

Anne Hajek Radiation Fallout Kit 12/2/2022

Okay, we're recording. And this will go on the Corac website, usually within a couple of days. They've gotten really fast. Also, it will only be found on the website. Apparently, some videos had been put on the Corac channel on YouTube, and because I'm very frank with what I tell you guys, it's just not for public information. It needs to be protected, so I'm protected, basically. We're going to go over some radiation remedies that we're putting in a radiation kit that are hard to find and that would address issues if we're exposed to radiation or what's coming next.

The directions-I usually say take one to five pellets per dose. The reason for the variation in the number is because they are very tiny pellets, a little bit bigger than a poppy seed, so you need to tap them into the cap. And then you usually put them in your mouth if you're taking one dose. And it's hard to get the exact number into that lid because they're so tiny. If someone needs multiple doses, then put a couple of pellets in water and take a teaspoon every 5 minutes if serious and severe.

Typically, in the beginning the frequency is every 30 minutes, but if somebody's symptoms are coming back faster, then you want to repeat sooner. If they're not coming back as fast (it usually will take a few doses before they go away completely) in any given situation, then you just spread it out.

So I recommend at the beginning of exposure 5-30 minutes depending on symptoms and how they are improving. And you know, as they improve, move the doses farther apart, from one to three hours, then two to three times a day. We haven't been in a war, we haven't been exposed to this, so we'll learn as we go. But that's typically for any situation, you continue to dose until somebody is usually about 70 to 80% better, when they might just have a little discomfort or something.

Like with a normal acute, maybe your sore throat is like at one but still exists, but it's barely there, you don't need to remedy. Your body will just continue to heal from that point. It's hard enough to finish the job, so that's the rule of thumb.

So the first remedy is **Cadmium sulphuricum**, and in the kit it is in the three most common potencies: 30C, 200C, and 1M. With someone needing this there is going to be a lot of exhaustion and icy coldness, violent nausea, retching, vomiting, weight loss, and hair loss. The person could vomit after taking this remedy, but they would feel better, and it would be only after the first dose. It would not be after subsequent doses, so that can sometimes happen when a remedy is doing the right thing. Sometimes somebody will, if it's for nausea or vomiting, vomit one last time, and then they're done. It gets everything out of their system and it's over.

Next is **Cobaltum**, again in the three most common potencies. It has blurred vision, humming in the ears and dryness. They may be itchy, sore and bruised or feeling bruised.

Radium bromatum could be for burned skin, skin eruptions from exposure, skin ulcers or arthritis after exposure to the radiation. With any of them, use as often as needed, from 5 to 30 minutes. If the discomfort goes away, but it comes back in five minutes, repeat it then. If it is helpful but comes back after 20 min. use it again then, until it goes away permanently. It will just depend on how much permanently. It will just depend on how much a person needs. Use the potency that matches the symptoms. So if 30 C is our lowest potency, 200 C is middle of the road, and 1 M is a higher potency, consider high potency in case of radiation. There are many more potencies, but these are the most common. So depending on the intensity of the symptoms,

choose the appropriate potency. If symptoms are extreme, that's when you're going to use 1M. If you're not sure, go for the 200C. I would go for the middle of the road if you're unsure. Then you'll see, if it's not holding very long or you continue to have to dose every 5 to 30 minutes, you're definitely not doing the right potency, and you should use a higher potency. If you're doing the 200C, go to 1M. If you started with 30C, move up accordingly. And again, do it in water and stir vigorously before each dose. Or if it's in a water bottle, like an Aquafina bottle, shake it vigorously and usually hit it on your hand five or 10 times between each dose.

The next remedy is **Rhus venenata** and is for extreme itching, especially if blisters form. This remedy won't be found in most Materia Medicas. Many of these remedies, especially the minerals won't be found with much information in Materia Medicas. When you get to the usual ones at the bottom, you'll be able to. So in the Rhus venenata we're doing a 200C just to try to keep the kit at a reasonable size. The ones that we think could be used the most are where we're putting in the three most common potencies, and the other ones we're going through that middle of the road, not too high, not too low, just to keep it manageable both with the kit and financially, as well.

