Radiation Protection Program

The recent tragic earthquake and nuclear power plant meltdown brought up many concerns involving radiation levels in Japan, and the entire globe. Here at Global Healing Center, we are committed to educating and helping individuals reduce radiation exposure caused by nuclear fallout, as well as everyday exposure to harmful electromagnetic frequencies.

Harmful Effects of Radiation Exposure

There are multiple harmful effects of radiation, and sadly many of them go unnoticed in the body for some time.

Low level exposure, overtime, can lead to major digestive imbalance, blood alteration and even the destruction of many cellular structures in the body’s key organ and tissue systems. Common signs of low level radiation exposure include symptoms such as fatigue, headaches, nausea, scalp tenderness, scalp discoloration and dry/itchy skin. In extreme cases, lower doses of radiation may also cause brain damage, memory problems, mood changes and reduced listening capacities, psychomotor abilities and information processing times. All good reasons to consider protecting ourselves from this type of exposure.

Large amounts of radiation exposure can have devastating consequences such as bloody vomit, hair loss, nerve damage, blood vessel destruction, seizures and, with prolonged strong exposure, can even lead to death.

Our circulatory system is also vulnerable to radiation. Even very low levels reduces lymphocytes in the blood. When lymphocytes are lowered, we are more likely to get infections, and what is known as mild radiation sickness. Symptoms are flu-like and may increase the likelihood of developing leukaemia and lymphoma in the future. The reproductive system is also vulnerable to exposure. Long-term radiation exposure can even lead to sterility, birth defects and stillbirths.

Reducing Radiation Exposure with Natural Remedies

1. Nascent Atomic Iodine

Radiation has a direct effect on the thyroid gland, prohibiting its ability to create iodine, an imperative player in healthy DNA integrity, immune function, metabolic and endocrine balance, as well as cardiovascular health. Supplementing with nascent atomic iodine helps counteract the effects of radioactive iodine. It is one of the single most bio-available forms of iodine, and may be effective in aiding individuals exposed to radiation by lowering accumulated and stored radioactive toxins in the thyroid. Detoxadine® is Global Healing Center’s brand of standardized nano-colloidal nascent atomic iodine manufactured with a unique transformative bio-elemental matrix using a revolutionary process. This means that it will be gentler on your digestive system than other iodine supplements.

2. Potassium Orotate

In addition to radioactive iodine, the body may also be exposed to a radioactive isotope of caesium known as Cesium-137. This is formed as bi-product of nuclear fission. Potassium
orotates can prevent the accumulation of Cesium-137. In fact, getting enough potassium from food such as bananas is a good first step at preventing radioactive cesium 137 retention. That said, potassium in the diet may not be enough. According to the CDC, potassium can play a major role in protecting the body and thyroid gland after an internal contamination, as in the example of the Japanese nuclear reactor explosion. Potassium Orotate is the best form of potassium to use for radiation exposure.

3. Calcium and Magnesium
Each of these essential minerals can decontaminate a form of nuclear waste known as Strontium 90. Dr. Linus Pauling recommends calcium supplementation, as it can lower Strontium absorption by up to 90 percent. I recommend using calcium and magnesium orotate found in the product IntraCal.

4. Dimethylsulfoxide (DMSO)
Dimethylsulfoxide is an antioxidant sulphur compound. Studies show that DMSO actively detoxifies and protects the body from the effects of harmful radiation. One study from Japan found that even small amounts of DMSO offered radio-protective benefits on human DNA and overall cellular structures. It also neutralizes exposure from radio-isotopes. Studies show that the X-irradiation that can damage the body’s Kupffer and serous cells can be prevented with the use of DMSO. Animal studies also show that rats exposed to x-ray radiation could be protected from the negative effects of the exposure via the intake of DMSO. This chemical could at least partially protect the rats by halting the typical toxicant reactions associated with radiation. Another study from the School of Medicine at the Yokohama City University in Japan found that DMSO offered protective effects for cell destruction, as well as DNA aberrations, in mice exposed to radioactive substances.

