

Radiation Exposure

We are all exposed to radiation every day—from microwaves, cell towers, power lines, walking through the shoplifting scanner alarms at the stores, going through x-rays at airports, computers, and many more instances, probably too numerous to name. Suffice it to say, you were exposed to radiation today.

What does radiation do to our bodies? Barring an explanation of biochemistry, the short answer is that it causes free radicals. What's wrong with free radicals? Again, I don't want to get into a biochemistry lesson, so we're going to terribly simplify and say that when free radicals are introduced to a cell they wreak havoc, either destroying the cell or damaging the DNA. The body can use free radicals to assist the immune system by pushing them into virus or bacteria cells. However, in our radiation filled world we see more and more free radicals created in our bodies every day. (A side note, free radicals can also be caused through normal digestion of food, that's why we want to eat complete foods and meals that include foods that have antioxidants, but that's for another article.)

Now we have terribly oversimplified radiation and free radicals, and we're going to continue our oversimplification with antioxidants. Antioxidants neutralize free radicals. They stop them from creating chaos. Antioxidants are abundant in fruits and vegetables that are high in Vitamin A, C, E, and selenium. We'll talk more about those sources in an article on nutrition. Today, we want to address the easiest way to protect yourself from the damage caused by the radiation you are exposed to every day. Essential oils are full of phytochemicals. Some of the more common phytochemicals include flavonoids, polyphenols, lycopene, lutein, and lignin to name a few. Phytochemicals are some of the highest sources of antioxidants and a 100% pure, EOBBDD guaranteed essential oil is stuffed full of them!

Simply using a high quality essential oil is going to help, but let's review some that will help with specific damage caused by radiation.

Cypress oil increases the production of white blood cells. This creates a healthy and strong immune system. If you have ever had or know someone who has had radiation or chemotherapy you know that their white blood cell count goes really low. Use Cypress oil to help bring those white blood cell levels back up to the proper levels.

Tea Tree oil can be applied topically (and if you have a pure essential oil used internally) to prevent damage from radiation. If you sit in front of a computer screen all day you may want to consider using Tea Tree oil on your face daily to prevent damage from radiation (nice side affect, it clears up acne and other blemishes).

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Oregano oil (true oregano, not wild marjoram) protects the cell wall membrane. This will help create a strong cell wall that will be able to block radiation from entering the cell and creating free radicals. (Note, if you are having radiation therapy or have a radiation burn, Oregano will help support the body in healing the lesions. You'll want an Oregano approved for internal use (such as a Be Young) and you take 3-5 drops in a capsule three times daily until the lesions heal, then take one drop two times daily, in a capsule, to help the body continue to repair damage.)

Lemon oil works in some of the same ways that Cypress oil does. It helps increase white blood cell production. Additionally it assists the lymphatic system. The lymphatic system is in charge of cleaning old, dead cells out of the body and cleaning up the garbage. The stronger your lymphatic system, the cleaner and healthier your body is and the more capable it is of dealing with a free radical.

Radiation has an affinity for the thyroid. The thyroid seems to have a magnetic attraction to radiation. To help keep your thyroid in tip top shape you want to look at two different essential oils: Myrtle and Myrrh. Myrtle balances the thyroid and Myrrh helps support thyroid function. These two essential oils will help protect the thyroid from radiation damage.

If you have a radiation burn (not something you would get from normal day to day radiation exposure, but I'm assuming there will be some reading this who are dealing with higher levels of radiation exposure) then take 2-3 drops each of Lavender, Frankincense, and Helichrysum, add a few drops of that mixture to some carrier oil and apply to the site of the burn. This will help soothe the pain and help the skin heal. Apply as often as needed (at least twice a day) and once the burn begins to heal if you feel the need to use the oils straight (without the carrier oil) you can.

You can also create a Protective Shield blend of essential oils. It uses the oils we have talked about in this article. Here's the recipe:

Protective Shield (note: do NOT blend out of order!!)

25 drops Tea Tree

25 drops Cypress

5 drops Oregano

20 drops Lavender

10 drops Lemon

15 drops Myrtle

10 drops Myrrh

5 drops Peppermint

Add these oils in the order listed to a glass container. You can use up to 5-6 drops in a capsule with carrier oil or apply 2-3 drops with a carrier oil topically.

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Note, only use essential oils internally if you are 100% sure they are 100% pure! If an essential oil has been adulterated or harvested from plants that were not grown in an organic or wild-crafted manner you may cause more problems by taking them internally. Be Young essential oils are EOBBB guaranteed to be 100% pure and from plants of organic or wild-crafted origin. They are the best essential oils we are aware of and we highly recommend them.

Finally, you can improve your health by making sure your diet is rich in antioxidants. Masaji is a nutrient rich, high antioxidant liquid nutritional supplement. In addition, it contains spirulina (a natural source of iodine, iodine protects your body from radiation damage) and contains marine phytoplankton which neutralizes radiation (radiation in the ocean is neutralized by marine phytoplankton). It contains antioxidant rich foods such as Macqui berry, Acai berry, Goji berry, Bilberry, Blueberry, Chokeberry, Cranberry, Red grapes, Mongosteen, Pomegranates, Olive Leaf and the essential oils of Rose, Frankincense, and Ginger Root. It has an ORAC (the scale used to measure the antioxidant capacities of a biological sample) value of 230,838 per serving! It is a live food!

Just because we live in a world filled with radiation doesn't mean that our bodies have to be filled with the damage associated with that radiation. Protect yourself and enjoy a healthy life!

To order, for class information, or if you have questions contact:

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