Strontium carb-deep muscle and joint pain, spasms, feeling faint, headache with vertigo, loss of appetite, heartburn, nausea. So remember many of these things cover nausea. So what you want to look for is what comes along with the nausea (concomitant symptoms) that fits in these remedies and look for the most unusual thing.

So with **Cobaltum** blurred vision, the dryness and itching, the violent retching and vomiting for Cadmium sulph. So keep that in mind when you see nausea, what type of nausea is it and what goes along with that in these remedies? And then, what is the strangest thing that they're experiencing that fits one of these remedies.

Sol is hair loss in clumps and emaciation. And then, especially if Cadmium sulph seems to fit but doesn't work, move on to Sol.

Uranium nit has inability to hold any food down to the point of emaciation, buildup of fluid in the abdomen, and they're exhausted from fighting, so much so that their mental capacity is diminished or compromised from battling to stay alive. And I would keep that in mind even if that's all you see. If all you see is this exhaustion, thorough exhaustion from the fight to stay alive, so consider that. And they may not be able to hold their urine without pain.

X-ray is good for general burns and skin conditions from the radiation. It is also good to take one dose after you've had an x-ray at the hospital or an MRI. Some of you may not know that remedies can go back and heal things from, literally, when we were all in utero. If you've ever had an x-ray, I would say to take a dose when you get it. It will clear out the after effects because there are effects from everything that we've ever done. A lot of the ailments that we have are from meds that we've taken and all of the allopathic interventions.

Kali iodatum 3X It is a very, very low potency. It is used for temper, violent headache, watery discharges, noise in ears, or purple spots or boils on the skin. You can take it three times a day.

In the pellet form when we're at these super low potencies, you don't have to put them in water and succuss it, and I'll explain the succussing again for those who might be new. But you can also with these super low potencies, you can just put it in what you're drinking all day and sip it, and what we usually say do five days on and two days off. That is because any remedy taken constantly can cause proving symptoms, which means it causes the symptoms of that remedy. And we don't want to do that. It will stop when you stop, but it's still not something that we want to do. So you can take three times a day or just put it in your water and sip it all day.

And frankly, I just usually do Monday through Friday and take weekends off because it's easy to remember. But you can do it however you like as long as you skip that time in between. So those are all of the remedies that are included in the kit.

So the ones that are following after are just some others that could be experienced. However, anything can happen, and all the remedies in your kit, if you see symptoms that match a remedy you're familiar with or that don't match these, you all should have a 30C and 200C kit or work to get them as fast as you can. Those will cover a multitude of issues and acutes and situations. So that's your base kits, the 30 C and 200 C kits, so you can always look at those as well.

So **Arnica**, which is in every kit under the sun for immediate effects, including shock, bruising and bleeding. **Arsenicum** people are usually very anxious, restless. They may have chills and a desire for frequent small sips of water. They may also be afraid that people are coming after them and feeling like they have been poisoned, which they have in the case of radiation, but that aggravates an Arsenicum person because that's a fear in the back of their mind anyway. Nausea, retching and vomiting after eating or drinking, utter frustration and again, the extremely anxious and fearful are Arsenicum symptoms. So they're gonna be terrified of their health. Terrified people are going to come get them, which even if it's true, Arsenicum is still going to help calm that fear so that they can think and behave or act normally and not be overcome with that fear or their anxiety. It'll calm the restlessness as well. Arsenicum is one of the main remedies for vomiting and diarrhea and when they happen at the same time, especially if it happens around 1:00 AM give or take. So if you ever wake up with that, go for that. My favorite two for that are Arsenicum and the other one is Nux vomica. It's usually one or the other in the normal situation of vomiting and/or diarrhea at the same time either/or.