5. Zeolites
Nuclear waste is typically “cleaned” or “stored” in the environment by mixing it with Zeolite clay and packing it underground. Zeolites can attach themselves to and remove nuclear waste from the cellular level. In fact, one European study found that Zeolite clay was an effective decontaminant for animals affected by the nuclear waste disaster in Chernobyl. Zeolite clay can also be taken internally for detoxing radiation. Perhaps the best evidence proving that Zeolite helps detoxification of radiation was its widespread usage in the nuclear meltdowns at Three Mile Island, Chernobyl, and the British Nuclear Fuels (BNF), where it was used to absorb radioactive strontium and cesium – 137 from walls and floors. Similarly, the United States’ nuclear weapons facilities use Zeolite clay to line walls and floors to prevent toxicity.

6. Other clays
There are many types of clays that bond to nuclear waste from the body. Others include Kaolin, Red Clay, Bentonite, Fuller’s Earth, Montmorillonite. French Green Clay is another absorptive clay shown to possess the ability to rid radiation, toxic metals and chemical residues from the human body. This should come as no surprise, as clay has often been used by engineers, and by the environment itself, to remove toxins from the body or ground. Again, it was also used at Chernobyl in 1986. In fact, the former Soviet government added this type of clay to chocolate bars that were then given to citizens to help them remove radioactive waste from the system.

7. Activated Charcoal
Another wonderful substance heralded for its absorption properties. Studies show that charcoal possesses the unique ability to neutralize radiation, and that 10 grams of charcoal can
neutralize up to 7 grams of toxic material.

8. Papain
Papain is a cysteine hydrolase extracted from papaya fruit known for its ability to reduce toxicants. In one laboratory study on rats, it was found that half of rats supplementing with papain could survive a lethal amount of radiation, whereas control rats did not survive.

9. Bee Pollen
Initial evidence suggests that bee pollen may significantly lower the negative side effects of radiation exposure, in particular that of radium, x-rays and cobalt-60 radiotherapy. Because exposure to radiation lowers many of your body’s natural vital substances like white and red blood cells and antibodies, bee pollen is a natural way of boosting these vital functions.

10. Beets: Upon radiation exposure, the body’s blood haemoglobin can be broken down. Studies show that beets can help aid the body in rebuilding this damaged haemoglobin. In fact, animal lab studies have shown that rats eating a diet heavy in beet pulp were able to more effectively reduce the effects of radioactive cesium-137 than rats who did not eat beets. In fact, the beet-eating rats absorbed and detoxified up to 100 percent more effectively than the control group animals.

11. Cold-pressed Organic Vegetable Oils
Oils such as sesame oil, extra virgin olive oil and coconut oil also help pull radiation out. Sources recommend drinking 4 ounces of oil if you have been exposed. Not only do the lipids in the oils bind the toxins, they also offer a protective layer on cellular membranes. Studies done on mice exposed to lethal doses of x-rays have found that the mice can survive if they are given oil. Another study on mice found that olive oil could protect the mice against high doses of x-rays ranging from 300 to 2,400 roentgens.

12. Organic Brewers Yeast
Sources recommend using organic Brewers use for prevention against radiation exposure. In terms dosage, 5 mg. to 15 mg. should be given to children, and 25 mg. to 50 mg. can be given to adults. For cases of direct exposure, these amounts can be doubled, or tripled. Brewer’s yeast may aid the body in both repair after exposure, as well as protection.

13. Organic Germanium-132
An oxygen-rich, free-radical scavenging organic compound. When we are exposed to radiation, the rays from this exposure release harmful electrons the kill blood cells (haemoglobin). Organic germanium has been shown to snatch up these radioactive rays, allowing them to move freely inside the nuclear structure of the Germanium, instead of entering the human cells and bloodstream. This is related to geranium’s ability to protect the amino acid cysteine, in the human body. Other studies showed promising results involving the use of germanium-132 and a strong reduction in cell death in those cells exposed to cesium-137 and gamma rays. Currently, the Japanese are recommending 100 mg. per day.

Iodine and Radio Isotopes
Radio isotopes, such as uranium derivatives, are even more dense and heavier than iodine, which is why radiation spillage/blooms into the environment are such a critical event since the heavy radio isotopes have a profound affinity for the heavy iodine element – a sort of 'likes attracts likes' scenario. Here the 'two edged sword' quality of iodine really manifests itself. Iodine has a strong affinity for radio isotopes, and, iodine also has a strong affinity for the tissue proteins of the body, provided the iodine is able to embed itself into those tissues protein matrix and not be displaced by the other halogen group of elements (e.g. bromine, chlorine and fluorine) that undermine iodine tissue bonding. If the tissues of the body, especially the thyroid gland, are not saturated with adequate amounts of tissue-bound iodine those tissues are not capable of turning away the heavier radio isotope, many already bound with free iodine in the body's fluid systems, and those toxic molecules will have easy passage into the tissues and once tissue invasion takes place the much heavier radio isotopes and radio-bound iodine is difficult to remove, including the accompanying toxicity and problems.

