

miso is a dark miso, is saltier, considered more suitable for winter time and more nourishing for the Kidney energy, according to Chinese medicine. It is great to make some red miso in fall and winter to ward off a cold, with the addition of some scallions. White miso is less salty, with a sweetness to it, more suitable for spring and summer and more nourishing for the Spleen/Stomach energies.

### *SEAWEED*

Seaweed is high in alginates, which helps to pull out radiation from the body. They are also an excellent source of minerals, which support efficient metabolic function and good immune function. Seaweed are simple to include in your diet.

For an easy way to use seaweed, cut some dried Nori or Dulse into small pieces and add directly into hot soup or onto your cooked vegetables or salads. They can be bought as granules or you can grind them yourself to be sprinkled onto fish, fish salad or egg salad sandwiches and as a food seasoning.

Seaweed such as Hijiki, Arame and Wakame need to be rinsed to remove excess salt, soaked to soften them and then cooked in with your soup, rice or stir fry.

### *ALOE VERA GEL*

1 ounce of Aloe Vera Gel can be taken internally per day before, during and after radiation or daily for several weeks at a time. It also is high in alginates and compounds that help to clear radiation from the body and aloe gel also helps heal and soothe the body, clearing the heat generated by radiation. I prefer the Gel form over the juice form because I feel it has better medicinal qualities. Mix 1 ounce of the Gel in with some concord grape juice or cherry juice and drink daily.

A brand of Aloe I recommend is Lily of the Desert Organic Aloe Gel.

### *EXTERNALLY*

Many people experience mild to severe burns in the radiation area.

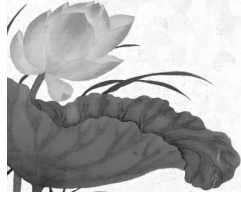
You can apply Aloe Vera Gel externally to the affected areas. I find the store bought variety seems to work better than home grown.

If this does not seem to give enough relief you can try one of the following:

- 1) Arnica Ginger Gel by New Chapter – this is a soothing herbal liquid
- 2) Calendula Oil by itself
- 3) Calendula Oil with a few drops of Lavender Essential Oil

Calendula Oil has a long history of being used for burns of all kinds. It is very soothing, healing and even antiseptic to the skin. Lavender Essential oil is also used to soothe burns.

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## HELPFUL FOODS & COMPOUNDS FOR SELF-CARE DURING RADIATION TREATMENT

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Radiation is a very strong treatment that can be helpful and even essential in certain situations, such as when a tumor is growing quickly and pressing on nerves, tissues or a vital organ. In such cases, radiation can very quickly shrink the tumor to help buy time for chemotherapy to do its work and thus help save lives. At the same time radiation is killing tumor tissue it is also very damaging to normal tissues and organ systems in the body. In Chinese medicine we know it creates a lot of heat and depletes the Yin (and fluids) of the body. In Western terms, we know radiation creates a lot of oxidative stress and that its effects last for a long time in the body – even years. Studies show that years after radiation, people experience health effects.

Your protocol will be adjusted and tailored to include natural compounds that will help your system get the best effects from the radiation in dealing with cancer and to protect your healthy cells and well-being both short- long-term from the known harmful side-effects of radiation. Nothing we recommend will interfere with or lessen the effects of radiation. Our modalities work complementarily along with the Western medical procedures. Compounds such as N-Acetyl Cysteine, Reishi mushrooms and others are very supportive and protective for this purpose.

In addition to the compounds on your protocol, this paper discusses some simple foods you can include in your daily diet to help your body deal with the stress of radiation and support your overall health. Miso soup, seaweed and aloe vera gel are all high in protective, beneficial constituents.

### *MISO SOUP*

When Hiroshima and Nagasaki were bombed with nuclear weapons in WW II, a follow-up study was done on the health of the Japanese people. The fact that many did not have as serious health repercussions as expected was attributed to the regular inclusion of miso soup and seaweed in their diet.

Miso is a fermented soy product which has many health benefits. Because it is a live food containing beneficial bacteria, miso should never be cooked. Prepare your soup or hot water. Put a small amount of the soup or hot water into a soup bowl. Stir in 1 tablespoon or more (according to taste) of miso to dissolve. Fill the rest of your bowl with liquid.

There are many flavors of miso, but basically there are 2 types: red and white. Red