The next one is **Nux vomica** which can be constant, violent vomiting, intense nausea, slightly relieved after vomiting. And this person will be sensitive to everything, the slightest noise, touch, things going on around them, and very, very irritable. It can be that somebody who needs Nux vomica that everything aggravates them, every little thing, along with this vomiting and nausea. And for the people who've just joined, if you look in the chat, you can print out the document that goes along with this. The first part is what's in the kit and the next ones are just options that we might see in this situation of being exposed to radiation.

The next one is **Phosphorus** which has a high fever with a lot of vomiting, burning heat as if the internal body is being burnt. There is a desire for very cold drinks and in LARGE quantities (remember Arsenicum was small sips), an empty feeling in the stomach with nausea, anxious and melancholy, feels completely weak and weary from loss of vital fluid or feels so tired they become apathetic and barely reacts to what's going on around them. They have hollow sunken eyes, hair loss in spots and bleeding issues.

Phosphorus and **Arnica** are the first two you should think of in bleeding. If someone is bleeding from their nose, their mouth, their ears, or just a cut, think of Phosphorus and Arnica. Those are the first ones that you want to go to. And if it's profuse, then go for the highest potency you have. If you only have a low potency, you're just going to repeat it often.

Ruta graveolens and this is the one that's typically in any kit that you would buy and have on hand. The 30C you can take once a week to protect the cells from further damage after the exposure to radiation. Typical radiation such as for cancer continues to go on for two weeks after it's stopped. So keep that in mind here, and that is why you would want to do something weekly. If we're exposed to radiation, this would be way worse than what they're doing for cancer.

The cell salt **Calc fluor** 6X and **Natrum Mur** 6X, again, these very low potencies you can just take the pellet straight a couple times a day or add them to your water. These will help support your body and eliminate the

toxins and help to protect your thyroid and bones. They can be taken in addition to other indicated remedies that you're taking. So you can have them in your water, and let's say you're taking **Cadmium**. The Cadmium sulph is going to be in separate water. This would be in your drinking water that you're drinking all day or your coffee, your tea, the Xs, the 6Xs and 3Xs can be in that. The other ones you want a separate glass with the remedy that you're taking-the ones in the 30C, 200C or 1M potencies. And then again, just a note that other remedies may seem indicated such as **Apis**. So Apis can seem like an allergic reaction. Apis can also have skin issues, and this is where a materia medica would be helpful so that you could go look under Apis, and then you would go to the skin or you would go to allergic reaction under Apis and see if those fit.

Chamomilla-people usually think of that for teething, how a two year old or a six month old acts when they're getting their teeth, very crabby. I want my pacifier. I'm chucking it across the room. I want my mom. I want to get down. So this person could be all over the place, but they want, and then they don't want it. They don't know what they want. And then they could also have pain in the jaws or in the teeth. Check your material medica.

Ipecac, again, nausea, a lot of nausea, and then intense nausea with Ipecac.

Tabacum because that one's a little bit easier. If anybody has ever been exposed to cigarette smoke and gotten sick from it or seen somebody have a cigarette or cigar and seen them turn green and feel ill, that's kind of how you feel when you need Tabacum. It's a kind of a faintness, gross feeling, nausea, thinking of stomach, better from cold air, uncovering their abdomen. They can feel like they're going to die from it, cold, clammy and pale. So sometimes it can be sea sickness or motion sickness. But if you think about that, if you've ever seen, like I said, seen somebody or experienced that gross feeling from a cigarette or the smoke or from a cigar, that is Tabacum. There's usually a lot of prostration in **Phosphoric acid**. You could have some bleeding with it.

For radiation burns that you will see on the body, and these will be in any kit that you have: **Cantharis**, **Calendula** and **Sulfur**, and, frankly, in that order. Cantharis is for serious burns. The remedy, Calendula, is for not as serious burns. So when you're talking first, second degree burns, you're going to go for Cantharis. Going for the lighter burns or you got oil on you from the stove, either one of them will work. I usually just grab Cantharis all the time, but Calendula will work for the lesser burns. And then Sulfur is for general skin issues. The skin is hot. It can be any type of skin issue, redness and then burning, as well. That person might not want to listen to you in taking any remedy. So Sulfur tends to be, they know everything, and they don't really want to listen to anybody. So if they're particularly difficult in that, then go for that one, but Cantharis would be for the more serious burn. It is always better to take a remedy internally, than topically. When you take it internally, your whole body is utilizing that remedy and fixing the problem and telling your body what it needs to do to heal. When you use an ointment or something, it's nice and it's fine, too, but it's gonna do more inside. So if you have, if you look down below, there are a few home remedies listed. These I can't speak to as far as like the tinctures because I don't know tinctures. I know remedies, but you can read the directions for those in order to have other options around that might help a lot, good for a lot of detox things.

