HEALTH WATCH 9

NUCLEAR: Direct and Indirect Exposure to Radiation and Radioactive Material from Nuclear Weapons, Industry and Nuclear Power Plants

1. Strengthening for potential exposure to radiation, nuclear fallout and radioactive material
2. Direct and indirect exposure to radiation, nuclear fallout and radioactive material
3. Radiation sickness
4. Survivors of previous radiation exposure, their children and their grandchildren

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This Health Watch is the most sobering Health Watch I’ve had to write. And I imagine it will be a sobering experience for you to read. It is a basic how-to paper for surviving radiation exposure from a nuclear attack, nuclear fallout, nuclear power plant accident and radioactive material. Political leaders around the world seem to be waltzing toward using nuclear weapons or provoking others to use them. And just about anyone — including terrorists — can get their hands on the components and instructions for making their own nuclear weapons. Old, outdated nuclear weapons and submarines are being junked and stockpiled carelessly in ways that could threaten our survival in the near future. What control we had around nuclear weapons’ development and use has evaporated, leaving civilians around the world with the very real task of figuring out what to do to survive a nuclear event.

If you are serious about using Perelandra tools and processes to get you, your family and friends through a disaster such as this, I suggest that you create a Perelandra disaster response kit. Keep it in an easy-to-locate box or canvas bag. Make hard copies of this paper (Health Watch 9) along with Health Watch 5A (preparation for biological weapons use and exposure to serious infectious disease), Health Watch 7 (exposure to and injury from chemical weapons use) and Health Watch 5B (dealing infectious diseases resulting from biological weapons use). You might want to add Health Watch 8 (dealing with stress while dealing with the “fallout” of biological, chemical and nuclear weapons) to your Health Watch disaster kit. The reason for the hard copies: You might be in a situation where public utilities such as electricity have gone down and you won’t be able to access these Health Watches from our web site. Also make sure you have copies of the steps for all the programs and processes you plan to use. I suggest that during times when it seems more likely that government leaders are going to go mad enough to use these weapons that you consider keeping a good stock of the MBP Balancing Solutions, essences and MBP balancers (the MBP Expanded Balancing Kit balancers) in your disaster response kit to
keep you, your family and friends going for awhile — at least a month. It’s quite possible that not only the utilities could be disrupted but the post offices and delivery services, as well. In that case, we won’t be able to get the supplies you need shipped to you. I don’t mean this as advice to scare you to death. I offer this in the spirit of planning ahead and being prepared. For me, being prepared in reasonable and responsible ways gives me more peace of mind and alleviates stress around a potential problem.

One thing to consider when thinking about the fragile state our world is in right now is that the kinds of weapons we are talking about are not regional in their effect. When someone fires a gun, the physical effect is confined to either their target or whatever they hit when they missed the target. A bomb, whether biological, chemical or nuclear, used in one part of the world will physically impact us all to one degree or another. Soldiers and civilians moving in and out of the epicenter will carry biological, chemical and nuclear fallout on their bodies, clothes and personal property into any outside location they travel to. Atmospheric winds and jet streams will spread fallout to everyone. Waterways all flow into one another. Any contaminants that enter waterways in one region of the world will wash to other regions via water currents. In short, the use of biological, chemical and nuclear weapons in one small area of the world — New York City, Tahiti, Kansas or Baghdad — does not remain isolated to that area. This is one situation we cannot dodge.

When putting together these Health Watches, I have been impressed by several things. First is the flexibility of the Perelandra tools and how they can easily and effectively address situations as serious as biological, chemical and nuclear warfare, as well as situations such as HRT, stress, and problems around sewage sludge. This is one of the major results and benefits of working in co-creative science. Nature knows how to develop a process or tool that can address a wide range of situations.

Another thing that impressed me is how much control in our lives the Perelandra processes and tools give back to us. When thinking about leaders and events careening out of control and resulting in the use of these weapons, it’s easy to feel like our life has been taken over by world events. By using what Perelandra has to offer, we can maintain a quality of life and health despite world events. And should any of us be faced with surviving a direct attack in our region or neighborhood and the supporting public health response goes down, we don’t have to panic. We have a full array of self-help health and environmental care right at our fingertips and we can immediately work with them to address exposure or injury. In short, we are not left helpless.

