

OCTOBER 2015

Free Report

# **SURVIVING THE NUCLEAR HOLOCAUST**

## **Prepper Lessons for a Radioactive World**



Dear Friend,

I like to believe I'd have the determination to survive most disaster situations, no matter how bleak. After all, I've always been told I'm an upbeat kind of guy.

I have to say though, nuclear disaster is one of the worst I can think of.

But, I hear you say, the shadow of the Cold War isn't exactly hanging over our heads any more. Is it?

Well... sort of.

Russia after all still has its teeth. 3,281 of them to be precise. Rogue states such as Iran and North Korea could also attack our major cities with ICBMs. Irrational terror groups, like ISIS, could even detonate a radioactive 'dirty bomb' in your home town, rendering it lifeless for decades.

In such a scenario, there is no margin for error.

That's why I'm sharing with you some of the important lessons I've gathered during my years of experience. Each of which could help you save lives. I will explain:

- How to treat radiation sickness and illness.
- What to do immediately after 3 types of nuclear incident and why the first 24 hours are so crucial.
- The most important nuclear cleanup methods essential for your survival.
- The tragic impact radiation exposure has on future generations.

I sincerely hope you find this report useful and enjoy reading it as much as I did writing it for you.

P.S.: Remember that sharing is caring, so share this info with your friends that might benefit from this experience!

*Alec Deacon*

*Survivopedia.com*

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## **What to Learn when Preparing for Nuclear Survival**

### **Where the Evil Comes From**

#### **Basic Nuclear Physics**

In many cases, when people hear the phrase “nuclear reaction” odd looking mathematical symbols and incomprehensible physics terms begin spinning in front of their eyes. If you have a hesitance for embracing even simple information about nuclear reactions, you can congratulate yourself for being brainwashed by an education system that wants to keep people just like you from finding out vital information that will help you deal with the consequences of nuclear development.

Right now you can take steps to overcome that by learning just a few simple things about nuclear reactions and how they work. From there, you can expand on this basic framework until

you have enough information in hand to at least recognize dangerous areas and stay out of them. For those that have aptitude and the patience to try and access more complex information, deactivating nuclear devices may well be within your reach.

### *Nuclear Delivery Systems and Why You Need to Know About Them*

The vast majority of nuclear scenarios only show you what happens with a single detonation. In the short term, this makes sense because you have to deal with what is happening in your immediate area before concerning yourself with other locations.

At the same time, just because one reactor melts down or some other non-war related incident occurs, it does not mean others are going to happen nearby, let alone close together in time. Just because radiation is building up steadily in the food supply, you will be using different methods to resolve the situation than you would in a nuclear bomb driven crisis.

As Iran, North Korea, and even China and Russia flex their nuclear muscle and gain access to all kinds of nuclear “secrets”, it is very clear that we as a species have not escaped the potential for nuclear war or “mutually assured destruction” (MAD).



In a bombing situation, it is very likely that you will not be dealing with just one bomb, but several of them, and here's why:

- A cluster of smaller bombs spread over an area are harder to target with missile shield systems.
- Smaller bombs are easier to disguise using stealth technologies.
- Smaller bombs travel faster on a single nuclear warhead and require less effort to disburse.
- You can affect a larger area using less materials.
- Small scale, but important targets such as water supplies, food warehouses, hospitals, power plants, and other community centers can be hit with more precision and in larger numbers.
- It takes less complex propulsion and driving systems to direct a small, "smart" tactical bomb than a large and ungainly one.
- Multiple detonations make it harder for masses of people to leave the radiation zone without encountering another one that will deliver lethal doses of radiation-sickness.

To begin, multi-bomb delivery systems must be launched either from a land or submarine based missile. They are designed to fly to the upper reaches, or even above the Earth's atmosphere and then drop back in at an appropriate location. Unless they are blocked from re-entry, they will continue on towards their target.

It is during the descent stage that multiple bombs may be released from a single missile. These systems are known as MIRVS or Multiple Independently Targeted Reentry Vehicles. An Intercontinental Ballistic Missile (ICBM) may carry a warhead up to 10 separate bombs. At the current time, it remains a challenge to create bombs that will drop and create random patterns on the targeted surface.

