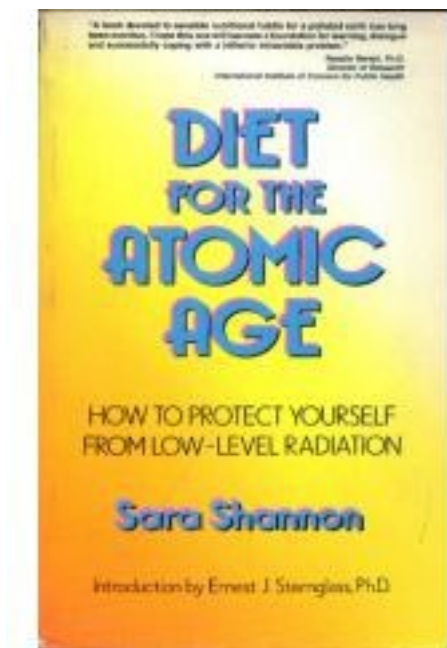


Diet for the Atomic Age



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Low-level radiation is all around us. It is a by-product of industrial waste and high tech living. It rises from the ground in the form of radon. It is released into the atmosphere as radioactive gases. It is emitted from television and computer screens, fire and burglar alarms, x-ray machines, microwave ovens, radar devices, power lines, and a host of other technological innovations. The amount of exposure we all face each day to this type

of radiation continues to grow, unchecked and unheralded.

Diet for the Atomic Age is the first book to examine this crucial problem, and to offer a rational course of action that any individual can follow. Based upon years of exhaustive research, the author has gathered together medical and scientific data that clearly show that certain foods and food supplements have protective propertiesBproperties that can safeguard you and your family from this insidious threat. The author presents the theories as to how and why these foods and food supplements stave off the effects of radiation, and suggests recipes that maximize their protective powers.

作者介绍:

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