

RADIOACTIVE FOOD

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Nowadays there is a lot of information about importance of eating healthy. And many of us try to look after number of calories, fat and carbohydrate they eat during the day. But there is also very dangerous problem, which is not so familiar to everybody. This problem lies in radioactive food. According to the scientific researches more than 70 % of radiation people cumulate contains in food and water. That`s why we should minimize negative influence on our bodies by choosing organic food.

It should be noticed that clothes and houses can protect us from external radiating sources. And radioactive food get in our bodies and inner organs have no protection. In this case radiating source influences stomach, intestine and other organs. That`s why even the smallest dose of radiation can cause drastic consequences for our health.

There are several factors which cause harmful radioactive pollution.

The first reason was caused many years ago by Chernobyl accident. Radioactive cloud was spread throughout the Ukraine, Russian and Belarus. Soils, in which we grow different cultures, are radioactive in some parts of these countries even today.

The second factor lies in digging of nuclear waste in soils of forests. That is why forest mushrooms and berries include the biggest quantity of radiation among food we eat.

Ionizing radiation is used in agricultural industry actively. It is used for food disinfection, for better sprouting of grain.

This method is not used in our country because of high cost. But it is known that ionizing radiation is popular in such countries as the USA and China. Scientists don`t know exactly about danger level of such products. But most of them believe that these products contain micro charge which after getting in human body can cause development of oncopathology, change the structure of DNA and as a result can cause mutations and inviability of next generations.

If factors mentioned above are global, then the next problem is the one we can solve by ourselves. This problem lies in using microwave oven. The scientists argue how harmful food prepared in such oven is. But it is known that this radiation makes food worse, transforms it into toxic organics and cancerogenic compoundings. Eating radiated food causes

increasing the number of cancer cells in blood plasma. Because of chemical changes in food stuffs, dysimmunity was noticed. That`s why one should try to minimize food preparing in microwave oven.

So, what should one do in this situation? How can people protect themselves from harmful radiation?

The easiest way is buying domestic radiation dosimeter. The weight of such device is nearly 1000 gram. It works from self-contained supply during several days without recharging. So one can take dosimeter without any problems, while he or she is doing shopping, having a picnic or picking mushrooms or berries.

The damage level can be defined just by switching on the device and propping it against an object. The results of researches appear on the liquid – crystal display. In case the damage level is too high, silent alert and audible alarm activate. The person shouldn`t have special skills for working with dosimeter.

The cost of such device is not very high. Before accident at the Japanese Atomic Power Station it was nearly 25\$. But recently demand on dosimeters has increased and as a result the price is higher nowadays.

Someone can ask: “Is the acceptable level of radiation defined?”. The answer is no. Every one of us can receive different quantity of radiation with different consequences. Anyway, we should minimize the radiation we get.

There is an ancient quotation: “We are what we eat”. Let`s follow this wisdom and invest only high quality food in our bodies to create healthy generation.

To this purpose I recommend you to buy dosimeter and watch what you are eating to protect your family and yourself.

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