Depending on the nation attacking and the bomb delivery system, it may be possible to extrapolate the bomb pattern. For example, if the pattern is a central bomb with six more clustered around it, you can calculate their approximate distance and spread once you know where three of them have landed. Since the pattern in this case is circular, simply complete the arc of landing points and plot the other untriggered bombs in relation to that.

Once you figure out where all the ground zeros are, you can go ahead and estimate ground zero and radiation zones and find the areas that are least affected. During your attempt to navigate away from the area, you can aim for these less affected areas via underground subways, bus tunnels, or even power conduits.

### *Nuclear Cleanup Methods to Learn for Your Survival*

If you do some research, it becomes readily apparent that the only people who do not know about the details of nuclear bombs and nuclear power production are the very people who pay for it via their tax dollars.

In particular, as per Wikipedia entries on this topic, people with clearance to “legally know” about these matter must hold a “Q” level security clearance. For more than a decade, Office for Personal Management (OPM) has been responsible for maintaining data and investigating people that will hold this clearance.

Since OPM was hacked by China, and possibly many other nations and people, it is clear to see that a large number of “secret” top classified things may have already leaked into the wrong hands.

Do not remain in the dark, demand that politicians immediately make public all classified information so that you can know for sure what is going on and from there, demand legislation and action to clean up the mess created by all these dirty bomb secrets.

Since it may take months for foreign nations and hackers to release the details, or years to create appropriate legislative action, you will have to use the information available should a crisis hit.

In this instance, you can and should learn:

- How to make and use fragrance and oil free soaps that have the best chance of removing nuclear contamination from your skin.
- Which kinds of mushrooms, conifers and other plants (including sunflowers and cannabis) can absorb radiation from the soil, air and water. Plant these and then learn how to dispose of them safely so that you shorten the amount of time required to raise food safely.
- What kinds of garments, respirators, and other decontamination gear are required for entering a radioactive area
- As much as possible about halting nuclear reactions.
- How to amend your diet for life so that you can be shielded as much as possible from the oxidizing effects of radiation.



**[CLICK HERE to find out more about medical survival.](#)**

## **The Nuclear Blast and the Second After**

When it comes to a social collapse based on a nuclear crisis, mushroom clouds created during a ground based incident may well come to mind.

Even though most people think they know what an exploding nuclear device may look like, there are actually many sources of based nuclear contamination. Each source of nuclear material will cause different visual, auditory, and other effects.

### **The Three Different Types of Nuclear Incidents**

Therefore, when it comes to preparing for a nuclear incident, you must be aware of where the radiation will come from as well as how to deal with it as safely as possible.

#### *What to Do During and Immediately After an Air Based Nuclear Incident*

Oddly enough, even with a full scale hostile detonation of a nuclear device, you may first need to recognize that an incident has occurred. Consider a situation where a 1 kiloton bomb exploded in the air 30 or 40 miles away. Chances are, you would not even hear the blast let alone see the cloud rising up.

Unfortunately, streams of radiation will already be headed your way. Even though they may not deliver lethal doses of radiation, you may still suffer from burns and mild to moderate radiation sickness if you are outdoors.

Since an air based explosion may well trigger an EMP, your first indicator may be that your car or cell phone stops working. If you are indoors, do not go outside to see if you will get a better reception. Instead, ask others if their cell phones are working. If everyone seems to have lost service, stay indoors and head for the basements and lower levels as quickly as possible.



Without communications and information about where the blast has occurred, you could be running deeper into the radiation belt. You are better served by putting as much concrete and dirt between you and the fallout as you can. Needless to say, if you are in a vehicle, get into a building and to the lower levels as quickly as you can.

Once you reach a suitable shelter, follow the usual routine of squatting facing a wall with your forehead resting on knees and arms shielding the back of your neck. If you have Potassium Iodide and other cellular shields on hand, be sure to take those. An air based nuclear incident will spread contaminated material further, and since air tends to be much lighter than dirt and ground based debris, it may also take longer for it to finish falling to the ground. Where you may be able to leave your shelter in 1 – 2 days for a ground blast, you may need to stay at least 4 – 6 days or over a week for an air based detonation.

