

THE BAY AREA'S MAGAZINE FOR CONSCIOUS COMMUNITY SINCE 1974

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APRIL 2011 | FREE

The Green Issue

OUR SACRED EARTH

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+

SF EARTH DAY
ECOCITIES
GREEN PARENTING
WIRELESS RADIATION
CAMPUS ENVIRONMENTALISM

on our radar » radiation

Medicinal Mushrooms

Natural Radiation Immunizers

BY MELISSA JOSUE

The earthquake in Japan last month that triggered a radiation leak at the Fukushima Dai-ichi nuclear plant has increased awareness of the lasting environmental consequences of radioactive pollution. Experts say that there's no need for people in the U.S. to reach for potassium iodide; it's only for acute radiation exposure. But people are still asking how they can protect themselves.

While not a substitute for potassium iodide, research has shown that medicinal mushrooms can protect tissues from radiation-related oxidative stress. A recent clinical study by the National Institutes of Health showed that mushrooms were effective in helping the immune system attack tumor-forming cancers, and in a different study, Reishi and Cordyceps mushrooms repaired cellular damage from radiation by reducing radiation lesions in DNA by almost 90 percent.



While scientists assure us that the radioactive isotopes from Japan that have reached the western U.S. are far below levels that could pose any health risks, our immune systems are still challenged by the day-to-day toxins in the environment, from urban pollution to industrial chemicals.

Medicinal mushrooms. Great on your stir-fry and armor for your cells? Thank Mother Nature for this tasty pharmacy in a fungus. 🍄

Melissa Josue is a SF-based freelance journalist who has written for both online and print publications. MelissaJosue.com



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