If the body should be subjected to an incursion of radio isotopes/radio-bound iodine and intrinsic iodine saturation is already present in the tissues of the body, especially the thyroid, the combination of the pre-saturation of iodine (called 'Iodine Loading') and the cells' own intrinsic biological processes are able to block radiation and accompanying radio-bound iodine from entering the tissues, this allows the body to keep toxic molecules in a free unbound state and eliminate them from the body via its elimination systems. In fact, if the body has high tissue levels of iodine to the point of saturation, continued intake of iodine will allow the free iodine/iodide to act as a sort of 'chelator' wherein the free iodine will bind with radio isotopes and in turn carry the radiation out of the body.

This phenomenon of the free body-wise iodide letting go of a mineral carrier it is bound to in favor of bonding to the radio isotope is due to the stronger attraction the iodine has for a radio isotope as opposed to the former lesser attraction the iodine, as a body-wise iodide, had for the mineral (e.g. potassium, calcium, magnesium, sodium, etc).

This is not to say that free radio-bound iodine circulating throughout the body will not have some effect on tissues it comes into contact with, but because tissues are pre-saturated with tissue-bound iodine and the radio isotope/radio-bound iodine is blocked from entering 'into' the cellular matrix of the tissues, the eliminative systems of the body are able to expel radio isotopes and radio-bound iodine from the body. This is why pre-saturation of the body's tissues, especially the thyroid, are essential to dealing with and eliminating radio isotope incursions into the body.

Fact is, our environment has much higher levels of radio isotopes and radiation particulates than prior to the 'Atomic Age.' In fact, the height of the 'Industrial Age' (early 1900's) was the beginning of radiation residue and its effects making its way into the atmosphere, water shed and ground water supplies. The problem is not sudden but has been building for generations as a result of the compounding effects of BOTH environmental phenomena (volcanic eruptions being one) and industrial waste/after effects.

The world's humanity has seen a steady increase in environmental radiation levels, both environmental and man-made, for well over a century now, that went exponential during the 1950's and 1960's due to surface (both land and oceans) and underground nuclear explosions, and high atmosphere detonated atomic weapons testing (which ironically was done solely by
the United States) that ripped and thinned the ionosphere and spewed radio isotopes onto the high altitude jet streams, all while world-wide human tissue iodine levels have concurrently experienced a steady and precipitous decline.

This is why a catastrophic radiation spillage/bloom is considered a tipping point of consternation for a major health crisis (that is also a national security issue) for people in the path of the after effects of a catastrophic radiation event. It's like adding insult to an already festering injury.

I believe this is why populations who suspect they are in the path of a catastrophic radiation event or will be affected by such an event now intrinsically know the need to not wait for an arrival of radiation before they do something, but take immediate action to procure a source of adequate iodine supplementation to begin the process of iodine loading their bodies with a safe and effective form of iodine. Sadly, governments tend to minimalize such impending crisis, typically for stated 'national security' reasons, and as such a critical timeline passes for effective, appreciable and sustainable iodine loading of the population. The population at large must take the initial initiative on an individual basis to see to the viable iodine loading of themselves and their families for effectively facing a radiation crisis.

However, in the final analysis, humanity, on a world-wide basis, is woefully deficient in tissue iodine levels. Sadly, attention and public demand for iodine supplementation seems to spike only when a catastrophic radiation event is imminent. Nuclear weapon stockpiles and their potential consequences aside, in a world in which an appreciable percentage of electrical power is generated with nuclear power facilities, and such facilities are dotted around the globe, usually within a short distance of high population locations, such radiation spills/blooms crisis will undoubtedly come and go.

That's the nature of the technology, including the nuclear waste stock piles dilemma, especially when environmental events, such as earthquakes or deep seismic events (resulting in tsunamis), are factored in. That said, it seems logical that since tissue iodine levels of people are woefully deficient in the first place, the need to simply supplement one's iodine needs on a daily level (first iodine loading the body's tissues, then falling back to a decreased adequate daily maintenance level of supplementation) would be akin to hitting two birds in the bush with one stone – taking care of a daily need while at the same time preparing the body for that possible catastrophic radiation event (or incursion through food, water or the environment) since available supplies of supplemental iodine may not be adequate enough to meet a large populations emergency need for immediate iodine loading for saturating the body's tissues in the event of a crisis.