Depending on the situation, if you live near a nuclear power plant or a plane carrying nuclear material has an incident, you may be warned via local emergency systems. In these cases, it is best to follow advice to evacuate or go to a shelter as directed. Even if you have a bug out

location outside the affected zone, it may not be a good idea to try and “outrun” the radiation. Aside from time constraints, you may wind up needing medical attention.

In small scale, relatively localized scenario, it is likely that you can get medical attention and reasonable care without fear of larger plans and complex scenarios.

You may also be given information about where you can pick up Potassium Iodide tablets and other cellular shields. Unfortunately, by the time you receive this warning, it will be too late to proactively use Vitamin C and Brewer's Yeast to your advantage. You can still try taking them, but put more of your focus on Vitamin E, which still has a reasonable shielding effect even after exposure to radiation.

With regard to air based nuclear explosions, your first few days will primarily be concerned with coping with radiation sickness, finding food, finding water, and washing as much radioactive material from your body as you can. You will more than likely find it harder than usual to travel because cars will literally be stopped in the streets. If you have to leave a city, try to do so using underground subway, storm water, and old tunnel systems.

Try to avoid going above ground as much as possible. Even though heavy rains will come down as a result of a nuclear explosion, tunnels and similar systems may still protect you from some of the radiation. Just make sure that rainwater and sewage are not actively being shifted into the system or you will wind up with all kinds of nuclear debris in the same tunnels that you are in.

It is also important to realize that tunnel systems and subways may be shut off by government agencies that want to prevent nuclear waste from getting into underground chambers. Whether they know of your presence or not, you may simply become collateral damage because they feel the “big picture” they have been trained to uphold is more important.

And if you are planning to leave an area, be prepared to travel 5 – 6 times the distance that you would travel to get out of the radiation bands created by water and ground based nuclear incidences.

### *The First 24 Hours after a Nuclear Detonation on the Ground*

Over the years, prevailing views on what to do during an attack have changed. In particular, older advice revolved around staying in place and trying to get as far below ground as possible. Today, most experts say that you have approximately 1/2 hour after a blast to reach a place of safety. Instead of staying in place, you should use that time to get as far away from ground zero as possible. This makes sense if you are in a mid to outer area of the incident site.

Depending on how fast you travel, it may be possible to get into a less dangerous band, or away from the problem altogether. Once you reach the 20 – 25 minute post incident mark, you will need to take cover and then stay in that location for at least 24 hours, after that time the worst of the radiation will be dispersed. You may want to stay an additional 2 – 3 days depending on supplies and the durability of your shelter.

When you cannot get to a shelter, any standing object will have to do. Make sure that your shield is between you and the explosion point being affected by the nuclear blast so that it will absorb as much radiation as possible. If you think about how shadows work, then you can readily understand why your position in relation to the blast is so important. Never look at the flash from a nuclear explosion as it can cause blindness in less than a second. Individuals living in cities or areas with larger populations can also try taking refuge in subways, sewer systems, and any other areas where there is plenty of concrete, brick, or dirt to absorb the radiation.

Once you reach the shelter, squat down on the floor as far away as possible from windows, doors, and beams. Sit so that you are facing a main wall and put your head on your knees. Use your hands and arms to shield your neck. Look downward as much as possible. If you look upward, your eyes may be blinded by the flash from any detonation that happens to occur.



Unfortunately, there are many situations where you may be stuck outside and have no shield or building to hide in. The best thing you can do is get as close to the ground as you can. If the ground is soft, then dig with rocks or your hands to get as far into the ground as possible. While you are working, do not look at the incident site.

During the first few hours, you are very likely to experience heavy winds and thermal blasts. The thermal blasts can set just about anything on fire as they pass.

Keep non-flammable, white or silver heat shields on hand. Put those on to try and keep as much heat as possible away from your body. As you work, also be aware that objects from miles away can easily strike you. Should concrete or something else suitable land nearby, do not take shelter behind it unless you know that it is not contaminated by radioactive debris.

If you receive warning of a pending nuclear blast, and you are indoors, you will need to get underground or into a basement as quickly as possible. Brick and cement structures will absorb the most radiation, so they are likely to offer the best shelter. Just remember to put as many walls or as much dirt as possible between you and the explosion point. Always aim to be as close to the ground or below it as possible. Needless to say, if you are building a homestead, you can always insulate walls with dirt and lead, or just build your home as far underground as possible.

