

Is Fish Safe To Eat?

By Nick Delgado



I am concerned about the risk of consuming sushi and the wide-scale acceptance of eating fish, salmon, or tuna beyond the recent outbreak of food poisoning from salmonella affecting 400 people in 27 states!

Fukushima, Japan now has a 12-mile (20-kilometer) zone around the plant expected to remain off limits for hundreds of years to come. The crisis displaced some 100,000 people.

My greater concern is the exposure to cancer-causing radiation particles now entering our food supply, air space, and water from Japan. The University of California at Davis has stated that radioactive buckyballs can transport uranium over long distances. These buckyballs are the size of soccer balls, formed from water used to cool the super-heated fuel damaged reactors at Fukushima. Buckyballs are loaded with cancer-causing uranium – and possibly other radioactive particles – and “able to move quickly through water without disintegrating.”

This toxic waste is expected to spread throughout the Pacific Ocean and North America over the next two years. Some feel the only safe areas will be south of the Equator, such as South America.

The recent evidence detecting radiation particles on May 30, 2012, in Bluefin tuna or other large fish that consume other smaller fish is a shocking reality. Scientists have said that small amounts of cesium-137 and cesium-134, both radioactive elements released after a major earthquake-caused tsunami damaged at least three reactors at the site along Japan’s northeastern coast in March 2011, have been found in at least 15 tuna that were recently caught off the coast of San Diego, California. The levels of radioactive cesium were 10-times higher than the amount measured in tuna off the California coast in previous years.

Bluefin tuna only spawn in the Western Pacific, off the coasts of the Philippines and Japan. The researchers believe that the elevated radioactive isotopes came from Fukushima because of the way the tuna migrate across the Pacific Ocean. As young fish, some of them tend to migrate 6,000 miles to the California coast, and then remain there to feed and grow.

Most of the radiation from the damaged plant was released for only a few days in April 2011. Unlike some other compounds, radioactive cesium doesn’t sink quickly but instead remains spread out from the ocean’s surface to the seafloor. Researchers have said fish that swim

through it ingest cesium as the contaminated sea water flows through their gills, or by eating contaminated organisms.

Radiation particles from Fukushima are a long-term health risk for anyone consuming fish, milk, meat, cheese or eggs since those foods retain chemicals of radiation, mercury, and other heavy metals that concentrate in fat, especially in salmon, which is over 75% fat. Consuming fatty fish or animal products will concentrate in human body fat 1000×1000 , or one million concentrations.

Scientists are refusing to comment on the safe levels of radiation particles because there is no safe level. It only takes one particle to lodge in the body, lungs, or thyroid to trigger a cancerous tumor. These tumors may not show up for 5 to 20 years.

Eat Low on the Food Chain

Remember to eat low on the food chain – plant foods such as tubers, yams, beans, brown rice, fruits and vegetables, preferably those organic grown in hydroponic tents at home or on organic farms are the only food supply considered safe from radiation particles. Choose food from plants free of possible exposure. If that is not possible, then be sure to wash vegetables thoroughly and remove the outer leaves or peel the outer skin where particles are most likely to be found.

Radiation itself cannot be washed off, because it is not a “thing” that persists. It’s an electromagnetic wave, or an alpha particle that either passes through you or collides with something and is absorbed. There are 3 types of radiation: Alpha, which is the size of a helium nucleus; Beta, which is the size of an electron; and Gamma rays. The first two *particles* can be washed off. The alpha cannot penetrate paper, but would hurt you if ingested. Beta can burn the skin but cannot go through aluminum foil. Gamma is stopped by lead or six feet of concrete. Gamma cannot be washed off because it is energy. Also, materials that have been made radioactive can be washed off due to their “sand like” nature.

Use HEPA Filters

The jet air stream is now dumping radiation onto the California coast, Idaho, Colorado, and Oregon. The HEPA filters’ collection dust in Santa Monica has been found to have alarming levels of radiation particles. This is why all of us need to use HEPA air filters. There are radiation detectors other than Geiger counters that anyone can purchase, but these cost more than \$5,000.

Some of the symptoms of overexposure to radiation are heart palpitations, diminishing hearing ability, headaches, sleep disturbance, thinning hair, skin eruptions, chronic fatigue, endocrine problems, short-term memory difficulties, sleep disturbance, chronic fatigue, frequent infections, reproductive issues, and reduced cognitive ability and information processing difficulties. These are symptoms from being exposed to radiation in high doses close to the site of a nuclear reactor.

The greater danger is exposures from tiny particles that you cannot see, taste, or smell. Unfortunately, most people will never even find out they have been exposed to these tiny radiation particles that collect in the gills of fish or that are sprinkled down from the air stream directly onto our food supply. The development of tumors and cancer is one big indication that something is radically wrong, and that you may have been exposed to air, food, or water with radiation particle poisoning.

Barbara Minton, a breast cancer survivor familiar with the disaster in Chernobyl 23 years ago, is now saying that cell phones are a problem, yet of greater concern is our modern-day Fukushima meltdown.

Detoxify

To detoxify the body:

1. Eat a diet high in apples, citrus fruits, and cruciferous vegetables, with liberal use of fresh rosemary. These have been scientifically shown to be effective. Supplements of rosemary extract containing carnosic and rosmarinic acids are widely available.

2. DIM is one of the most potent compounds in cruciferous vegetables. Wasabi and Broccoli sprouts are the best source of sulforaphane, another highly potent compound in cruciferous vegetables. Wasabi is an even better source of protection.