Such a crisis and concurrent shortages in the industry took place due to the March 2011 Japan earthquake/tsunami caused Fukushima Daiichi nuclear plant meltdown/explosions, when world-wide supplies of raw iodine were in short supply within 1 day of the event and many iodine supplement manufacturers were not able to meet demand. Here the old adage, "An ounce of prevention is worth more than a pound of cure," aptly applies in the case of one taking care of their tissue levels of iodine on a daily iodine supplemental basis well before they are confronted with a crisis.

Did you know that Iodine deficiency is, in fact, the leading preventable cause of mental retardation in the
Did you also know that iodine deficiency, as low tissue levels of iodine, is not only implicated as a primary causative factor in thyroid and cardiovascular problems, including cholesterol, but is being implicated in many of the most debilitating conditions affecting humanity today, including cancers and an exploding plethora of auto-immune disorders? Being a clinical & formulary herbalist does not preclude me from making some fact-based and observational conclusions and assertions concerning the issue of iodine deficiencies, especially since these observations and assertions are referenced to clinical, nutritional and extensive cadaver autopsy studies among the populations being studied, not to mention my own years as a clinical herbalist and nutritionist who has often dealt with conditions that should have resolved or seen results with a prescribed protocol but in some instances didn't.

These baffling outcomes became more prevalent over the years, setting me on a course of research, studies and inquiries. It was not until a colleague gave me a book by Mark Starr, MD that the iodine factor came into focus, especially his references to groundbreaking work on the thyroid/cardiovascular/iodine triangle of health and well-being by Broda O. Barnes, MD. In the past seven years over a dozen books written by eminent physicians, many who also refer to Dr. Barnes research and conclusions, have made their way into bookstores and libraries. The subject of deficient iodine and thyroid function are no longer fringe ideas but have become an accepted fact among a growing cadre of medical doctors and endocrine specialists.

One of the most outstanding things that has stood out in my studies of iodine deficiencies is the listed established RDA levels for optimal iodine intake that appear to not be high enough for current population needs, and in fact may be woefully insufficient. Many physicians who specialize in thyroid related endocrinology have gone on record agreeing with this assessment.

First things first however. No doubt, that where health issues are concerned iodine is a element that is both essential to health and yet if used wrongly or in the wrong form can result in serious health problems, for some even death. Of all the minerals declared essential to health and well-being and that require a daily intake, iodine, because of its extremely powerful nature (it is the most dense and heavy of the minerals in its class and most dense and heavy of the essential minerals needed for daily health), is most like the legendary Sword-of-Damocles in its consequences if iodine is misused, intentional or not.

Like the legendary sword, which only hung by a single horse's hair tied to its hilt with its tip pointed down directly above the one seated at the throne of power, so iodine is with the body. Most importantly, where general supplemental use is concerned, iodine must be in the right non-toxic form to be relatively safe, and secondly, only taken in a manner that benefits health and well-being. Where thyroid and/or cardiovascular problems exist or a person is taking medications, iodine supplementation should only be done under the direction of a qualified licensed physician. It's that simple!

The most reoccuring observation alluded to in iodine deficiency based studies is that the American (and world-wide) population is consistently showing a profound increase in health problems that can be traced back to deficient iodine/thyroid problems and low general tissue iodine levels both statistically and concurrent with when iodine added to certain foods ceased (e.g. no longer added to bakery products since the early 1980's).
These factors are bringing the current RDA levels for daily iodine intake into serious question. In fact, there is mounting evidence that current RDA levels for iodine were set too low in the first place putting the daily intake at too precarious a threshold level leading to imminent deficient daily intake, especially as society, over the ensuing years, has become more stressed that in turn shocks the endocrine system, especially the thyroid. There are numerous facts and considerations, both anecdotal and scientific, that support this premise.

First, is the history upon which the original iodine RDA levels was based. When it was established that iodine needed to be supplemented into the daily diet the next step was to ascertain what the RDA level would be for the general population. By 'general population' it is meant to imply a normal fairly healthy population, not sick or infirmed subjects. This means a study taking a cross section of a generally healthy population would be required to perform such a study.