No matter whether you are indoors or out, it is very important to limit the amount of dust that gets into your nose, mouth, and on your skin. While a dust mask will be of immense benefit,

even a handkerchief over your nose and mouth is better than nothing. You should also cover up your skin as much as possible using white or the lightest colors possible. Remember that black and dark colors will absorb radiation. This, in turn, can easily lead to burns on parts of your body where the darker colors were covering.

You should also carry Potassium Iodide, Vitamin C, and Vitamin E tablets with you at all times. Take them as directed on the bottle as soon as you learn of a nuclear blast in your area. This medication will protect your thyroid from uptaking nuclear materials. Typically, the thyroid is the first organ that often the organ that most determines how sick you will get from the radiation. One small pill can truly make the difference between serious radiation sickness and death even if your exposure levels are in the upper ranges.

You can obtain free Potassium Iodine tablets and instructions for taking them if you live near a nuclear power plant. Representatives in charge of readiness for nuclear emergencies in these areas may also have the tablets available for free. While these tablets may not be recommended for "prophylactic" or daily use, having them with you at all times is extremely important.

Just make sure that you follow dosing instructions because taking too much Potassium Iodide can poison the thyroid. Use iodized table salt or Himalayan Salt before nuclear blasts to ensure you are getting enough iodine in your diet. It should be noted that Vitamin C and Vitamin E can also shield other cells from some radiation damage.

Typically, radiation sickness will start within the first few hours after exposure to nuclear radiation. If you are not dealing with a detonation or large scale crisis scenario, it is very important to get medical attention as quickly as possible.

When it comes to a larger scale nuclear crisis, you will need to take a shower as soon as possible after the blast. Use soap that does not contain conditioners or oils that prevent dust and radioactive debris from being washed away. If you have scissors it may be of some use to cut your hair. Shaving after a shower can also help get rid of some debris. Just take extra care to

avoid razor burn as you don't want to embed more radioactive material into your skin. Follow up with another shower using plenty of soap and water. If you have plenty of water pressure and water, then go ahead and shave while you are washing.

Do not put old clothes back on. Try to get rid of them so that you do not have radioactive materials in your living space. This includes getting rid of shoes, jewelry, weapons, and anything else that you were wearing during the incident. Once you are ready to leave the shelter, it will be time to think about long term survival. You may need to get medical attention or find your way out of the area.

It is fair to say that anyone growing up during the Cold War era is very aware of nuclear power, nuclear war, and all the chaos that it can bring. Regardless of your age, knowing how to survive both hostile and non-hostile releases of nuclear material are extremely important. Never overlook the hazards associated with nuclear medicine, nuclear power plants or other industries just because they don't make huge mushroom clouds or kill in a matter of moments. In fact, the slow, hidden damage and death from these sources may be far worse and far more troublesome than a nuclear war. As you learn more about the daily hazards of exposure to land based nuclear radiation, you may well conclude that you need to be as prepared for these issues as you would be for a full blown war situation.

### *What to Do During and Immediately After a Nuclear Incident on Water*

If you happen to be swimming, in a boat, or otherwise in the water during a nuclear event, your first task will be to head for land. Depending on your distance from the explosion, you may only have a few minutes to half an hour to reach land and find suitable shelter.

During your escape from the explosion site, try to put anchors made of lead or brick between your body and the explosion. If possible, squat down and cover yourself with plastic or anything



else that will keep water from seeping through your garments and onto your skin. The plastic should also be thick enough to prevent as much water vapor as possible from seeping in.

You should also have a mask on hand that will allow you to breathe without absorbing steam or water vapor into your lungs. While these aides will not stop radiation from passing through your body, it will limit the ability of radioactive debris from binding to your skin. This, in turn, will make it easier to wash the debris away later on.

As with land based explosions, you should always have Potassium Iodide tablets on hand. Take one as soon as you know an explosion or other event has occurred. If you are in marine or brackish waters, this precaution is even more important because these bodies of water may have higher levels of iodine in them.

As radiation moves out from the initial incident area, it will contaminate iodine present in the water. This iodine, in turn, can be quickly absorbed by the thyroid. Since the half-life of most iodine isotopes is under 10 days, you may need to take the potassium iodide tablets for a few weeks if you are exposed to a water based nuclear incident. This may be distinctly different from land and air based explosions where the nuclear material may not produce as much iodine, or lower amounts are available to contaminate.

