

## Donald Yance's Recommendations for Radiation Protection

- **Natura's Vital Adapt or Power Adapt**  
4 droppers 2-3x/day  
Assists the body in adapting to stress.
- **Natura's Cell Guardian**  
2-4 caps, 2x/day  
Broccoli seed, cabbage sprout, wasabi rhizome, DIM, Selenium - regulates cell behavior - activates tumor suppressor genes (p53) & removes toxins.
- **Natura's Botanical Treasures**  
4 caps, 3x/day with meals  
Green tea, resveratrol, grape seed & skin - glutathione protection and enhancement.
- **Natura's Beyond Whey** – 2 scoops/day  
+ additional **N-Acetyl Cysteine**, 2000 mg/day  
Builds glutathione.
- **Natura's CV-Res-Q**  
3 caps, 2x/day  
CoQ-10, R-lipoic acid, selenium, grape seed & skin  
Cellular protection.
- **Natura's Immucare II**  
6 caps 2x/day  
Coriolus, reishi, chaga, etc. - rich in beta glucans and GSH enhancers.
- **Natura's Beyond Essential Fats**  
1 tsp or 6 caps, 1-2x/day  
Sea Buckthorn Oil – radioprotective.
- **Sea Veggie caps (Nature Spirit Herbs)**  
2-3 caps, 2x/day  
Provides iodine in combination with other synergistic substances.
- **Miso soup with seaweed** – drink daily

Natura Health Products formulas are available online at [naturahealthproducts.com](http://naturahealthproducts.com) or by calling 541-488-0210. Additional products can be purchased directly through the Centre for Natural Healing dispensary at 541-488-7598.