



Avoiding the Radiation Dangers of Cardiac CAT Scans

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By Michael Ozner, MD



When cardiac CAT scans are used during an emergency situation, they can provide critical diagnostic information about coronary blood flow that can help save a patient's life. This is the moment in which this technology shines.

Unfortunately, these machines produce an astounding amount of radiation exposure for the patient, often the equivalent of up to 750 chest X-rays. The problem is that too many health care professionals casually recommend these scans to patients who are asymptomatic and who just want to know what's going on inside their bodies. The radiation exposure from these tests can often lead to DNA breaks that may foster the initiation of cancer.

The medical profession may thus be on the verge of creating a dramatic increase in the number of cancer cases due to excess use of diagnostic tests that expose the patient to dangerously high levels of radiation. In fact, some of these tests expose the patient to more radiation than experienced by Japanese survivors of the atomic bomb blasts at Hiroshima and Nagasaki.¹

COMPARISON OF RADIATION DOSES

Procedure	Typical Effective Dose (mSv)	No. of chest X-rays for equivalent effective dose	Time for equivalent effective dose from natural background radiation
Chest X-ray	0.02	1	2.4 days
CAT head	2.0	100	243 days
CAT abdomen	10.0	500	3.3 years
Coronary angiogram	3.4	170	1.1 years
64-slice CAT (male)	15.2	760	5.1 years
64-slice CAT (female)	21.4	1070	7.1 years

Table 1: Radiation doses from diagnostic imaging procedures.^{2,16}

Dr. Michael Ozner practices preventive cardiology in Miami, FL. He is the author of *The Miami Mediterranean Diet* (2008, Benbella Books).

In the above article Dr. Ozner really sheds some light on the dangers of radiation from cat scans. He gives details on how they can cause damage to the cells of the body, when they are necessary and when they should be avoided. For those of you who would like to read the details please go to the following link for the whole article:

[Dangers of Cat Scans](#)

One area that he does not cover in his article is how we can naturally protect ourselves from excessive radiation and counter the effects. There are some herbs and supplements that can do exactly that, but first, let's get a better understanding of the damage that is caused.

Radiation causes large numbers of free radicals to be produced in the body at one time. This amount is more than the body is typically able to deal with. Free radicals damage the cells and accelerate aging; this is normally done over a period of years. With a CAT scan of the abdomen you are suddenly bombarded with the equivalent of 3 years of free radical damage at one time! This means that any disease or symptom that is brought on by aging could be initiated by the large amounts of free radicals being produced. It would not be unusual if you noticed your skin texture changing, wrinkles forming or graying of your hair at a high rate in the months following the CAT scan. The damage caused by free radicals is even more dangerous because it results in oxidative damages including DNA mutations, protein dysfunction, and destruction of membrane and other cell structures. These oxidative damages increase the risk of age-related diseases such as cancer, cardiovascular diseases, immune system declines, brain dysfunction, and cataracts. Free radicals disrupt all levels of cell function. This is why free radical damage is thought to be such a basic mechanism of tissue injury. It damages us at the cellular level.

- CAT scans cause high numbers of free radicals to be produced after you have been exposed to one, you need to protect the body by taking more antioxidants. Antioxidants control free radical molecules and mend damage. They mop up the free radicals by giving off an electron and neutralize the free radical instantly.
- CAT scans often use contrast and other material composed of various heavy metals in the dyes injected prior to the CAT scan. Heavy metals in your body multiply free radical chain reactions several thousand, possibly several million times. When a free radical molecule hits a metal atom in your body, the effect is multiplied. The most critical thing to realize is that heavy metals NEVER leave the body on their own; they need a ride out. The accumulation of heavy metals in the tissues can result in a multitude of health problems.
- Some people can get an allergic reaction from the dyes used in the CAT scan. Be aware of this if rashes, itching or hives develop.

Program to counter the effects of radiation

Eleuthero Herb commonly named Siberian Ginseng. This herb helps to counteract fatigue and increase endurance. It helps the body adapt to and recover from long-term stress, strengthens the immune system and helps the body recover from long-term illness. Eleuthero has been extensively analyzed by many researchers in Russia since the 1950s. After the Chernobyl accident, many Russian and Ukrainian citizens were given eleuthero to counteract the effects of radiation. Since then, research has shown it helps the body recover from and protects against the negative effects of radiation.

[Take 2 capsules twice daily just before and after radiation exposure \(through 1-2 bottles\). Stock # 660-9](#)

Heavy Metal Detox provides nutrients, herbs and minerals needed by the body to remove heavy metals. Take 2 per day through one bottle. Make sure you drink plenty of water and are having good bowel elimination daily.

Use Antioxidants to neutralize free radicals and reverse free radical damage.

Thai-Go delivers a punch of antioxidant potential with a very high ORAC value (Oxygen Radical Absorbance Capacity) of 51,939 per bottle! NSP carefully researched ingredients high in antioxidant activity and selected only the best for this formula. In a study conducted by an independent laboratory, Thai-Go clearly outperformed other leading competitors in ORAC capacity (a measure of a product's antioxidant strength). Compare this to the competitor's products: MonaVie at 23, 323, and Xango at 24,480

For maximum free radical protection and destruction following your CAT scan, take 2 ounces twice daily through the first bottle then 1 oz. twice daily through the second bottle. Keep refrigerated. (#4095-1)

Grapine is an optimal blend of the powerful antioxidant proanthocyanidins derived from grape seeds and maritime pine bark. They are among the most powerful antioxidants found in nature. They have the unique ability to pass through the blood-brain barrier to protect vital brain and nerve tissue from oxidative damage. This is very important as much of free radical damage effects brain cells. Take 1 tablet for every 60 lbs. of body weight per day (through one bottle), example: 120 lb. person equals 2 Grapine tablets per day. (#1699-3)

Defense Maintenance formulation contains many antioxidants, beneficial cruciferous vegetable powders and extra vitamins and minerals to support immune functions and protect against free radicals. This formula contains the antioxidants A, C, E, Zinc and selenium. Although these types of antioxidants can be found in your multiple vitamin and mineral, the high free radical production following the CAT Scan would require additional support. Take 2 capsules twice daily through one bottle. (#1654-5)

Omega 3 Oils Radiation destroys and depletes essential fatty acids so make sure you are taking 2-4 omega 3 fish oils or flaxseed oil for the month following the CAT scan.

Dr. Ozner concludes his article by, "While CAT scans can be appropriate and helpful for diagnosing symptomatic patients, their inappropriate overuse may be setting the stage for an epidemic of radiation-induced cancer. Contrary to media hype and aggressive marketing, CAT scans are not useful for screening healthy patients, and may actually do more harm than good by exposing individuals to dangerous radiation. All patients and physicians must diligently monitor radiation exposure, using techniques that produce radiation exposure only when medically necessary. Those seeking to ensure a healthy future are best served through practicing a healthy lifestyle and regular check-ups.

Your health is your responsibility; educate yourself, and take charge of it!!

Health and wellness to you and yours,

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