It should be noted that Potassium Iodide is not recommended for prophylactic treatment unless you are directed to do so during a nuclear power plant leak or there is other creditable reason to believe that some type of nuclear strike is going to occur in a matter of minutes or hours. If you want to protect your thyroid from radioactive iodine before an event, simply make sure that you are getting enough iodine in your diet. Even though most people consume large amounts of table salt, there is also a high tendency towards deficiencies in the diet.

During a nuclear explosion or active leak scenario, radiation in the form of heat and light will be absorbed more readily by dark or black colors than white and light colors. Therefore, it is very important to keep white tarp, or even white bed sheets on hand to cover yourself with. If land is involved in the blast, this one minor thing may save you from more serious burns.

Once you reach land and a safe location, it is very important to shower. Make sure that you use soap and shampoo that do not contain skin conditioners, softening oils, or hair conditioners. All of these chemicals will only make it harder to wash radioactive materials away from your body. You should also dispose of all contaminated clothing and jewelry. While this may be difficult, remember that even a single spec of dust can be radioactive for thousands of years and wreak mayhem during that time

### *The Nuclear Incident Survival Mindset*

When it comes to survival scenarios, most people believe they will not survive an actual blast let alone the radiation sickness that follows. Contrary to popular belief, it is entirely possible to survive and enjoy good health even after being exposed to nuclear radiation.

What you do before, during, and soon after a nuclear incident will determine a great many things. If you panic, or have other negative thoughts that set you up for failure, then you will, in fact, fail to survive. When it comes to preparing yourself--including mentally--for a nuclear incident, here are some important steps:

- Make it your business to read as much as possible about nuclear explosions and other incidents of radiation release. Watch videos and make sure that you have a clear understanding of what will happen physically during the incident. This stage is likely to be distressing as you may or may not be able to focus on how you will take tangible action to safeguard yourself. For now, just remind yourself that there are viable survival methods, and that you already have access to all of them.
- Make a list of all the negative thoughts and beliefs you have about a nuclear incident. What things do you feel you are missing? What parts of the incident frighten you most?
- Go back to your list and take a good look at places where you indicate that you don't know how to do something. For example, did you indicate that you don't know how to determine where a nuclear incident is likely to occur? If so, then go read the articles on land, water, and air based explosions. These articles will show you where the most likely sources of nuclear incidents are likely to occur. Make it your business to get an app, a website, or some other means to find out more about each incident that may affect you. As you monitor this information in real time, you will have a better chance of understanding your risk levels as well as pick up on patterns that indicate you should leave the area.
- Use meditation and guided imagery to create a "Stop" on negative thoughts. You will need an enormous amount of control and discipline to survive during and after an incident. If you have only a half hour to get away from a blast site, you do not want to waste even a few minutes panicking. You need to be able to stop panic, anxiety, and other defeatist thoughts within seconds and then have the focus to gather up your bug out bag and do what you need from there. As with any other crisis, the calmer you are, the better chance you have of making reasonable decisions that will save your life. This process can bring up past situations and also challenge you on many levels. Just keep moving forward and keep your end goal in sight. Even if it takes years and you never face a crisis situation, controlling your thoughts and feelings is always to your advantage.

- Know and understand the symptoms of radiation poisoning. Depending on where you are in relation to the incident, they can hit in a matter of minutes. When you are feeling sick, it is even harder to stave off panic and other defeatists' responses. If you routinely have nausea, headaches, or other symptoms that can occur with radiation poisoning, try to use those instances to practice what you develop in other meditations. It does not matter whether you choose Bible verses, guided imagery, prayers, or favorite songs. Just make sure that you can control your mind and emotions no matter whether you are sick or well. Note – this is easier said than done. You can expect to take months, or even years developing your mental and emotional controls and still have more work to do. Just start at the beginning and do your best to make progress. Use binaural, hypnosis, and other self-help guides if they appeal to you.
- Make sure that you know how to build and use KFM devices. You may be able to purchase radioactive smoky quartz and some other naturally radioactive materials to test your meter on.
- Build a medicine kit with herbs and other supplements that can help you survive radiation sickness.
- Practice routine navigation in and out of your local area. Make it your business to know where radioactive materials are likely to be stored. Practice navigating around and away from these areas. Having them memorized in a time of need can help you select safer routes out of an area as well as reduce your risk of being contaminated with nuclear radiation on a daily basis. Always use meters to find out just how much radiation is actually in the environment as opposed to believing reports distributed by various agencies and businesses.
- Take the time now to test your foods for residual radiation. Remember that meat and dairy foods are most likely to be radiated in order to kill off germs and other disease bearing organisms. Slowly adapt yourself to a vegan diet and start growing your own organic foods. By the time a nuclear incident, or some other crisis occurs, you will have

