

## Orthomolecular Medicine News Service, February 1, 2012

### Vitamin C Prevents Radiation Damage - Nutritional Medicine in Japan

(OMNS, Feb 1, 2012) Workers with severe radiation exposure at the Fukushima nuclear plant had major reduction in cancer risk when supplemented with vitamin C and other anti-oxidative nutrients. Sixteen men aged between 32 and 59 years worked 5 to 6 weeks in a radiation contaminated area, collecting contaminated water, measuring radiation levels, operating heavy machinery, and removing debris. Blood samples were obtained to measure whole blood counts and blood chemistry, plasma levels of free DNA, and 47 cancer related gene expressions.

Four workers who took intravenous vitamin C (25,000 mg) therapy before they went in, and continuously took anti-oxidative supplements during the working period, had no significant change in both free DNA and overall cancer risk.

Three workers that did not have preventive intravenous vitamin C had an increase in calculated cancer risk. After 2 months of intervention with intravenous vitamin C and oral anti-oxidative nutritional supplements, free DNA returned to normal level and cancer risk score was significantly decreased. (1)

This important clinical demonstration confirms research done nearly 20 years ago showing that pretreatment with vitamin C, by oral intake or injection, increased sperm head survival after the injection of radioactive Iodine-131 in mice. (2)

Oral intake of alpha-lipoic acid and vitamin E reduced urinary radioactivity and oxidative stress in irradiated children in Chernobyl. (3) Furthermore, there have been numerous scientific studies about the radio-protective effects of other vitamins, minerals, and antioxidative nutrients.

### OMNS in Japanese

We are pleased to announce that OMNS is now published in Japanese. As of today, OMNS-JPN <http://iv-therapy.jp/omns/> is online and free access. If you go to it via Google or other major search engines, they or your internet browser may offer a page-translate function that can give you an idea of what Japan's 125 million people may now read in their own language.

We welcome to our Editorial Board many distinguished Japanese colleagues. Atsuo Yanagisawa, MD, PhD is General Editor of OMNS-Japan. Dr. Yanagisawa is President of the Japanese College of Intravenous Therapy and is a member of the Orthomolecular Hall of Fame. Other members of the editorial board include Ken Kitahara; Toru Mizoguchi, MD; Ryoza Saito, MD; and Tomomi Himeno, MD. A welcome statement to Japanese readers from OMNS Editor-In-Chief Andrew W. Saul is at <http://iv-therapy.jp/omns/news/2.html>

Japan is a leader in employing nutritional medicine including high-dose nutrient therapy, intravenous vitamin C treatments, the Gerson Therapy, and other effective and safe modalities.

If you are a skilled translator interested in having more orthomolecular information available in your country, and would like to volunteer to make it happen, please let us know at the contact email address below.

We would like to get the good news out in every language.

### References:

1. Yanagisawa A. Effect of Vitamin C and anti-oxidative nutrition on radiation-induced gene expression in Fukushima nuclear plant workers. Free download of full presentation at [http://www.doctoryourself.com/Radiation\\_VitC.pptx.pdf](http://www.doctoryourself.com/Radiation_VitC.pptx.pdf)

2. Venkat R. Narra, Roger W. Howell, Kandula S. R. Sastry and Dandamudi V. Rao. J Nucl Med,1993. Vol. 34 No. 4, p 637-640. <http://jnm.snmjournals.org/content/34/4/637.long>

3. Korkina L, et al. Antioxidant therapy in children affected by irradiation from the Chernobyl nuclear accident. Biochem Soc Trans,1993. 21:314S. PMID: 8224459 <http://www.ncbi.nlm.nih.gov/pubmed?term=8224459>

Nutritional Medicine is Orthomolecular Medicine

Orthomolecular medicine uses safe, effective nutritional therapy to fight illness. For more information: <http://www.orthomolecular.org>

This article may be reprinted free of charge provided 1) that there is clear attribution to the Orthomolecular Medicine News Service, and 2) that both the OMNS free subscription link <http://orthomolecular.org/subscribe.html> and also the OMNS archive link <http://orthomolecular.org/resources/omns/index.shtml> are included.