Natural Protection from Nuclear Accidents in the Environment Radiation Protection for Everyone

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Abstract: - Various pharmaceutical and natural preparations are used to remove radioactive material from the body. The Fukushima Daiichi Nuclear Power Plant (NPP) was severely damaged by the chain reaction of the earthquake and tsunami in eastern Japan on March 11, 2011, and the resulting hydrogen gas meltdowns and explosions. Radiocesium was dispersed after the Fukushima Dai-ichi disaster in March 2011, causing relatively high radioactive contamination in nearby environments. Prof. Shimotsuura was a member of the medical administration that organized the health care and treatment of the population near the accident. He incorporated the method of supplementation with cold-pressed oils and conducted a study. The results of a study published in scientific papers, measuring the amount of radioactivity in the thyroid gland, kidneys and reproductive organs in patients before and after therapy, indicate that oils containing organic potassium iodide, such as walnut oil and bay oil, were very effective in eliminating radioactive iodine, cesium and strontium. Compared to other applied therapies, they are among the most effective treatments. It is a practical, reliable and inexpensive method without side effects that can be used preventively and therapeutically in all cases of exposure of an individual or population to radioactive radiation.

Key-Words: - Suplementation, radiation protection, nuclear accidents, radionucleides, cold press oils, detoxication, natural therapy, high dose effects, low dose effects.

Received: April 14, 2024. Revised: October 16, 2024. Accepted: November 18, 2024. Available online: December 23, 2024.

1 Introduction

Radiation protection studies involve diverse populations and include patients treated with radiation for malignant and non-malignant diseases, patients exposed for diagnostic purposes, persons with intakes of radionuclides, workers occupationally exposed, and communities exposed to environmental and accidentally released radiation sources.

People are irradiated in two ways: "externally" when the source of ionizing radiation remains outside the body, and "internally" when radionuclides enter the body through water, food, and air, [1].

Public health has enacted occupational health protocols, including setting new regulatory exposure limits, improving worker radiation dosimetry, administering stable iodine, maintaining occupational health monitoring systems, and improving occupational medicine and preventive protection, [2]

Deterministic high-dose effects (tissue response) occur when enough functional cells are killed, such as bone marrow depression, which can lead to death. Lower dose effects include an increased risk of cancer later in life and inherited genetic defects.

The central unanswered question in radiation epidemiology, however, is not whether radiation causes cancer, but what the level of risk is following low dose (<100 mSv) or low dose rate exposures. Paracelsus is credited with first articulating that the 'poison is in the dose,' which for radiation

epidemiology translates as 'the lower the dose, the lower the risk' and, a necessary result, the lower the dose, the greater the difficulty in detecting any increase in the number of cancers possibly attributable to radiation. Estimates to date of population doses suggest very low uptakes of radioactive iodine, which was a primary determinant of the epidemic of thyroid cancer, [3].

The Fukushima Daiichi Nuclear Power Plant (NPP) was severely damaged by the chain reaction of the Great East Japan Earthquake and Tsunami on 11 March 2011 and the consequent meltdown and hydrogen gas explosions. Radiocesium was dispersed from the Fukushima Dai-ichi disaster in March 2011, causing comparatively high radioactive contamination in nearby environments, [4].

Prof. Shimotsuura was a member of the medical administration that organized the health care and treatment of the population in the vicinity of the accident. He included the method of supplementation with cold-pressed oils and conducted the study. Various pharmaceutical and natural preparations are used to remove radioactive material from the body.

Known substances are Hydroxyl ion water, cilantro (Chinese parsley) tablets, ORT-spring tea (Mallotus Japonicus), Fucoidan, nano carbon, bitter melon, optimal dose of ginger and caprylic acid, supplementation with a mixture of cold-pressed oils. Timely intake of potassium iodide tablets protects the thyroid gland from radioactive iodine and, therefore, from thyroid cancer. Stable iodine from these tablets causes temporary saturation of the thyroid gland with iodine, which prevents the absorption of radioactive iodine. The effect of potassium iodide tablets is most significant if the tablets are taken just before the arrival of the radioactive cloud. Delayed administration dramatically reduces the impact of the tablets. Tablets must be quickly available in such cases, [5].

In the world, there are many nuclear weapons of various strengths and powers, which continue to accumulate and improve with the constant expansion of the possessing countries, [6].

Contamination of living beings with radioactive substances has become a serious and current problem in the era of the increasingly massive application of nuclear energy for military purposes. With the escalation of the issues in the area of population protection in emergencies, it became evident that the isolated activities of individual countries cannot solve most problems related to civil security, [7].

The effect of radiation can be manifested directly on the irradiated person through somatic effects or indirectly to the offspring through genetic effects. Low doses of radiation have an increasing impact on the probability of cancer leukemia (late somatic effects) and genetic damage, [8]. Risk radiation was determined by monitoring the health of people irradiated with higher doses of radiation—results from observations of survivors of Hiroshima, Nagasaki, Chornobyl, and others. Places unequivocally indicate an increase in the number of injured and sick, in proportion to the number received radiation dose, as well as the different degrees of risk by age group, [9].