Goiter, an enlargement of the thyroid gland caused by profoundly deficient tissue iodine levels was the catalyst for concern, since it was at epidemic levels across the America in the late 1800's/early 1900's. In the early 1900's a landmark clinical run study was initiated by government and science to ascertain the maximum safe daily intake of iodine. During the study's early phase all of the participants experienced good results from the iodine intake protocols, however, part way through the study one of the participants suddenly died of a cardio incident. This frightened the researchers who attributed her death to too high iodine intake during the study. It was an erroneous assumption as related to the 'healthy' subjects of the study. As a result of this death the study was immediately closed down and the scientist rashly set a highly subjectively and arbitrarily low RDA level for iodine, an RDA level many times lower than the researchers had originally thought would be the case and many endocrinologists, especially those specializing in thyroid issues today, have now gone on record as saying are woefully low to meet current population needs.

A thorough investigation of this study shows that it was flawed from the beginning. The woman who had died from the too high iodine intake should not have been part of the study as she had already had experienced two life threatening cardio events prior to her participating in the iodine intake study. Her being included in the study was totally counter to the study's standard that participants were supposed to be representative of a 'healthy' segment of the general population, and was not supposed to include any participants with a prior history of serious health problems, especially of a cardio-vascular nature.

Sadly, that study, so essential to health and wellbeing of the population, has never been redone according to sound scientific protocol for accurately ascertaining optimal RDA levels, and so the woefully low RDA level for iodine continues to be based on a flawed interpretation of a badly crafted and executed study, done by 'scientists' no less!

Interestingly, iodine is the heaviest of the elements required (e.g. 'essential') by the body for health and well-being. This is important from an energetics point of view as it also tells us something about the alchemical-based qualities of iodine. These alchemical-based qualities are of course meant to be approached from a metaphorical perspective, however, metaphor often has profound implications and ramifications of a direct cause-and-effect temporal nature. Such is the case with iodine's density and heaviness.
The Longterm Effects of ElectroMagnetic Radiation

We are bombarded by low levels of radiation from all directions. There are so many sources until reducing them would mean major changes in most of the things that we do daily, most without a second thought. For example, did you know that the following give off radiation emissions? Hair dryers, cell phones, power lines, transformers, clock radios. We get it from watching TV and working in offices with fluorescent lights. Basically, we are radiated at home, work and most other places we go.

Electromagnetic radiation causes tissue damage by releasing electrons in the cells, called ionization. This is bad. Your body needs electrons to function properly. Possible damages from the low level radiation over time can cause digestive problems which can cause abdominal pain, constipation, diarrhea, it can alter and mutate DNA.

Possible Outcomes of Prolonged Exposure

- Tumors
- Irritable Bowel Disease
- Damage to the intestinal mucus lining
- Colon cancer in the more sensitive colons

Cellphones and Cellular Towers

The Institute of Electrical and Electronics Engineers in 1999 met with wireless industry representatives. Despite the fact that radiation from cellular devices is demonstrated to be dangerous, they unanimously decided to raise the radiation exposure limit, for better service
was the reason. And they did this in spite of the danger to their customers, just to make money. They continue on their trajectory for profit, raising more and more towers, protecting only their interests.

Knowing that there is danger inherent in owning and operating cellular devices has not curbed the manufacture or selling strategies of cellular providers. This knowledge has not encouraged the government to stop cellular providers from raising the acceptable emissions allowances. This information hasn't even inspired a cellular provider to voluntarily include a frequency-absorbing chip to protect their customers.

Cellular Towers continue to be erected on office buildings' sides, and tops. Only monetary consideration between the buildings' owners and the cellular providers determines the feasibility. The towers harm people by emitting very high levels of the RF radiation sometimes exceeding the guidelines posted by the Federal Trade Commission. The harm is done to anyone in close proximity to the tower, certainly to the workers in the facility.

Because they know the dangers of owning and operating cellular devices, cellular providers have wrangled legislations that protect them from liability related to their products. Further, no insurance companies will pay for illnesses caused by prolonged use of cellular devices; this also protects the cellular providers. They were at one point even trying to make it necessary for customers to sign an agreement to not participate in suing them.