You'll see under radiation burns there's **Aloe Vera** that you could put directly on it, as well as using a remedy internally. **Calendula** cream or gel can also be put on topically. Those are probably the best ones to do for a burn, but any homeopathic cream or ointment would help. Calendula would be the best. I really like the gel because when you have a burn it provides a cool, clear, consistency. I prefer it, but they'll both work just fine. So it's completely up to you.

Then, coconut oil is noted down here. You can drink it for recovery of radiation to support your thyroid. Also, **coconut oil** is antimicrobial, antiviral and antifungal. You can use it on the skin, as well, putting a tablespoon at

a time in your coffee or tea. I will say as far as putting it in fruit tea, it is much better if you put it in a non fruit tea. It kind of clashes sometimes with that tea flavor. If you put in a non fruit tea, it compliments it, and I don't really notice it very much. I quite like it like that. It's good to do it all the time. It's always good for your skin, but, again, this is another usage for it.

So this (radiation) document, like I said, will be on the Corac website posted with the video. Our lovely Talitha did the document. I can check and see if she is okay to put it on my site too. I don't know what's more convenient, or having it in both places or if it matters. But the point is, it's available, and it'll be out there so that you guys can print it again or people that are going to watch this later can also access this. I'm just going to see if I missed anything, but I think we've covered the ones that are going to be in the kit and the other ones that we think might be needed.

And again, if any of you are familiar with acutes, use the remedy. There could be other remedies in your kits that you might also use, or use after these clear up the first layer. And if you don't have the **Bach flower Rescue Remedy**, you definitely want that. That will definitely help with the shock, as well, and consider **Aconite** for extreme shock and fear of death, which I imagine is going to be very rampant. And again, that remedy is in every kit under the sun. There's no kit that exists without Aconite and that will be for fear of death. And like I said, it doesn't matter if it really is a concern, at least it will calm somebody down so that they aren't so worked up and freaking out. You can repeat that as often as needed. You're definitely going to want Aconite on hand for everything that's to come when things start happening. We'll probably be taking that every minute of our lives. Follow the intensity of the symptoms for potency. You really cannot overdo Aconite. I mean put it in water if you can and start with a 200C in the middle of the road, a 200C. I'm thinking if we have to deal with this, most people aren't going to be at a 30C level, and I think you're going to be much higher than that. For Aconite in this type of situation, you might just want to go for the 1M.

The Desktop Guide of Roger Morrison is an awesome book. It's not simple, but I'm going to look and just see what he says. In here it says to have Aconite in CM and 50M, extremely high potencies. I have never needed those for people, but my point is, a high potency in Aconite when something like this happens, you might need to put it in your drinking water, if the fear is that intense, you'll just have to. It's the only time I would say possibly, but start with the 1M, take a pellet and see what happens and then just repeat as needed. If we've got suddenly war and bombs and whatnot, it's going to be a more intense situation, so go for the higher potency. I mean if somebody's only a little fearful, then start with whatever you know, take that first one and see where they are. See how long that lasts, repeat as needed and increase potency as needed. If any of you don't know acute remedies, make sure to go back to the intro to homeopathy classes and go back to the acutes.

