

Fukushima: Saving Ourselves From Nuclear Power

By Sharyn Wynters



WHEN the March 11th tsunami hit Japan in 2011, many feared the world would never be the same. And, they were right. Nearly three years later, the Fukushima disaster is still tenuous at best. Experts say it will take decades to fully decommission the reactors and will include tasks

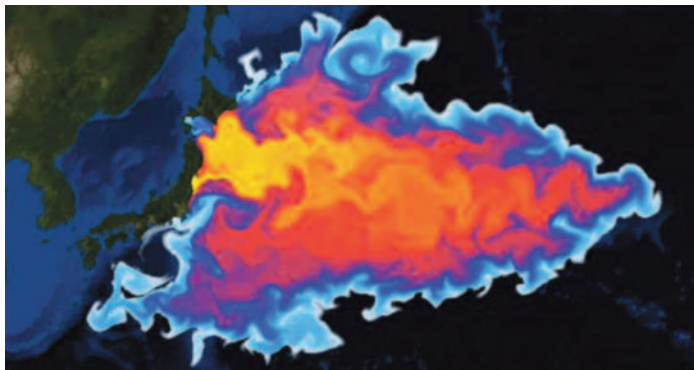
never before attempted. After two and a half years, the process of decommission has not even begun. To this point, efforts have been focused on containment. Even more scary is the fully acknowledged reality that if another incident occurs, Japan may disappear beneath the sea and radioactive waste will encompass the planet. Why are we not concerned? The fiasco at Fukushima is like the ugly Medusa from Greek mythology. There are so many snakes attached to the problem that it's a daunting task to consider engaging in battle.

AT MINIMUM, FUKUSHIMA PRESENTS 3 ISSUES THAT STARE US IN THE FACE.

1. The need for global support to address containment and decommission of the reactors.
2. Acceptance of alternative sources of energy.
3. Personal protection from radioactive contamination.

GLOBAL SUPPORT

The problems at Fukushima are unprecedented and involve a high-risk of future radiation larger than the global community has ever faced. Radiated water has been leaking from the plant for over two years, and Japan is pumping tons of contaminated water into holding tanks that were feverishly constructed and are now leaking. More tanks are added each week to accommodate the endless flow



short & Long term radiation released into the Pacific Ocean

of water being used to cool the reactors. The bigger issue is 11,000 nuclear fuel rods (perhaps the most dangerous things ever created by humans) need to be removed from these reactors. It will take the best engineering minds in the world to solve these problems and diminish the global impact. What happens at Fukushima will affect everyone on the planet. We must encourage every effort to engage the entire global community in resolving the issues at Fukushima.

ACCEPTANCE OF ALTERNATIVE ENERGY

Our exposure from nuclear reactors is a reflection of the global struggle to move from technologies that promote death to technolo-

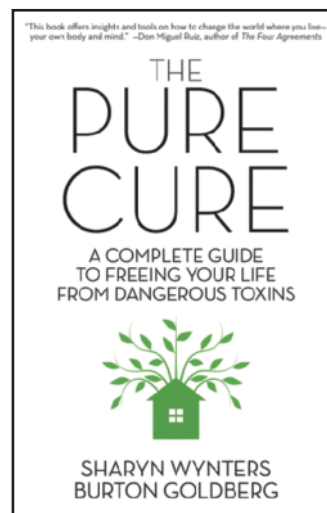
gies that promote life. Ralph Nader describes nuclear energy as “unnecessary, uneconomic, uninsurable, unevacuable and, most importantly, unsafe.” It only continues because the nuclear lobby pushes politicians to protect it. It's interesting to note that Japan has tripled its use of solar power since the incident at Fukushima when all Japanese nuclear reactors shut down. **TRUTH:** Our energy needs could be met by solar, wind, thermal, and ocean technology. **QUESTION:** How much damage will be done before we initiate change? Together we must push for a nuclear power-free world.

PROTECTION FROM RADIOACTIVE CONTAMINATION Every day, tons of radioactive water enter the Pacific Ocean

Radiation is at unprecedented levels and is steadily building in the food chain. Every time it rains, we get a new dose. Over the next few years, all our food will be contaminated; there is no way around it. Radiation experts say that low-level doses of ionizing radiation are hundreds of times more harmful than a large dose because they produce a steady stream of free radicals that slowly oxidize membranes around our cells. There is no safe level, despite what you've been told. Unless we protect ourselves, DNA damage, cancers and degenerative disease will increase as years go by. Experts say the best protection against low-level radiation is antioxidants. They recommend lots of fresh fruit and vegetables. Antioxidants are found in fresh foods and abundant in many exotic fruits and superfoods. All berries are high in antioxidants, especially blueberries, cranberries, and raspberries. Beans and green tea also contain lots of antioxidants, but make sure these are organic. Pesticides reduce the antioxidants in otherwise valuable foods. Your best bet is to find supplements that concentrate antioxidants—something I have spent years researching. Another source of antioxidants is hydrogen-rich water. This is a new way to add antioxidants to your diet; it was recently recognized in a document released by the U.S. military.

Make sure your body has plenty of minerals. If your cells have the minerals they need, radioactive elements will not find a place to reside. In other words, if bones contain plenty of minerals, radioactive strontium and barium are not drawn in. And if the thyroid has plenty of iodine, radioactive iodine is not attracted to the thyroid. Make sure you have a good source of minerals. Radioactive elements are tasteless, odorless and invisible. It takes many years for cancers and other diseases to manifest. Children are 10 to 20 times more sensitive than adults; fetuses are thousands of times more so. Don't get caught with your head in the sand. Take action to protect yourself and the planet from nuclear radiation. ■

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