**Toxic Radiation Generated at Home and Work**

Many of the electronic conveniences we use can be a danger to us, because of the low level electromagnetic fields (EMF) they generate. To make matters worse, non-electronic products around the house, magnify the effects of the radiation. The wire in a bra for example can behave like an antenna. If the field created by electrical devices is strong enough, the metal frames and/or springs can be magnetized; this can disrupt your body's functions during sleep. At work, there are similar dangers: radiation sources and radiation enhancers. Certain occupations present more of a risk than others. The workers listed below have the greatest radiation exposure daily:

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<th>Occupations</th>
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Cable Splicers  to 15 mG
Distribution Substation Operators  to 34 mG
Electronics  to 34 mG
Line Workers  to 35 mG
Machinists  to 28 mG
TV Repair Workers  to 8 mG
Welders  to 96 mG

This is exactly why we carry a number of radiation protection products. Keeping these in your living environment can help protect you from any harmful effects of electromagnetic radiation that you may get. Office workers are not safe either. They have to contend with fluorescent lighting, computers and other electronic devices that people rarely, if ever, hesitate to use.

Are Microwave Ovens Safe?
Microwave ovens are now present in over 90% of American homes. They offer a fast way to prepare and reheat food, which is perfect for today's fast paced world. In fact, microwaves have become commonplace in American homes and have even replaced the conventional oven and stove-top for preparing meals.
However, there has long been concern about the safety of microwave ovens. The results of some of these studies may alarm you. As you read about some of the radiation dangers associated with microwaves, you may wonder whether microwave ovens may not be safe after all, and why they are not discouraged more by the government.

What Indications Can We Take from Medical Practices
Consider this: Pediatricians tell parents specifically not to microwave their babies' formula. It kills whatever is good in them, in effect leaving you garbage to feed your babies. You can't precisely control the heat and can burn the babies too. Do you think that other foods are safe from this? They aren't. And in another example: In hospitals, patients are given warmed blood in their transfusions. Hospitals never heat the blood in microwaves. What's the reason? The reason microwaves are disallowed is because, in both of these examples, the microwave destroys what it heats.

Microwaves don't work different ways on different substances. Whatever you put into the microwave suffers the same destructive process. Microwaves agitate the molecules to move faster and faster. This movement causes friction which denatures the original make-up of the substance. It results in destroyed vitamins, minerals, proteins and generates the new stuff called radiolytic compounds, things that are not found in nature.

Did You Know?
Russians have banned the use of microwaves due to the negative impact it had on people’s
health. A few of the effects that the Russian scientists observed included: the creation of cancer-causing agents, increased chance of cancer development, and decreased nutritional value of the food.¹

The Dangers of Microwave Radiation

Obviously, the dangers of microwave radiation are very real. These devices can cause a variety of health problems in humans. Here are just a few of the possible health effects² related to microwave ovens:

- Microwave ovens turn some minerals into cancerous agents.
- Foods from a microwave may cause tumors in the stomach or intestine. This may be an explanation for the increased rate of colon cancer in America.
- Regularly eating microwaved foods may cause an increase in cancerous cells in human blood.
- The radiation dangers involved with microwaved food may cause decreased immune system function in humans.
- There is even a mental danger to eating foods from a microwave. Regularly doing so may cause memory loss, emotional problems, and a decrease in intelligence.
- A steady diet of microwave-cooked food may cause your body to shut down its hormones production.

Microwave Radiation is a very serious concern that many people will overlook in order to maintain their toxic paces. Many people have not even heard of the threat of microwave cooking and heating. That doesn't make it any less harmful. In fact, that makes it all the more insidious because there are people in key positions who could bring these dangers to the forefront. As it happens, they don't. So, once again, we must look to ourselves to seek out the answers to make the best decisions that we can. We have the indicators that we need when you consider these: if it's not safe for infants and hospitals, the rest of us should steer clear of it too.

How To Eliminate Radiation From Microwave Ovens

- The only way to completely eliminate the radiation dangers associated with microwaves is to get rid of all of your microwave ovens and never use one again. Never eating food prepared in a microwave is a sure way to avoid and negative health effects.
- Use convection ovens to heat your meals. They offer safe heating by circulating hot air to raise the temperature of food.
- Don't dismiss the traditional methods of stovetop and oven cooking and heating. It may take longer but it's definitely worth the effort.
- When you think you need to microwave food because you're always on the go, it may be a sign that you need to slow down and put more space in your break-neck schedule. This will help to relieve some stress too.

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