

Rosemary Found to Offer Best Protection against Radiation Poisoning

by Barbara L. Minton

(NaturalNews) The U.S. is turning into radiation nation. In the twenty-three years since Chernobyl, Americans seem to have forgotten the impact of radiation on health. Swept up in the euphoria over an endless parade of wireless devices, we have turned our backs on the common sense that informed us that Chernobyl was a really big deal when we heard the news. Today Americans act as though they are addicted to radiation and completely oblivious of the jack-hammering effect it has on human cells. They appear willing to accept cancer and even death as small prices to pay for the ability to communicate with anyone, anywhere, anytime. As the nation eagerly anticipates the rollout of WiMAX, promising bone-incinerating coverage of 3,000 square miles from a single tower, those who object find they have no voice and no choice. However, recent research has shown there are steps to take in self-preservation. Carnosic and rosmarinic acids naturally deter radiation poisoning.

RF/microwave exposure leads to cancer development

It has been known for a decade that RF/microwaves from cell phones and tower transmitters cause damage in human blood cells that results in nuclei splintering off into micronuclei fragments. The development of micronuclei heralds the development of pre-cancerous conditions. Many victims of Chernobyl developed blood cell micronuclei that rapidly turned into full blown cancers.

Numerous animal studies have demonstrated that mobile phone radiation quickly causes DNA single and double strand breaks at levels well below the current federal "safe" standards. A six-year industry study showed that human blood exposure to cell phone radiation had a 300 percent increase in genetic damage in the form of micronuclei, suggesting a health threat much greater than smoking or asbestos.

Compounds from [rosemary](#) fight against mutagenic effects of radiation

In two separate studies, scientists in Spain found that nothing fights radiation damage to micronuclei like a simple garden herb known as rosemary. They noted that ionizing [radiation](#) causes the massive generation of free radicals that induce cellular DNA damage. They studied the protective effects of several compounds against gamma ray induced chromosomal damage in micronuclei testing by adding various compounds to human blood before and after irradiation. When the compounds were added after gamma-irradiation treatment, the protective effects relied not on scavenging ability, but on activity against free radicals already present in the cells, such as lipoperoxy radicals which are mainly responsible for continuous chromosomal oxidative [damage](#).

The fact that carnosic acid and carnosol found in rosemary are fat soluble allows them to provide highly significant protective anti-mutagenic activity. Even the most powerful water-soluble antioxidants lack the capacity to protect against gamma ray induced damage. This study can be found in the *British Journal of Radiology*, February 2 edition.

In their second study, the generation of radiation induced cellular DNA damage to skin from free radicals was the focus. The researchers sought to demonstrate that rosmarinic acid from rosemary would act as a photo-protector both by acting as a scavenger of free radicals and as an inducer of the body's own endogenous defense mechanisms by regulating tyrosinase activity and stimulating melanin production. They found that formulation of toxic malonyldialdehyde was delayed by the use of rosmarinic acid, and the protection factor was 3.34 times greater than for other compounds studied, as measured in micronucleus testing. In vivo testing showed the capacity of orally administered rosmarinic acid to inhibit skin alterations as a result of UV radiation exposure. This study was reported in the February edition of *Food and Chemical Toxicology*.

Common food compound protects lymphocytes against radiation

In a study from India, scientists investigated the radio-protective potential of caffeic acid against gamma radiation-induced cellular changes. A dose of 66 microM of caffeic acid showed the optimum protection of micronuclei and was used to investigate the radio-protective effects of the compound. Lymphocytes were

pre-incubated with caffeic acid and controls were not. All the lymphocytes were exposed to different doses of radiation. Genetic damage and biochemical changes were measured. Gamma irradiated control lymphocytes showed a radiation dose-dependent increase in genetic damage and a significant decrease in antioxidant status. Caffeic acid pretreated lymphocytes positively modulated all radiation induced changes. This study is found in the 2008 *Journal of Biochemical and Molecular Toxicology*.

Food sources offering significant amounts of caffeic acid are apples, citrus fruits, and cruciferous vegetables.

RF/microwave radiation has the same effect on health as gamma rays

A pile of research has confirmed that non-ionizing communications radiation in the RF/microwave spectrum has the same effect on human health as ionizing gamma wave radiation from nuclear reactions. This means that Chernobyl has effectively come to America. Injuries resulting from radioactive radiation are identical with the effects of electromagnetic radiation. In the U.S., deadly high frequency radiation is now blasting from tens of thousands of cell towers and rooftop antennas all over the country. The tiny city of San Francisco, has over 2,500 licensed cell phone antennas positioned at 530 locations to nuke its citizens around the clock.

There is no safe dose of radiation

RF/microwave and gamma waves are identical in their abilities to produce gene damage and cancer at the cellular level, and there is no safe dose of either. Cell damage is not dependent on a certain level of exposure because at any time in that exposure, breaks in DNA can occur.