plenty of practice and thus increase your chances of surviving no matter where you happen to be.

- Stay up to date on radiation treatments and remedies as well as new nuclear technologies.
- Never be afraid to do some research on nuclear physics, containment fields, and anything else that can be turned into a shield for yourself and your family. Just because those educated in this field haven't invented it yet, doesn't mean it is impossible for you to do so. While you may not realize it, universities often misinform students so that it is less likely they will stumble upon new discoveries. As someone that hasn't gone through that degree of systemic brainwashing, you may well come up with something well beyond expectation.

### *Radiation Sickness, Symptoms, and Treatment*

If you are very close to the source of some nuclear incident types, quite frankly, there is nothing that will save you: you may well be dead before you even know that an incident has occurred. There is still a fairly large band of radioactivity plus the fallout area where many people can survive. In these cases, you will need to know how to limit exposure as much as possible and then treat any radiation symptoms that occur.

The chart below is intended as a beginner's guide and meant as a starting point for further research. You can choose to learn more about herbal remedies as well as see what modern medicine has to offer.

Be sure to read scientific white papers and experimental digests in order to get the latest information on what is available or soon will be. Typically, you will find much more information in the arena of managing cancer radiation symptoms than you will in research dedicated to a nuclear incident.

Symptom	Typical Onset	In the Field Treatment
Bone Marrow Damage	Immediate to within the first months	Bone marrow loss can lead to increased risk of infection, difficulty breathing, and weakness because there are not enough red and white blood cells to (respectively) deliver oxygen and get rid of pathogens. Try taking baking soda and sea salt to remove as much radiation as possible. Use brewer's yeast, beets, and iron to boost blood production.
Burns	Immediately to a few hours after exposure. Some burns may be worse because areas covered by dark clothing or material will absorb more radiation. These burns will heal slowly, bleed, or become infected easily.	Keep the area as clean and dry as possible. When drying burned skin, do not rub it. Instead, pat the area dry and be as gentle as you can. Your goal will be to reduce swelling and the risk of infection. Use aloe vera and Calendula.
Cancers (blood, thyroid, digestive tract, skin, others)	Within weeks to many years later. Can also affect future generations born after the nuclear exposure.	Use Potassium iodide, sea salt, green tea, Vitamin C (best to use beforehand), E, K, and D3. Turmeric combined with black pepper and olive oil can also help prevent malignancies. Note, garlic also has powerful cancer fighting properties, however it also

		acts as a blood thinner. Do not use garlic or other blood thinning herbs until you are sure that you do not have internal bleeding from the radiation.
Dizziness	If you are very close to the incident area, dizziness and disorientation can occur immediately. People further away from the area may not have this symptom until the first week passes. Some will not have dizziness at all.	Phosphorus and brewer's yeast. If the dizziness is caused by internal bleeding, it is not advisable to try and elevate your legs above your head. Try to consume salt water with sugar in it to replace electrolytes, or use Pedialyte. If possible, try to get IV hydration or better yet, try to get to a hospital. Dizziness early on after exposure to radiation can be problematic, especially if combined with headache and weakness; as these all signify possible blood loss. In this situation, try to move as little as possible and take in liquids slowly.
Diarrhea	Immediate to within the first few hours. Bloody diarrhea is an indicator that serious internal damage has occurred. Usually dark blood indicates stomach and	Vitamin C and E, ginkgo biloba, turmeric, baking soda + sea salt, probiotics, and aloe vera formulated for internal use, olive oil, coconut oil.