3. Mixing a pitcher of fresh vegetable juice mixed with vegetables rich in DIM and I3C from broccoli, yams, beets, carrots, bok choy, Napa cabbage, or other protective cruciferous vegetables 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. Adding a small slice of fresh ginger will give the juice an appealing flavor. Use only organic or fresh, locally grown vegetables.

4. 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.

5. Nitric oxide is a powerful antioxidant and anti-inflammatory and possibly the best free-radical scavenger to fight the effects of cancer or other serious causes of tissue breakdown. To optimize nitric oxide levels take supplements rich in plant nitrates (Kale, Beets, Swiss chard, Arugula, L-Citrulline, and Pomegranate fruit). Juicing these same plants rich in nitrates as well as consuming them in salads will allow the conversion in the mouth from saliva to become nitric oxide. We use supplements concentrated in plant nitrates for the best results. High levels of circulating nitric oxide will detoxify the body, improve the immune system by loading white blood cells with powerful anti-bacterial, anti-viral properties, and improve circulation for better heart function and sexual responsiveness (i.e., better erections).

6. Testosterone levels must also be restored back to youthful levels for men and women past the age of 35 by using supplemental herbs such as avena sativa, nettles, and long jack. Testosterone works great with nitric oxide to strengthen the body.

7. N-Acetyl-Cysteine (NAC) is the most powerful, short-term quencher of ionizing radiation for infants, toddlers, and children weighing less than 50 lbs.; 50mg to 100mg daily may be used in juice, as long as no sensitivity to NAC arises (i.e., light skin rashes).

Adults may use 500 mg of NAC a day for protection from toxic metals and other poisons. In this manner, NAC may be used daily on an indefinite basis, as it is a harmless amino acid our bodies will use to establish antioxidant defenses and aid the immune system. It is also an adequate remover (i.e., chelator – from the Greek, which means that which “grabs onto or claws into”) of toxic metals from the body, such as radioactive cobalt and directly and indirectly uranium 44, 45, 46.

8. Baking soda can be used in small amounts (1/4 tsp. mixed in water) with great effectiveness.

9. Iodine, kelp, and seaweeds (tested to be free of radiation particles) will protect the sensitive thyroid glands, ovaries, and prostate.

10. Chlorella and blue green algae provide over 20 super neutralizers of radioactive poisons. Their high fiber will also be one of the most effective detoxifier as it will stimulate the colon and soak up toxins too numerous to list.

11. Food-grade Zeolite or diatomaceous earth (DE). Probiotics also help reduce Strontium-90.

12. Anti-Aging doctors can offer nutritional IV (Intravenous) use of 5% baking soda, glutathione (2 grams), reduced CoQ10 (300 mg), Sodium Ascorbate (10 g), NAC (5 g), and elemental selenium (1 mg) as sodium selenite. These treatments can be done in three visits in one week to help any detox plan.

13. We must consume over 30 to 60 grams of fiber a day to detoxify heavy metals and potential radiation particles. We use a special blend of 52 whole super foods.

14. We see these sad pictures of the Japanese in Fukushima still living in their home because they refuse to accept the reality of the continued high risk of exposure to radiation particles. This risk is now as great in the USA. If you are set on remaining to live in the USA, then be sure to include the following steps: Use water filters with advanced reverse osmosis, which is most likely to remove radioactive particles. Acquire HEPA air filters for every large room of your living space. As a last resort, spend more time south of the Equator where these radiation particles are the least likely to be present or even move to South America.

15. Animals such as fish, chicken, beef, and pork consume crops loaded with potential toxic radioactive particles that concentrate in their body fat 1,000 times. Bio-magnification occurs when you consume such meat and fat, which will concentrate in your own body 1,000 times 1,000, or one million concentrations. That is why it is best to select plant foods low on the food chain rather than animal products. The fatty products such as cheese, milk, and butter have the most concentrates of heavy metals and potential radiation particles.

16. Our air (particularly on rainy or foggy days) is contaminated with hot radioactive particles sprinkling onto our crops. It is best to consume foods grown hydroponically since the tent greenhouse covering the plants will protect the crops from harmful particles. Virtually any plant grown in soil can be grown using such methods. Tomatoes and other vegetables actually will taste better and can be grown to the point of proper ripeness, free of GMO or pesticides, 100% organic!

Although hydroponics dates to A.D. 1 during the reign of Roman emperor Tiberius, the technology lapsed for centuries until it was revived during the 17th century in Europe. Interest in large-scale, American hydroponic production began around 1925. Growing one's own garden in a greenhouse with complete pre-assembled kits is now available in sizes 7 × 4 to 15 × 32. Find out how you can build your own greenhouse. You can start simple by learning how to sprout seeds and vegetables. Consume them fresh every day.

By following all of these steps, it is likely that you can build up your body's defenses to avoid becoming one of the likely millions of new cancer cases resulting from the worst disaster in nuclear history and the resulting Japanese nuclear waste that is pouring into our oceans, air, and food supply.

Nick Delgado, PhD., has trained thousands of medical doctors about oxidative stress, free-radical damage from toxins, radiation particles, and cellular aging using high-powered microscope and lipid analyzers. He is a major contributing author to *Anti-Aging Clinical Protocols* published by A4M. Dr. Delgado competed in strength-endurance world championships in dumbbell lifts, leading Team USA to first in the London Event-Dragon Challenge. Nick Delgado is a Diplomat of the American Academy of Anti-Aging Medicine and moderates the largest Anti-Aging Human Performance blog for doctors and scientists around the World at www.worldhealth.net. Dr. Delgado is a graduate of the University of Southern California, with studies at Rancho Los

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