Communication antennas saturate the environment with multiple electromagnetic frequencies simultaneously. The response to this endless cellular jiggling is graphically described by Amy Worthington in her article on the radiation poisoning of America. "Human DNA hears this energetic cacophony loud and clear, reacting like the human ear would to high volume country music, R&B plus rock and roll screaming from the same speaker simultaneously. Irradiated cells struggle to protect themselves against the destructive dissonance by hardening their membranes. They cease to receive nourishment, stop releasing toxins, die prematurely and spill micronuclei fragments into a sort of tumor bank account." According to an expert quoted in her article, 2000 hours of cellular phone exposure, or a latency period of about 10 years, increases the risk of brain cancer by 240 percent.

Many studies have shown that workers exposed to RF/microwave radiation routinely have inflated cancer rates, and the latency period between exposure and disease development is short. Some suspect that communications carriers exceed FCC exposure limits. Once equipment is installed and inspections are completed, it can be cranked up to create wider coverage. The FCC has sole regulatory authority over the communications industry, but has neither the money nor the employees to conduct verification testing. Even if they could do the monitoring, their guidelines are obsolete based on current scientific findings that have shown damage to human cells occurs at levels thousands of times lower than current standards permit. In other countries the allowed exposure levels are much less. Russia's standards are 100 times more stringent than those in the U.S., because their scientists have found that human hearts, kidneys, livers and brains are damaged at much lower exposure levels.

When it comes to protecting against radiation, we are on our own

Since the beginning of the wireless revolution, there have been no federally funded studies to determine the impact of constantly escalating levels of radiation on public health. Most people remain blissfully unaware of their proximity to towers and transmitters. They are also unaware of their levels of exposure in their workplaces where wireless transmitters may be located just a few feet away from them.

Some of the symptoms of overexposure to radiation are heart palpitations, diminishing hearing ability, headaches, sleep disturbance, chronic fatigue, endocrine problems, short term memory difficulties, sleep disturbance, chronic fatigue, frequent infections, reproductive issues, and reduced cognitive ability and information processing difficulties. The development of tumors and cancer is one big indication that something is radically wrong, and that *something* may be radiation poisoning.

What is a person to do about these symptoms? Right now it looks like the best defense against radiation poisoning is the same as the best defense against all diseases. This defense begins with diet and supplements. Eating a diet high in apples, citrus fruits, cruciferous vegetables, drinking red wine, and using fresh rosemary have been scientifically shown to be effective. Supplements of rosemary extract containing carnosic and rosmarinic acids are widely available. Supplements of DIM offer higher doses of one of the most potent compounds in cruciferous vegetables. Broccoli sprouts are the best source of sulphoraphane, another highly potent compound in cruciferous vegetables. Broccoli sprouts are available as supplements too. Making a pitcher of fresh vegetable juice several times a week for all family members to drink is a great way to fortify everyone against an environment that has turned against them. The juice should contain high amounts of broccoli, cabbage or other cruciferous vegetables. Adding a small slice of fresh ginger will give the juice an appealing flavor. Use only organic or fresh locally grown vegetables if they are available.

Although it may not seem like it, living without the use of wireless devices is possible. Until giant steps are taken in that direction, demanding that wireless emissions from transmitters be drastically reduced is fairly pointless. Demanding the government conduct routine compliance testing at all transmission sites and update federal radiation exposure standards is something that can be done right now.

We can break our radiation addiction by giving up wireless internet systems and cell phone calls. Once knowledge is instilled about the devastating health consequences of wireless, it may no longer be fun to play wireless games and chatter on the phone while driving or shopping. If people do not buy WiMAX devices and their related services, the increased brutal bombardment of radiation it promises will be derailed.

OSHA standards say that no environment should be deliberately made hazardous. Armed with the knowledge of what radiation does to human cells, people can refuse to work or shop in environments that endanger their health. They can demand that wireless devices be removed from their children's schools and from their work and entertainment places.

As a nation we bought into the advertisement that cell phones were necessary for an emergency. Yet the emergency happening now **is** the cell phone. What we thought would keep ourselves and our families safe now threatens to kill us. A look at our teenagers shows that convenience has been replaced by addiction. These teens rarely talk directly to each other, preferring endless communication through text messaging that is already producing teens with carpal tunnel syndrome. It really doesn't have to be this way.

If we as a people are unable to break away from radiation addiction, Mother Nature will take control of the situation. Those lucky enough to adapt to radiation nation will survive and reproduce. Those who cannot keep up genetically will end up like the dinosaurs.

For more information see:

<http://proliberty.com/observer/20070910.htm>

<http://abcnews.go.com/Health/CancerPreventio...>

<http://www.ncrponline.org/>

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Barbara is a school psychologist, a published author in the area of personal finance, a breast cancer survivor using "alternative" treatments, a born existentialist, and a student of nature and all things natural.