	<p>above, while bright blood is from the large intestines. That being said, if the radiation is intense enough, even blood from upper in the digestive tract can be fresh and bright. Bear in mind that the digestive tract often suffers the worst damage, in part because the organs themselves are darker in color and may absorb more radiation.</p>	
Fever	<p>Within 1 to 3 hours of exposure. This is also one of the indicators that radiation exposure was on the heavier side.</p>	<p>Bathe in baking soda and sea salt. Do not take fever reducing OTCs as they can increase the risk of internal bleeding.</p>
Hair Loss	<p>Up to 1 month</p>	<p>Hair loss can be extremely distressing, however there is every chance the hair will grow back on its own. When that happens, the hair may be white and have more curl to it. There is no way to make hair grow faster after radiation exposure.</p>
Headache	<p>Within 24 hours</p>	<p>As with dizziness, early onset headaches can be an indicator of</p>

		heavy radiation exposure and internal bleeding. If possible, move as little as possible, drink water with electrolytes (sugar and salt) and see if you can get to a hospital. Do not take pain killers as they may cause bleeding in tissue already damaged by the radiation. If you get headaches frequently now, try practicing meditation methods to see if you can at least get some rest and do without pain killers. This is a difficult, time consuming task, however this skill may pay off in a situation where other medications may do more harm than good.
Low Blood Pressure	Immediate to one month. Some of this may come from blood loss associated with internal damage. The closer you are to the radiation source, the worse this and other symptoms will be.	Potassium, electrolyte water containing salt and sugar. If your pressure is low, it is very possible internal bleeding is present. Stay as still as you can and as calm as possible. Try to get to a hospital.
Nausea with Vomit	Very early on to first weeks	Ginger, Phosphorus (especially if craving cold water),
Pain (including joint	Very early to first weeks	Phosphorus, sea salt and baking soda,

pain)		brewer's yeast
Slow Wound Healing	Up to 1 month	Echinachea, aloe vera, honey
Tiredness	Within minutes up to 1 month	Beets, brewer's yeast, Calcium and magnesium. If you are closer to the one month mark, tiredness may be due more to decrease in red blood cell production. If you also had/have flu like symptoms, this is also an indicator that white blood cell production has declined. Consume spinach and other foods that are rich in easily digestible iron.
Unusual Bleeding	Within minutes to a few weeks	Beets, brewer's yeast, Papain (an extract from Papaya). This can also be used for many other radiation symptoms and as a broad range remedy.
Weakness	Within minutes to 1 month	Beets, brewer's yeast, Bee pollen – which can enhance red cell production. This is especially important if you haven't seen any sign of bleeding and you are near the end of the first month after the exposure. For immediate weakness, follow

		recommendations for low blood pressure.
Vomit	Immediately to 6 hours. The longer it takes to develop this symptom and nausea, the lower your exposure was. As troubling as this symptom may be, don't take this or others as the absolute that you are going to die a horrible death or that you shouldn't try to get medical attention.	Beets, Activated charcoal, Red clay, kaolin (white clay or porcelain clay) Zeolite clay can be used to get rid of radiation in the digestive tract. You may also want to run water through it as a means to purify it. Zeolites are routinely use in aquariums for locking up ammonia, however this form may not be suitable for consumption, and may be carcinogenic. Make sure that you purchase a zeolite product labeled as safe for internal use or for potable water filtration. It should be noted that even though fish can live comfortably in an aquarium with water filtered through zeolites, they are not actually swallowing it as you would need to do in order to get rid of radiation in the digestive tract.

\* For oils, consume at least 4 ounces to rid the body of nuclear toxins and coat the digestive tract.

In the modern world, it is very important to realize that both overtly and covertly hostile factions are looking at population control via a wide range of means. This includes planting the seeds of mental futility in anyone that might otherwise survive overwhelming odds. In this instance, people have been led to believe for decades that there is no such thing as surviving a nuclear incident.

**[CLICK HERE to find out more about medical survival.](#)**

## Long Term Nuclear Survival

No matter whether a nuclear incident occurs suddenly or radiation builds up over longer periods of time, long term survival is very different from what is needed in the short term. Among other things, you will need to think about health hazards to future generations as well as nuclear technologies that may still be operational. This includes nuclear power plants set to idle as well as many other devices that can explode or wreak havoc long after the initial collapse of society.

