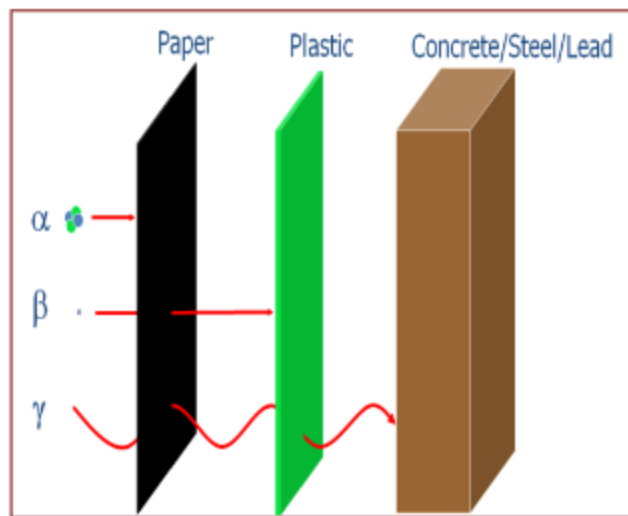


## Acute radiation syndrome (ARS)

- The gray is used to express the severity of what are known as tissue effects from doses received in exposure to hi-levels of ionizing radiation. Lethal dose is around 500 roentgens, a whole-body acute exposure to **5 Gy** or more usually leads to death within 14 days. At lower or more localized doses, the effect will not be death, but **specific symptoms due to the loss of a large number of cells.**
- If the patient's estimated dose is greater than **2 Gy**; a careful search for any infection should be conducted and specific foci of infection treated adequately. **Serologic testing should be done immediately for herpes simplex virus and cytomegalovirus.**
- Acute radiation **pneumonitis** may develop, characterized by **dry cough** and **dyspnea**. Fibrosis of the lung, which causes further dyspnea, is a possible late complication.
- The signs and symptoms of ARS are related to the whole-body absorbed dose of radiation. Doses less than **0.5 Gy** are not expected to cause acute symptoms, whereas doses of **4.5 Gy** are **lethal to 50% of exposed persons.**
- The antioxidant role of **zinc (Zn)** against **radiation-induced cataract** in the rat lens after total cranial irradiation with a single **5 Gy** dose of gamma irradiation.
- Airways are potentially exposed to a “double hit injury” in that the lungs receive exposure to gamma irradiation along with the rest of the body as well as potential radiation from **inhaled radioactive dust particles.**
- **Fluoroquinolone (Radiation syndrome):** The WHO gives weak evidence-based recommendations, including **fluoroquinolone 2 to 4 days after radiation exposure**; selective digestive decontamination; prophylaxis with 5HT3 antagonists for estimated exposures greater than 2 Gy.

**Fluoroquinolone (Virology):** Fluoroquinolones are routinely prescribed for the **treatment of coronavirus-associated severe acute respiratory syndrome (SARS)** or opportunistic bacterial infections in HIV-positive patients.

ALARA (As Low As Reasonably Achievable) is the underlying philosophy associated with protecting people from ionizing radiation. It basically means that one should not unnecessarily expose themselves to radiation without the benefit outweighing the risk. Time, distance, and shielding are widely considered to be the primary concerns. At REAC/TS, we like to add a fourth item to the list – quantity. All four of these concepts are used concurrently with the others.



For instance, if one were to increase the distance from a radioactive source they are actually adding more shielding (yes, air is a shield). To spend less time in an area one moves farther away from the source (distance, and thusly, shielding). When one minimizes the quantity of radioactive material in an area they are moving the source farther away. As one can see, protecting oneself from ionizing radiation is nothing more than using good common sense: minimize the time around the source, increase the distance from the source, put “stuff” between the target and the source, and/or simply remove the source.

Jack Dorsey — Twitter CEO and aficionado of dubious “wellness” trends — has revealed he likes to sit in a US\$5,499 tent in his garage.

The “Faraday sauna” is made of steel-infused “grounding fabric” designed to block electromagnetic fields (EMF). Dorsey claimed on a recent podcast that his regular 30-minute retreats into the sauna help him “feel a little bit different” because he’s “not getting hit by all the EMF energy.” Also, there’s no Wi-Fi or cell signal in there. Sounds peaceful, actually. His device of choice is marketed as an “EMF-free ancestral space.”

# The effects of radiation on the human body

**Radioactive** materials are hazardous. **Nuclear radiation** can **ionise** chemicals within a body, which changes the way the cells behave. It can also deposit large amounts of energy into the body, which can damage or destroy cells completely.

Some of the effects that **radiation** has on a human body are shown below:

Eyes	High doses can cause cataracts
Thyroid	Radioactive iodine can build up and cause cancer, particularly during growth
Lungs	Breathing in radioisotopes can damage DNA
Stomach	Radioactive isotopes can sit in the stomach and irradiate for a long time
Reproductive organs	High doses can cause sterility or mutations
Skin	Radiation can burn skin or cause cancer
Bone marrow	Radiation can cause leukaemia and other diseases of the blood

# The Civic Foundations of Fascism in Europe

Italy, Spain, and Romania, 1870–1945

Dylan Riley



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## What does SAR mean?

The exposure standard for wireless mobile phones employs a unit of measurement known as the Specific Absorption Rate or SAR. SAR is a measure of the rate of radiofrequency energy absorption into the body from the cell phone. The SAR limit was developed decades ago (19).

## How are phones SAR tested?

SAR testing uses a plastic dummy model based on a large 220 pound adult male body—larger than 90% of the population. The plastic shell of the test dummy is filled with a liquid. Each cell phone is tested while operating at its highest power level.

So far, governments have neglected to consider metals in their regulatory compliance testing, despite the fact that metals will interact with the cell phone radiation absorption into the user's body. The SAR test dummy does not have any metal (fillings, braces, implants, piercings, wire-supported bras, or frames) that could increase the radiation absorption beyond lab measures. Yet people use cell phones near metals and even other RF sources. This is yet another important reason why current SAR testing is inadequate.

Apple states, *“Cases with metal parts may change the RF performance of the device, including its compliance with RF exposure guidelines, in a manner that has not been tested or certified.”* However, they do not warn about eyeglasses or placing a phone in a pocket next to a keyring.

**"This insurance does not apply to  
Electromagnetic Hazard"  
//The Hartford**

**"A total exclusion on liability for all EMF  
radiation"  
//Canadian ProSurance Architects**

**"We will not pay anything under this policy,  
including claim expenses, in respect of:  
Electromagnetic fields"  
// Zurich Community Care Liability**

**"Exclusions: Artificially produced electric  
fields, magnetic field, electromagnetic field,  
sound and microwaves, and all artificially  
produced ionizing or non-ionizing radiation"  
//AT&T**

The Russian personnel carries out such crucial operations as the disinfection of homes for the aged, where the coronavirus-related death rates are the highest. Russian military epidemiologists and specialists from the Russian Defense Ministry's **radiation, chemical and biological** protection forces and their Italian military counterparts have disinfected homes for the aged in Lombardy's 43 communities. They have decontaminated 47 buildings, more than 270,000 square meters of rooms and 26,000 square meters of roads.



- Contains the expiratory port, expiratory flow sensor, exhalation valve diaphragm, expiratory filter seal and pressure sensor filter
- Can be cleaned and disinfected if a high-risk communicable contamination occurs\*
- Disinfection is not required on a routine basis



\*in the U.S. the EVQ has to be cleaned and disinfected in between patients

