oklahoma with geiger counters.

Dr. Dale is concerned by the [PEER report](#) on the Office of Radiation and Indoor Air (ORIA), a radiation extension of the EPA, who plans to radically hike post-accident radiation levels in food & water. Instead of raising the bar to protect their citizens from radioactive exposure, [Japan](#), the [U.S.](#) and the [E.U.](#) just publicly raised the radiation levels they deem as "safe" zone – pretending that these levels of radiation are now good for humans, yet Dr. Dale's experience is that only a very little radiation exposure can cause cancer.

In view of facing this 'gigantar benomoth', the Wellness Center for Research and Education continues to focus on developing natural products that strengthen, supports and rejuvenates the body systems. Dr. Dale [filmed a short video](#) on the dangers of radiation and a need to protect oneself from environmental contamination. Several formulas created by Dr. Theresa Dale are synergistic in doing just so, for instance the trio pack HGP, a Homeopathic RadiationX formula and a biologically available BioIodine supplement. Dr. Dale's Anti-Radiation Protection Protocol encourages eating nutrient dense whole plant foods and depending on exposure length, also using Vitamin D3, an Optimal Multi Pro vitamin and Nano Ionic Minerals with Silica, along with the Ocean Meds supplement, having very high amounts of Fucoidan, a seaweed extract used for cancer and other health issues.

Health Professionals and all other inquiries welcome.
For more information, call Theresa Dale's office at (800) 219 1261.

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