

# FUKUSHIMA NUCLEAR DISASTER - THE FACTS

**This is Today:** 3 core meltdowns led to explosions at reactors 1 through 4. TEPCO (owners) can't locate the molten cores with humans or robots, radiation is too high. The reactors are releasing 10,000,000 becquerels per hour, 24/7 (1 becquerel = 1 radioactive decay per second). Spent fuel pool no. 4 caught fire, containing 518,760 lbs. of uranium and 5,240 lbs. of plutonium. SFP3 also caught fire, Power was lost three times to spent fuel cooling systems in the last month, once due to a mouse in the electrical control panel, which has been stored outdoors on a flatbed truck since 3-18-2011. Tepco runs out of storage for contaminated water (400 tons per day) in two years; there's already a shortage of workers now, with 40+ years to go. Large areas of Japan contaminated, Hawaii and US west coast also affected.

**Public Health:** Over 47 quadrillion becquerels of radioactive cesium-137 has leaked to the Pacific ocean; perhaps another 15 quadrillion becquerels has so far been released into the jetstream (quadrillion = 1,000 trillion becquerels). Example: If one drinks 1 liter of milk (33.4 oz.) containing 100 becquerels, there will be 100 radioactive decays per second taking place in one's body, each one capable of damaging DNA. Since the Fukushima accident, the EPA revised the allowable limits for radiation in food; now it's 1221 bq/L of Cesium in milk; 12x the limit in Japan; see the petition to lower U.S. limits on our website.

Inform yourself and stay in touch. Visit our site: <http://fukushimaresponsebayarea.org>

Our Facebook page is updated daily: <https://www.facebook.com/FukushimaResponseBayArea>

More news: [ENNews.com](http://ENNews.com), [Fukushima-Diary.com](http://Fukushima-Diary.com), [SimplyInfo.com](http://SimplyInfo.com), [Enformable.com](http://Enformable.com) among others.

This is a wide-ranging crisis that will affect every aspect of our lives. We're here to help.

## Protect Yourself from Fukushima Radiation

**In Case Of A Radiation Plume:** A "plume" is a mass of airborne radiation that travels in the jetstream about 5 miles above the earth. Rain will wash lots of the radioactive particulate (some as small as 5 microns in diameter) down to ground level, dispersing it freely in the the lower atmosphere. You can stay current with [RadiationNetwork.org](http://RadiationNetwork.org) or [SafeCast.org](http://SafeCast.org) maps, as they show the level of radiation in real time. If levels rise over 100 CPM or 1 microSeivert ( $\mu\text{Sv}$ ) per hour, stay indoors and seal drafts. If you must go out, avoid rain, and avoid inhaling particulates by wearing a dust mask. Wash hands/face upon entering your destination. Leave all wet gear outside or in a plastic bag or washing machine, and shoes at the door. Use a HEPA air filter for particulates inside your home. Avoid places where rainwater collects, as radiation concentrates there.

**Supplementation and Diet:** Potassium Iodide protects your thyroid from Iodine-131 by keeping it saturated. Vitamins C, D3, E, and the EFAs are antioxidants, and B complex is helpful. EDTA was used by the US Army to chelate radiation from soldiers after atom bomb tests. Bentonite and Zeolite are clays that absorb and remove radioactivity, Boron also, but use with caution. Hawthorn, Rosemary, potassium, fruit pectin (white part of grapefruit/orange); flaxseed, olive and coconut oils all help protect you. Cesium is water-soluble; rinse, wash, par-boil, or peel vegetables and fruit. Sourcing your food and supplements will be more important as radioisotopes accumulate. Eat only mushrooms grown indoors; avoid Pacific seafood and sea vegetables. Foods that concentrate cesium: sunflower seeds and oil, tea. Foods that hold fallout: leafy vegetables, broccoli, cauliflower, berries. Foods higher on the chain concentrate radiation, such as dairy, and meat; in decreasing order of concentration: Chicken>Beef>Lamb>Pork. A lot was learned from Chernobyl; go to <http://fukushimaresponsebayarea.org/> follow the links to learn more, and make informed decisions.

**Disclaimer:** We are not Physicians and this information does not constitute medical advice.