

Yogic Ways to Counter Radiation

The radiation from the Chernobyl nuclear accident in 1986 blew across Germany and Western Europe. At that time, Yogi Bhan had the sangat drink a special juice combination, one glass a day.

- 1/3 pineapple
- 1/3 apple
- 1/3 tomato

Foods that are considered by some experts to be helpful in clearing the effects of radiation from the body include those that are high in iodine such as miso, seaweed and kelp

As much as possible, eat food that had been harvested BEFORE THE RADIATION spread

1. Rice
2. Beans
3. Powdered milk (to make yogurt with – for protein)
4. Alfalfa and other seeds sprouted, as a source of protein
5. Root vegetables such as carrots, potatoes, beets, that had already been harvested before the radiation spread. Root vegetables store well.

At the Guru Ram Das Center for Medicine & Humanology, we recommend the following recipe by Yogi Bhan given to people with cancer undergoing radiation treatments. It benefits the epithelial cells and surrounding tissue of areas affected by radiation.

Place 2 to 3 cups of water in large saucepan. Bring to a boil. Stir in 1 cup raw turmeric powder and mix well. Return to boil and stir often until mixture turns color and releases fragrant turmeric aroma, about 3 to 5 minutes. Add water too reach desired consistency. Let cool and store in glass jar.

Each morning mix 1 to 2 tablespoons of turmeric paste in orange juice. When preparing meals, add turmeric paste to stir fry, sautéed onions, ginger and garlic or salad dressing. Adding turmeric to your diet can loosen stools. Adjust the amount you take to keep stools formed.