

# Protecting Ourselves And Our Future Generations



Our future generations are the key to a prosperous and sustainable future. As responsible individuals, it is our duty to protect ourselves and create a conducive environment for the generations to come. In this article, we will explore the importance of safeguarding our future and the steps we can take to ensure a better tomorrow.

## Understanding the Need for Protection

We live in a time where our actions have far-reaching consequences. Our choices today shape the world our children and grandchildren will inherit. It is crucial to acknowledge that each decision we make impacts our future generations, whether it is related to the environment, health, or social structures.

**FUKUSHIMA MELTDOWN  
& MODERN RADIATION:  
PROTECTING OURSELVES AND  
OUR FUTURE GENERATIONS**



**John W. Apsley, II, MD(E), ND, DC**

## Fukushima Meltdown & Modern Radiation: Protecting Ourselves and Our Future Generations

by Jacques Sesiano (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 1322 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 292 pages

Lending : Enabled

Hardcover : 478 pages

Item Weight : 5.6 ounces

Dimensions : 6 x 1.06 x 9 inches



According to a recent study, the Earth is experiencing unprecedented changes due to human activities. Climate change, deforestation, and pollution are just a few of the issues threatening our planet and the well-being of future generations. It is time to act before it's too late.

### **Environmental Protection**

The environment is the foundation of our existence. By protecting it, we ensure the sustainability of resources necessary for our survival and the well-being of future generations. It is crucial to adopt sustainable practices such as reducing carbon emissions, conserving water, and promoting renewable energy sources.

The alt attribute for the image above should be: "Children playing in a green field with a bright future ahead". This helps visually impaired users understand the content of the image, making the web more accessible to everyone.

## **Healthcare and Well-being**

Our health is closely intertwined with the well-being of future generations. By prioritizing preventive healthcare measures, we not only protect ourselves but also create a healthier world for our children. Regular exercise, a balanced diet, and adequate sleep contribute to a better quality of life and serve as a foundation for future generations' well-being.

## **Educational Empowerment**

Education plays a vital role in shaping the minds of future generations. By investing in quality education, we equip young minds with the knowledge and skills necessary to tackle the challenges they may face. Moreover, promoting inclusive and equitable education ensures equal opportunities for all, regardless of their socioeconomic background.

## **Social Equality**

To protect our future generations, we must strive for a society built on the principles of fairness and equality. Eliminating discrimination, uplifting marginalized communities, and promoting diversity are crucial steps towards creating a just world for our children.

## **Responsible Consumption and Production**

Our consumption patterns directly impact the well-being of future generations. By embracing responsible consumption and production practices, we can reduce waste, conserve resources, and minimize our ecological footprint. Choosing sustainable products, recycling, and supporting local businesses have a significant positive impact on our environment and those yet to come.

Protecting ourselves and our future generations is a shared responsibility. Each decision we make today, big or small, has the potential to shape tomorrow's

world. By prioritizing environmental protection, healthcare, education, social equality, and responsible consumption, we can create a brighter future for all.

Let us come together and take action, for it is the only way to secure a promising tomorrow for ourselves and the generations to come.

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Not long ago, the U.S. Public Health Service revealed that only one point five percent (1.5%) of all Americans were healthy. So it is no wonder Americans rank 31st in the world for life expectancy, suffer the 7th highest cancer rate among all countries, and rank behind no less than 40 countries that have lower infant mortality rates. This begs the question: Why? Prior to 1952, the mortality rate from all sources was dramatically declining. After 1952 this dramatic decline lost its steam. In fact, in some years, startling mortality escalations (especially for the 25 to 44 age group) occurred despite unprecedented advances in U.S.

healthcare. So, what happened? Well, to be pithy, in 1952 radioactive fallout was unleashed in earnest.

We now know that deficiencies and toxins in our food supply and environment are at fault. The National Cancer Institute has determined that 80% of our cancers arise from the air we breathe, the food we eat and the water we drink. Regardless of the toxin or disease, tiny amounts of absorbed radioactive particles greatly amplify their toll on the human body. As far back as the 1960's, no less than three Nobel Prize winners warned us as about the consequences of man-made radiation. But we did not listen. The National Research Council's 2006 BEIR VII Report tells us point blank that there is no safe level of radiation exposure. Instead we keep buying into the hype and promise of cheap, clean, limitless electrical nuclear power. But the reality has always been net higher costs well hidden from the public view. The nuclear power conversation rarely includes the lost quality of life and healthcare costs associated with radioactive exposures inherent to running the technology.

Radioactive fallout now abounds in the food chain of the Northern Hemisphere. The health threat is greatest to those living near nuclear power plants as well as those exposed to fallout from nuclear accidents. No one who lives in the path of radioactive fallout is spared the direst transgenerational health consequences. In stark contrast to this picture are the typically lower mortality rates in developed countries that decided to forego nuclear power entirely.

In Fukushima Meltdown & Modern Radiation: Protecting Ourselves and Future Generations, Dr. Apsley provides an easy and clear synopsis covering the most critical historical issues arising from man-made radiation crises. In a nut shell, ionizing radiation rapidly melts away our immunity and genetic integrity. Like an insatiable immortal fox forever positioned to pounce toxic radioactive particles

linger in the environment for centuries and even millennia. Obviously normal healing mechanisms will not spare the human race from this perennial scourge. Prevention from future exposure is essential, but by itself will not be enough. What we need most are cutting edge techniques that effectively and rapidly regenerate our tissues.

From his over 30 years of experience in the field of regenerative medicine, Dr. Apsley lays out precise step-by-step individualized nutritional methods to accomplish regeneration. For example, his method incorporates fast and easy-to-make delicious smoothies. He also includes many other enjoyable menu selections designed to induce regenerative healing. Both Dr. Apsley's insights on the nature of the radiation threat and his approach to solving the resulting damage are supported with the book's approximately 460 peer-reviewed citations and approximately 85 authoritative references.

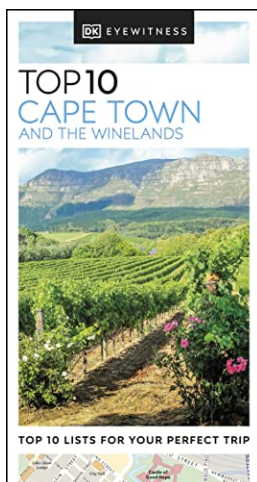
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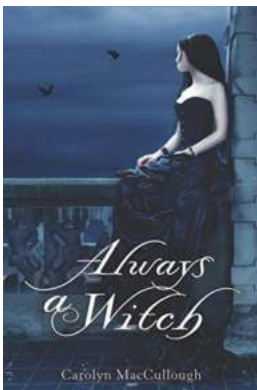
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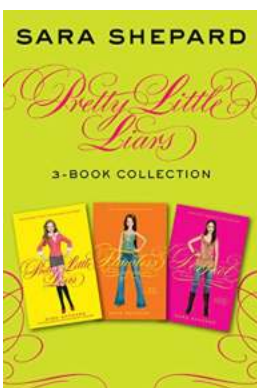
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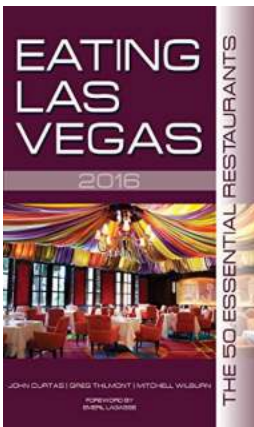
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