Foods and supplements to protect yourself from radiation

https://www.safespaceprotection.com/healthy-tips/the-anti-radiation-diet/

Teas:
Pau d’arco (also called ipe roxo, la pacho, taheebo and bowstick tea)
Saffron tea
Thyme tea
Black tea

Supplements:
Calcium/magnesium
Vitamin A or beta carotene
Vitamin C + bioflavonoids & rutin
Coenzyme Q10
Vitamin E
Selenium
Proanthocyanadins (Grape seed extract/Pycnogenol)
DHEA
Melatonin

Foods
Chlorophyll-containing foods: barley grass and chlorella.
Barley (wheat) grass
Chlorella is a green freshwater micro-algae
Miso
Fermented (Lactic acid) vegetables and juices
Cultured (fermented) milk products: yogurt, kefir, buttermilk, unprocessed cheese.
Cruciferous vegetables (cabbage, Brussels sprouts, broccoli, turnips, cabbage, cauliflower and leafy greens such as kale)
High-fiber foods: whole grains, fruits and vegetables
Foods containing natural vitamin A
Sesame seeds – raw, ground (tahini)
Sea vegetables and their products

Homeopathic Remedies:
Liddell Homeopathic Detox Electromagnetic EMF Radiation
Professional Formulas Radialgin

NO dump: fitness.mercola.com/sites/fitness/archive/2017/11/03/4-minute-daily-workout.aspx
Stress Reducers

1. Sleep - get enough, in a wifi free room, use natural sleep aids if necessary
2. Walk barefoot
3. Forest Bathing (contact Sari Telpner at www.saritelpner.com)
4. Feel the sun on your skin
5. Put your feet in running water
6. Meditate/contemplate, regularly, even if only for 5-10 minutes daily
7. Breathe fully and regularly
8. Cover the top of your head with your hands
9. Make a ring with your thumb and first fingers and interlock them
10. Practice Mindfulness-check out all the possibilities on the internet
11. Listen to music that soothes you
12. Engage in a sport or exercise that you enjoy
13. Do something creative, gardening, art, making music, woodworking
14. Volunteer
15. Keep a gratitude journal, describing why you are grateful
16. Appreciate others by telling them what it is and why you appreciate them
17. Read the *Earthing* book by Clinton Ober for other ideas