When considering preventive protection measures, factors (speed and method of irradiation and contamination of the population) will be of immediate interest in the choice of methods, regularity, speed protection, and removal of consequences, [9].The risk of low doses of radiation is based on monitoring the health of people irradiated with high doses, i.e., doses that cause noticeable effects (acute, of 4.5 Sv, all irradiated will be seriously ill, and approximately half of them will die). That amount of dose represents the mean lethal dose, [10].

2 Objectives

We study the possibility of protecting the population from radioactive radiation in case of nuclear disasters, introduce Prof. Shimotsura's and his team's research, and offer our recommendations on the effectiveness of natural therapies.

3 Results

In our research, our research team compared the effects of different natural therapies on irradiated patients.

Among them are two mixtures of cold-pressed oils, according to our recommendation and the thermoregulation method of the Institute for Integrative Procedures of the European Center for Peace and Development of the ECPD University of the United Nations. The study's results proved the oil's high efficiency in eliminating radioactive substances, primarily from the thyroid gland and other tissues.

To remove the radioactive material, a radiation exposure treatment was carried out with hydroxyl ion water, cilantro (Chinese parsley) tablet, ORT-spring tea Mallotus Japonicus), and fucoidan. Nano carbon, bitter melon, optimal dose of ginger and caprylic acid, a blend of oils labeled No. 10 ("Laura

nobilis," lay like a bay leaf), and a blend of oils labeled No. 80 (walnut oil), (Figure 1).

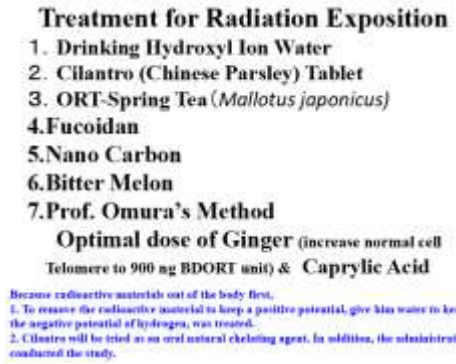

Fig. 1: The therapy was carried out with several preparations

Oil No. 10 mixture: A natural mixture of cold-pressed, non-refined, and non-filtrated soybean oil and essential oils of laurel and larch.

Oil No. 80 mixture: A natural mixture of cold-pressed, non-filtrated, and non-refined walnut and rapeseed oils.

In severe nuclear power plant accidents (reactor accidents), large amounts of radioactive iodine are released in addition to other radioactive substances. If radioactive iodine enters the organism, the thyroid gland absorbs it and stores it. That is why it can appear in the thyroid gland in high doses of radiation, which can cause radiation-induced thyroid cancer.

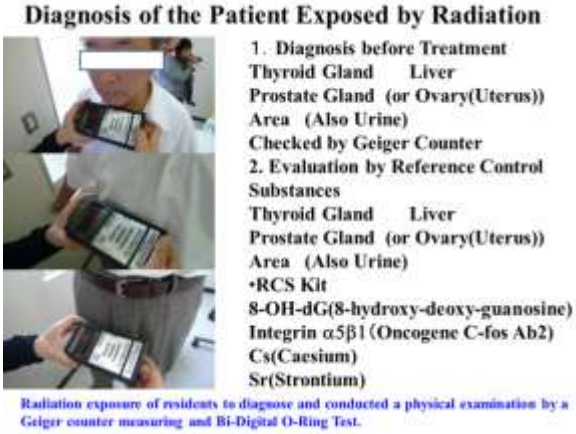

Fig. 2: Diagnosis of the Patient Exposed by Radiation

The radiation dose in patients was determined at the beginning of the study before therapy. The radiation exposure dose was determined. The study's results (the amount of radioactivity of the thyroid gland, kidneys, and reproductive organs before and after therapy) indicate that oils containing organic potassium iodide in walnut oil and laurel oil were highly effective in eliminating radioactive cesium and strontium. Compared to other applied therapies, they belong to the most effective treatments, (Figure 2).

A graphic example of the elimination of radioactive substances during therapy for each patient (Figure 3, Figure 4 and Figure 5).

