



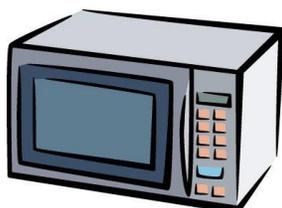
Topic of the Month – **Radiation**

Radiation in Daily Life

Cell phones emit radiofrequency energy (radio waves), a form of non-ionizing radiation. Tissues nearest to where the phone is held can absorb this energy. The number of cell phone users and the amount of time spent on cell phones have increased rapidly. Although there have been some concerns that radiofrequency energy from cell phones held closely to the head may affect the brain and other tissues, to date there is no evidence from studies of cells, animals, or humans that radiofrequency energy can cause cancer.



Microwaves are also all around us. They are used to detect speeding cars, to send telephone and television communications, and to treat muscle soreness. Industry uses microwaves to dry and cure plywood, to cure rubber and resins, to raise bread and doughnuts, and to cook potato chips. But the most common consumer use of microwave energy is in microwaves. Microwaves cause water molecules in food to vibrate, producing heat that cooks the food. Contrary to popular belief, the microwave energy is changed to heat as it is absorbed by food, and does not make food "radioactive" or "contaminated."



X-rays may be produced in a TV containing a cathode ray tube (CRT). Since many of the components in television sets operate at thousands of volts, there is the potential for x-ray generation. These components may produce x-rays capable of escaping from the television receiver or CRT. Though this is true, scientists have not identified specific health effects resulting from exposure to extremely low doses of low-level radiation over prolonged periods of time.



<http://www.cancer.gov/cancertopics/factsheet/Risk/cellphones>

<http://www.fda.gov/radiation-emittingproducts/resourcesforyourradiationemittingproducts/ucm252762.htm>

<http://www.fda.gov/Radiation-EmittingProducts/ResourcesforYouRadiationEmittingProducts/ucm252764.htm>

Factors that Affect Radiation

- **Time:** The amount of radiation exposure increases and decreases with the time people spend near the source of radiation.
- **Distance:** The farther away people are from a radiation source, the less their exposure.
- **Shielding:** The greater the shielding around a radiation source, the smaller the exposure.
- **Type:** The type of radiation may be less or more harmful depending on the frequency of the wave



http://www.epa.gov/radiation/understand/protection_basics.html

Natural Ways to Reduce Radiation Load

- Introduce more chlorophyll-rich foods into your diet, such as seaweed, kelp, blue-green algae, spirulina, and chlorella. These plants contain rich minerals, including iodine
- Eat antioxidant-rich foods of every color, especially cherries, blueberries, pomegranates, yams, and sweet potatoes. The variety of antioxidants found in these foods help your body to mop up toxins.
- Drink six to eight 8-ounce glasses of filtered water every day to flush and hydrate your system.
- Consider taking vitamin C, E, and D to assist antioxidant actions within your body.
- Herbs like dandelion, peppermint, and chrysanthemum help the body detoxify.



http://www.huffingtonpost.com/dr-maoshing-ni/radiation-protection-_b_840246.html

"Food Goal" This Month

Eat plenty of leafy greens and make sure you get your daily dose of vitamins!

"Health Quiz" of the Month

- How many serves of fruit do you usually eat in a day, including fresh, canned and dried fruit?
 - none
 - one
 - two or more
- How many serves of salad and vegetables do you usually eat in a day, including raw and cooked vegetables?
 - none
 - between one and three
 - four or more
- How much moderate (breathing quicker than normal) or vigorous (huffing and puffing) exercise do you usually do in a day?
 - 0 - 30 minutes
 - 30 - 60 minutes
 - 60 minutes or more
- How much time do you usually spend watching TV, playing computer games, reading or doing homework?
 - more than two hours a day
 - between one and two hours a day
 - no more than one hour a day

If you answered mostly C's, well done! You have a balanced diet full of nutrients.

But, if you answered mostly A's and B's, you should eat more healthy foods and exercise more.

<http://www.healthykids.nsw.gov.au/kids-teens/kids-activities/healthy-kids-quiz.aspx>

"Move" of the Month

Weightlifting

Lifting weights, also commonly referred to as resistance or strength training, is a method of conditioning which safely and effectively stimulates physical changes within the body. Lifting weights involves the use of external resistance to progressively increase your ability to exert of resist force; which, in turn, promotes the growth of strong, healthy bones and muscles. If you do start lifting, make sure that you do not push yourself past your limits. Weightlifting can be dangerous if you lift too heavy or with improper technique. Make sure you have a trainer or a more experienced lifter to help guide you through the process.

<http://www.livestrong.com/article/114213-lifting-weights-good/>



Upcoming Newsletter

- ✓ Next newsletter will focus on **Minerals**

Fun Facts

Mobile Technology

As of January 2014:

- 90% of American adults have a cell phone
- 58% of American adults have a smartphone
- 32% of American adults own an e-reader
- 42% of American adults own a tablet computer



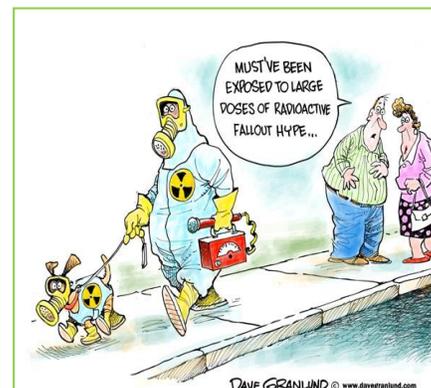
<http://www.pewinternet.org/fact-sheets/mobile-technology-fact-sheet/>

Radioactive People?

Even while sleeping next to someone, you are being exposed to radiation. Exposure comes from the naturally radioactive potassium in the other person's body. This radiation is very minimal and will have no effect on your body.



<http://www.pbs.org/wgbh/pages/frontline/shows/reaction/interact/facts.html>



<http://www.davegranlund.com/cartoons/wp-content/uploads/color-fallout-fears.jpg>