



Fukushima Meltdown & Modern Radiation: Protecting Ourselves and Our Future Generations

Dr. John W. Apsley II

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Not long ago, the U.S. Public Health Service revealed that only one point five percent (1.5%) of all Americans were healthy. So it is no wonder Americans rank 31st in the world for life expectancy, suffer the 7th highest cancer rate among all countries, and rank behind no less than 40 countries that have lower infant mortality rates. This begs the question: Why? Prior to 1952, the mortality rate from all sources was dramatically declining. After 1952 this dramatic decline lost its steam. In fact, in some years, startling mortality escalations (especially for the 25 to 44 age group) occurred despite unprecedented advances in U.S. healthcare. So, what happened? Well, to be pithy, in 1952 radioactive fallout was unleashed in earnest. We now know that deficiencies and toxins in our food supply and environment are at fault. The National Cancer Institute has determined that 80% of our cancers arise from the air we breathe, the food we eat and the water we drink. Regardless of the toxin or disease, tiny amounts of absorbed radioactive particles greatly amplify their toll on the human body. As far back as the 1960's, no less than three Nobel Prize winners warned us as about the consequences of man-made radiation. But we did not listen. The National Research Council's 2006 BEIR VII Report tells us point blank that there is no safe level of radiation exposure. Instead we keep buying into the hype and promise of cheap, clean, limitless electrical nuclear power. But the reality has always been net higher costs well hidden from the public view. The nuclear power conversation rarely includes the lost quality of life and healthcare costs associated with radioactive exposures inherent to running the technology. Radioactive fallout now abounds in the food chain of the Northern Hemisphere. The health threat is greatest to those living near nuclear power plants as well as those exposed to fallout from nuclear accidents. No one who lives in the path of radioactive fallout is spared the direst transgenerational health consequences. In stark contrast to this picture are the typically lower mortality rates in developed countries that decided to forego nuclear power entirely. In *Fukushima Meltdown & Modern Radiation: Protecting Ourselves and Future Generations*, Dr. Apsley provides an easy and clear synopsis covering the most critical historical issues arising from man-made radiation crises. In a nut shell, ionizing radiation rapidly melts away our immunity and genetic integrity. Like an insatiable immortal fox forever positioned to pounce toxic radioactive particles linger in the environment for centuries and even millennia. Obviously normal healing mechanisms will not spare the human race from this perennial scourge. Prevention from future exposure is essential, but by itself will not be enough. What we need most are cutting edge techniques that effectively and rapidly regenerate our tissues. From his over 30 years of experience in the field of regenerative medicine, Dr. Apsley lays out precise step-by-step individualized nutritional methods to accomplish regeneration. For example, his method incorporates fast and easy-to-make delicious smoothies. He also includes many other enjoyable menu selections designed to induce regenerative healing. Both Dr. Apsley's insights on the nature of the radiation threat and his approach to solving the resulting damage are supported with the book's approximately 460 peer-reviewed citations and approximately 85 authoritative references.

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