

# For your Health and Wellness!



## Watch out for irradiated food!

Watch for the "RADURA" the benign looking little flower that indicates radiation exposure.

Believe it or not, dried herbs, seasonings and spices, meats, potatoes and eggs are approved by the FDA to be irradiated. They describe radiation as an important safety tool in fighting foodborne illnesses. This of course is a way to mask filthy conditions in slaughterhouses and food processing plants. The FDA supports the use of COBOLT- 60 gotten from nuclear reactors. The level of gamma radiation starts at one kiloGray equivalent to almost 17 million chest x-rays and goes up to 30 kiloGray's equivalent to one half billion chest x-rays or 10,000 times the lethal human dose. Sound delicious?

Irradiation destroys much of the vitamin content of food, produces a number of toxic byproducts: formaldehyde, benzene, and formic acid as well as unique radiolytic products, eg. 2-alkylcyclobutanoes that have been demonstrated to be cytotoxic (damage cells), and genotoxic (damages DNA), a carcinogenic (causes cancer) in test tube in animal studies. Irradiation also leads to the formation of Furan linked with liver toxicity, tumor growth, and colon cancer. Let's remember the nuclear disaster and meltdown in Japan last year. Radiation poisoning to food was one of the primary health concerns.

In cats, severe neurological dysfunction including movement disorders, vision loss and paralysis after being fed a diet of irradiated food during gestation. When there were taken off the irradiated foods they slowly recovered.

With what is known in about irradiated food it would seem that some serious regulatory scrutiny should be seen however these products have already infiltrated our food system.

In the United States, the following foods may be irradiated:

Fresh meat and poultry (including whole or cut up birds, skinless poultry, pork chops, roasts, stew meat, liver, hamburgers, ground meat, and ground poultry)	Wheat and wheat powder	White potatoes
Many spices	Dry vegetable seasonings	Fresh shell eggs
Fresh produce		

Fortunately the FDA currently requires that irradiated foods include labeling with this statement "treated with radiation" and the international symbol for radiation, the Radura. However there are exceptions:

1. Irradiated meat used in another product such as sausage does not have to contain the red Radura image on the package.
2. Restaurants are not required to disclose the use of irradiated foods. Beware when you eat out.

You can avoid radiation by choosing locally grown organic foods as much as possible!

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