I believe in all of those classes from last year, we went through every single remedy in the remedy kit on what they're typically used for. So if you're new to remedies, you really need to go back to those classes, and they'll give you the basis and the basics of what remedies are, what some of them are used for acutely and how to treat with the remedies. We've got newbies coming in all the time. Usually give one remedy in a crazy situation, they can have a lot of different things. Start with the one that fits the picture the most and then, you know, you may be taking off layers. We're going to be doing our best, so it's hard to say at that point. And yes, you might need to be switching, but you would be switching because somebody's freaking out so much that they need Aconite, and then you might be able to deal with their acute symptoms of vomiting or absolutely not being able to hold anything down.

Again, hair loss in clumps and emaciation is **Sol. Uranium** is the one where they can't keep anything down. What is the biggest thing you see first that needs to be addressed? Choose a remedy for that. If it's their inability to hold food down, go **Uranium nit.** If somebody is freaking out so much that we're all going to die, go

for the **Aconite**. Just take your layers one at a time as to what comes up and deal with that one. So you should have one remedy that fits the situation. If they go between freaking out that they're going to die and not being able to hold food down, then alternate those remedies.

So you should be able to get to one for a time to remove a layer before you move on to another one, and keep **Rescue Remedy** because at least they can be sipping that. All of us will need to sip Rescue Remedy at that point. Especially those of us that are going to be treating those around us. You know, it's hard enough to think as it is when you're not feeling good or in a crisis, and when this happens, it'll be quite the crisis. How often for Rescue Remedy? Rescue Remedy is a Bach flower remedy, so it works completely differently than homeopathic remedies. You cannot overdo a Bach flower remedy. I don't have it here. It's the one with the yellow label, and it is for crisis, extreme fear, for grounding, because in a crisis we need grounding. We need to address our fear.

Let's see what else is in there. Impatience is in there because you know, we gotta calm down enough to be able to deal with all this. So I would put it in drinking water, and sip it until the crisis is over. Star of Bethlehem is in there for grief, as well. Crab Apple is for body issues because there's usually some kind of injury. Let's see what else. I think Rock Rose is for terror. The Bach flower remedies you can take as often as you want or need, so no worries there. They're not prepared the way homeopathic remedies are and don't function the same. Let's see, Cherry Plum for losing control because everything will be out of control. So you can be triggered by things being out of control, knowing that things are out of control. You want things under control. Clematis is the one for the grounding. So I recommend keeping it in your purse because crises happen everywhere. If you don't have it, if you're not at home, that's not very fun. It's good for someone in a car accident or if you see one.

Can it be grafted? You know, this is the big question that we've been talking about for months. I don't know. You should be able to, because from what I've read on how they prepare it, it's not cut and dried and exact like homeopathy. So they take a bunch of flowers and stick them in a bowl of water. Half of them are stuck in a bowl of water in the sun for a few hours and then the essence of the flowers gets into the water, then they drain it out. They take like two drops of that bowl, and they put it in a giant amount of brandy, and they make all their stock bottles from that. So there's no reason that it shouldn't work, I just haven't tried it. So you could put a couple drops of your Rescue Remedy into another container of brandy...any liquor will really do. The next time there's a crisis, take two drops from that second bottle, make a third with brandy, and see if that works. That would be grafting to extend your supply. I know you can do it once, you can take your stock bottle and make a second. Can you take that second and make a third? I haven't tried it and it's hard to do if you're not in a specific situation. That's where it would be great with somebody that has great anxiety to try doing that. Take the two drops into the second and then into the third and see if that addresses the anxiety. Like I said, for sure you can do it from your first bottle to make the second. I'm sure you could make 10, 20 bottles from just the first bottle without having to go further. But I don't know. So yeah, any other questions?

Radiation Poisoning Homeopathy: Take 1-5 pellets as a dose. In most cases, take as often as needed (every 5-30 minutes) reducing the frequency as symptoms improve (every 1-3 hours, 2-3 times a day), unless otherwise specified. If you see no improvement after 4 doses try a different remedy. If you are running low on a remedy, put the pills in water and take 1 tsp of the water as a dose. If you don't have the mentioned potency, but the remedy is a good match, use the potency you have.

Rad Kit Remedies: Cadmium Sulphuricum 30C, 200C, or 1M: There is a lot of exhaustion, prostration and icy coldness. There is violent nausea, retching, vomiting, anorexia, weight loss, and hair loss. Person may vomit right after taking this remedy, but should feel better after doing so.