Along with routine survival needs such as maintaining a steady supply of food, water, medical care, and shelter, you will also have to find ways to deal with nuclear contamination and its impact on everything else that you need to accomplish.

To add insult to injury, problems may not even appear for decades and leave the future generation totally helpless and unable to resolve the situation.

### The Impact on Future Generations

If you have ever been in a life threatening situation, then you may already be keenly aware of the fact that survival isn't just about you and your immediate family. The fact of the matter is that if your children and suitable mates for them do not survive any given crisis, there is no hope for the next generation. Without the next generation, it can be said that self-preservation is almost worthless. After all, what will you do with a few decades in which there are no others around to leave your legacy to?

Because nuclear radiation can cause mutations, it may also make it impossible for you to reproduce after being exposed to it. To some extent, you can use herbs, vitamins, and various shields to protect your reproductive health, but the risk of children being born with genetic defects may still be very high.

When it comes to securing the next generation, your options may be far more limited than expected. In particular, you may want to consider sperm and egg banks that can store away your genetic information.

As long as the facilities are also capable of implanting embryos, it is entirely possible for you to have healthy offspring decades after a nuclear blast has occurred.

While you may be very uncomfortable with these unnatural means of bringing forth a new generation, remember that the elites most likely have their future generations secured via the same means. Never forget that the goal of creation is to exist.



Do not be manipulated and brainwashed by those that use deceitful means to discourage you from protecting your future posterity. Remember these people don't care about you or your family because the end of your family line means their own bloodlines can dominate and have more resources during and after the crisis period passes.

Consider a situation where our society actually collapses from a non-nuclear event such as a massive earthquake or mass famine because of crop failure. As society and governance grind to a halt and descend into riots and chaos, nuclear power plants, bombs, and other nuclear industries will leave all kinds of equipment and waste behind.

Inevitably, even those who are in the elite classes will wind up dead in their bunkers as hidden factors derail their own survival plans. If you happen to be a long term survivor of massive social collapse, never forget that you will one day have to deal with the consequences of programs such as Atoms for Peace and nuclear development for war purposes.

Take the time now to learn as much as you can about modern nuclear technologies as well, how to deactivate equipment, and how to clean up a site damaged by nuclear waste. Should you find resistance to your queries, remind these resistors that experts in the United States could not even figure out how to make a highly classified element known as "Fogbank", a material required for making bombs.

Also remind them that hackers, terrorists, and espionage agents may have this information, plus even more that your tax dollars paid to develop and secure. Demand change through political means so that you can get at the information you need during times when those who hold this information now are no longer able to do their jobs.

Needless to say, this is also the time to demand action to stop all nuclear development and use of nuclear power save for technologies aimed at cleaning up the mess our species has already made.

## Resources:

### Other Survivopedia Articles Related to the Topic

[10 Must Have Items For Your Nuclear Survival](#)

[5 Ways An EMP Could Kill Your Car](#)

[6 Ways The Power Grid Could Collapse](#)

[How To Dig Your Underground Shelter](#)

[DIY Power Generator: 7 Good Ideas](#)

### Other Resources

[en.wikipedia.org/wiki/Thermonuclear\\_weapon](http://en.wikipedia.org/wiki/Thermonuclear_weapon)

[en.wikipedia.org/wiki/Restricted\\_Data](http://en.wikipedia.org/wiki/Restricted_Data)

[en.wikipedia.org/wiki/Q\\_clearance](http://en.wikipedia.org/wiki/Q_clearance)

[en.wikipedia.org/wiki/Nuclear\\_weapons\\_delivery](http://en.wikipedia.org/wiki/Nuclear_weapons_delivery)

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[en.wikipedia.org/wiki/Radiation](http://en.wikipedia.org/wiki/Radiation)

[mayoclinic.org/diseases-conditions/radiation-sickness/basics/symptoms/con-20022901](http://mayoclinic.org/diseases-conditions/radiation-sickness/basics/symptoms/con-20022901)

[mayoclinic.org/diseases-conditions/cancer/expert-blog/radiation-therapy-and-skin/bgp-20056321](http://mayoclinic.org/diseases-conditions/cancer/expert-blog/radiation-therapy-and-skin/bgp-20056321)