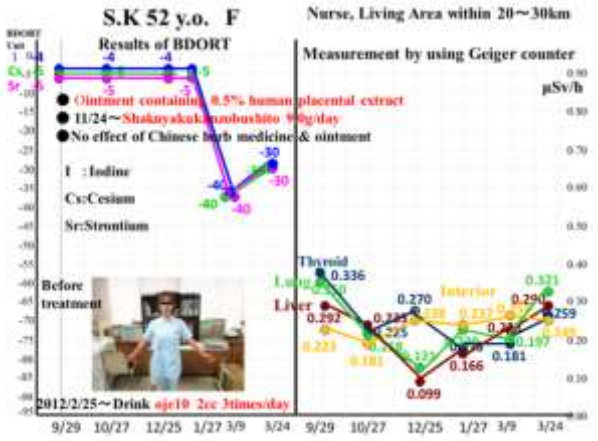

Fig. 3: Monitoring the effects of therapy and elimination, patient S.K

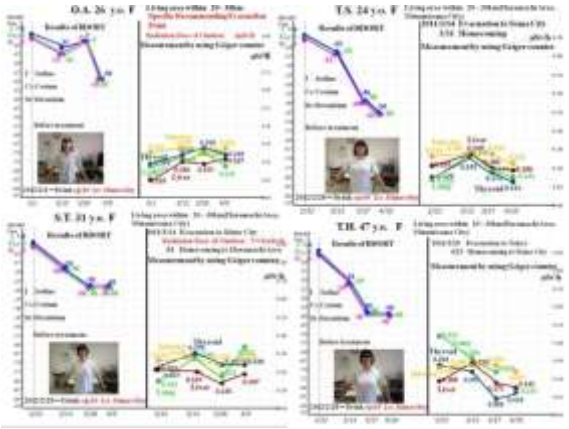

Fig. 4: Monitoring the effects of therapy and elimination, patients O.A, T.S., S.T., T.H

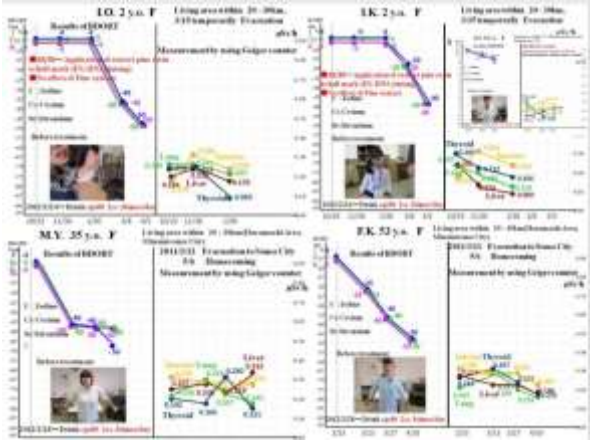

Fig. 5: Monitoring the effects of therapy and elimination patients I.O., J.K., M.Y., F.K

	Age Range	Effective Rate (%)	
①高濃度水素水 (Hydrogen Water)	10~50 (M1;F7)	100% (8/8) 75%(6/8) 75.8%(6/8)	
② Oje10(*Laura nobilis*'s leymus as Bay leaf)	24~52(F5)	100% (5/5) 40%(2/5) 20%(1/5)	セルビアからのオイル(月桂樹の葉のオイル)
③ Oje80 (Walnut Oil)	2~53(F6)	83.3% (5/6) 83.3%(5/6) 50%(3/6)	セルビアからのオイル(クルミ油)
④礫岩ホルンフェルス (Conglomerate Hornfels)	1~65 (M33;F57)	71.1%(64/90) 36.7%(33/90) 25.6%(23/90)	症例数が一番多い
⑤芍薬甘草附子湯 (Syakuyakukanzobushito)	43~72(F3)	100% (3/3) 33.3%33.3%(1/3)	1/3では下まで低下するのに4～5カ月かかる
⑥フコイダン (Fucoidan)	15~58(M1;F1)	50%(1/2) 50%(1/2)0%(0/2)	飲みづらいと言って長期に飲む人がいなかった

Fig. 6: Evaluation of the effectiveness of therapy with natural preparations

The efficiency in the elimination of radioactive substances with the therapy of bay essential oil was 100%.Another study measured the amount of thyroid radiation and the effectiveness of walnut oil therapy was 83.3%, (Figure 6).

4 Conclusion

In the prevention of radiation, potassium iodide tablets and inorganic iodides can have unwanted effects, especially on the thyroid gland. Many natural therapies are known worldwide that have been applied and have had an impact on the elimination of radioactive substances: Drinking Hydrogen Ion Water, Cilantro (Chinese Parsley) Tablet, ORT-Spring Tea, Mallotus Japonicus), Fucoidan, Nano Carbon, Bitter Melon, and an Optimal dose of Ginger and caprylic Acid. A very effective therapy is with essential and cold-pressed oils, such as laurel larch and walnut oil.

The results of the study published in scientific works, measuring the amount of radioactivity of the thyroid gland, kidneys, and reproductive organs in patients before and after therapy, indicate that oils containing organic potassium iodide, such as walnut oil and laurel oil, were very effective in eliminating radioactive iodine, cesium, and strontium.

Compared to other therapies, these natural methods stand out for their effectiveness. They offer a reliable and affordable solution, free from side effects, that can be used preventively and therapeutically in all cases of individual or population exposure to radioactive radiation.

The research results highlight the potential for preventive action before an accident occurs. Importantly, this type of prevention is practical and accessible to everyone. It is a cost-effective method, free from contraindications and side effects, making it a viable option for all.

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Contribution of Individual Authors to the Creation of a Scientific Article (Ghostwriting Policy)

The authors equally contributed in the present research, at all stages from the formulation of the problem to the final findings and solution.

Sources of Funding for Research Presented in a Scientific Article or Scientific Article Itself

No funding was received for conducting this study.

Conflict of Interest

The authors have no conflicts of interest to declare that are relevant to the content of this article.