Cobaltum 30C, 200C, or 1M: Blurred vision, humming noise in ears, dryness, itchy, sore and bruised feeling.

Radium Bromatum 30C, 200C, or 1M: Use for burned skin, skin eruptions, skin ulcers or arthritis after exposure to radiation. Use as often as needed. Reduce use as symptoms improve.

Rhus Venenata 200C: extreme itching, especially if large blisters form.

Strontium Carb 200C: Deep muscle and joint pain, spasms. Feeling faint, headache with vertigo, loss of appetite, heartburn, nausea

Sol 200C: Hair loss in clumps and emaciation. Try this remedy if Cadmium Sulphuricum seems indicated but has no effect.

Uranium nit 200C: inability to hold any food down, to the point of emaciation. Buildup of fluid in the abdominal cavity. Exhausted from fighting, so much so, that mental capacity is compromised from battling to stay alive. May not be able to hold urine without pain.

X-Ray 200C: good for burns or other skin conditions.

***Kali iodatum** 3X: Temper, violent headache, watery discharges, noise in ears, purple spots or boils on skin. Can be taken up to 3 times per day, or put in water and sipped as needed. *Always do 5 days on, 2 days off in 3X & 6X potencies.

Other possible remedies that you have from your regular 30C & 200C kits:

Arnica 30c, 200c, or 1M: for the immediate effects like shock and bruising.

Arsenicum 30c, 200c, or 1M: Anxiety, restlessness followed by weakness, chills and a desire for frequent small sips of water, feeling like you have been poisoned. Nausea, retching and vomiting after eating and drinking. Utter prostration. Extremely anxious and fearful.

Nux Vomica 30c, 200c, or 1M: Constant/ Violent vomiting, intense nausea slightly relieved after vomiting. Sensitive to everything. Can be very crabby and sensitive to noise, touch, people around them, the least thing aggravates.

Phosphorus 30c, 200c or 1M: High fever with much vomiting. It is a burning heat as if the internal body is being burnt. Desire for very cold drinks in large quantities. Empty feeling in the stomach with nausea. Anxious and melancholic. Feels completely weak and weary from loss of vital fluids or who feels so tired he has become apathetic and barely reacts to what is going on around him. Hollow, sunken eyes. Hair loss in spots. Bleeding issues.

Ruta graveolens 30c: Protects the cells from damage after exposure to radiation, generally taken once per week.

The cell salts of **Calc fluor** 6x and **Nat mur** 6x taken all day in water will support your body in eliminating toxins and helping to protect the thyroid and bones. This can be taken in addition to other remedies that are indicated.

*Always do 5 days on, 2 days off in 3X & 6X potencies.

If other remedies seem indicated such as Apis, Chamomilla, Ipecac, Phos Acid, Tabacum or any other remedy whose symptom picture fits.

For radiation burns: Cantharis, Calendula, Sulphur in 30c, 200c, or 1M.

Other Home Remedies: Baking Soda: Adding 1/2 of a cup of baking soda and 1/2 of a cup of sea salt or Epsom salt in a bath and soaking for 20-45 mins will help to draw the radiation poison out of your system.

Black walnut tincture can also be used as an alternative source for iodine if you don't have any other sources. Paint the iodine on your knees or wrists, similarly to how you would use Lugol's or other external iodine supplements. It is not recommended you take this internally to help with radiation poisoning.

Bentonite clay can also be used 1 cup full in a hot bath to draw out toxins for 20-40 mins or a clay pack (mix the clay with warm water for a thick consistency) and cover a foot or hand for 10-20 mins or until the clay dries. Then rinse off with warm water. Repeat this process with a different hand or foot each day.

For radiation burns: (See remedies listed above.) You can also apply aloe vera directly from the leaf onto the wound. Calendula cream is also effective for topical treatment for radiation burns. Coconut Oil is good to add to food and drinks during the recovery from a radiation event to support your thyroid.