*About Health Watch 9:* The list of processes and tools you may use is extensive and reflects the seriousness of the situation being addressed. You only need to choose what level you want to work on and which tools and processes on that level you wish to work with. I don’t want you to feel that you are required to use everything. How much you work with is up to you and depends on what you want to accomplish with the Perelandra tools. Also, the Perelandra tools are compatible with other treatments and may be used in conjunction with these treatments — conventional or alternative. Using the tools Perelandra has to offer is not an either/or decision for you.
1. STRENGTHENING FOR POTENTIAL EXPOSURE TO NUCLEAR FALLOUT AND RADIOACTIVE MATERIAL

**GREEN LEVEL** (The Green Level is for beginners and people new to Perelandra who are open to the kind of alternative help Perelandra has to offer. It is also for those who want and need to do something immediately, but cannot handle a learning curve right now. The tools listed for the Green Level are to be used by those on the Maroon and Blue Levels, as well.)

- MBP Balancing Solutions
- *Eat Right 4 Your Type* by Peter D’Adamo
- ETS Plus

**MBP Balancing Solutions**

Frequency: Twice daily — A.M. & P.M. Take these Solutions throughout the period of potential exposure or high alert.

Setup: No testing or setup required

MBP Balancing Solutions needed:
- Immune System Balancing Solution
- Lymphatic System Balancing Solution
- Cardiovascular System Balancing Solution
- Cell Balancing Solution (available in May)
- Digestive System Balancing Solution
- Endocrine System Balancing Solution
- Integumentary System Balancing Solution
- Muscular System Balancing Solution
- Nervous System Balancing Solution
- Reproductive System Balancing Solution
- Respiratory System Balancing Solution
- Skeletal System Balancing Solution
- Urinary System Balancing Solution

The MBP Balancing Solutions strengthen the body’s systems so that the body can actively withstand exposure to nuclear fallout or any other radiation, no matter what the source. You should begin taking these Solutions if you feel there is a credible threat of nuclear attack, if you live near a nuclear power plant, or if you are faced with any other situation where you could be exposed to high levels of radiation. A note about a nuclear attack: A nuclear explosion will not be regional. There should be concern about exposure to radioactive fallout no matter where the threat — even if it’s halfway around the world. Although the level of exposure is highest near the point of explosion, jet streams and air currents will spread nuclear fallout all around the world. Anytime we are living with a high degree of potential use of nuclear weapons by anyone, we should begin to strengthen our body’s systems by taking these Solutions right away.

*The thirteen MBP Balancing Solutions should be taken no matter which level you are on: Green,*
*Maroon or Blue.* Take the prescribed number of drops twice daily (first thing in the morning and at bedtime) for each Solution listed throughout the time you could become exposed. Once you are no longer experiencing a threat, you no longer need to take these Solutions twice daily. However, to maintain good, general body strength, consider continuing taking the Solutions once daily (at bedtime).

If you are already taking any of the MBP Balancing Solutions on a daily basis, you may take the thirteen Solutions needed specifically for this work along with the ones you are already taking daily. To do this, you will need to set up for telegraphing the MBP Balancing Solutions. This is actually a simple setup and it ensures that the Solutions you take are fully effective for both your daily needs and specific situation(s) such as exposure to radiation and radioactive material. The information for telegraphing Solutions is included in the new *MBP Balancing Solutions Guide* under “Telegraph Testing for Specific Situations” (p. 37) and on our web site. You will not need to telegraph test the Solutions. This has already been done for you. However, you will need to set up properly when taking Solutions for more than one situation. The information for how to do this follows the word “Important:” in step 5 of the telegraph testing process.

**Eat Right 4 Your Type** by Peter D’Adamo

Frequency: Daily — Begin as soon as possible.

The D’Adamo blood-type diet provides exceptional general body repair and strengthening. Don’t dismiss this diet — especially if you are living with the threat of nuclear weapons, live near a nuclear power plant, or are exposed to nuclear material or radiation in the workplace. Your body will need all the help it can get to withstand injury from this kind of exposure. It can do it’s job if it has the right “gas” it needs in order to function properly. In talking to others about this diet, I know not much touches nerves as suggesting a change in diet. Many people have a heart connection to those corn chips and soda (or tofu and bean sprouts) and really do not want to give these things up — whether they are actually good for their body or not. However, you need to take into consideration that if you are dealing with the threat of exposure to radioactive material, you no longer have the luxury to indulge your love of the corn chips and soda or tofu and bean sprouts. The D’Adamo blood-type diet is not a starvation diet by any means. The list for each blood type includes over 250 different foods and drink. (Chocolate is blood-type friendly for all blood types!) What is listed as highly beneficial and neutral are the foods that repair, strengthen and feed our body. The diet eliminates the foods that we should avoid according to our blood type (the foods that weaken or cause adverse reactions in our body), if we wish to maintain the strength needed to deal with the effects of these kinds of serious radioactive exposures on our systems. In short, the “avoids” are counterproductive to our achieving and maintaining health when our body is under attack. Here’s what I suggest: Get the book *Eat Right 4 Your Type* by Peter D’Adamo, find out what your blood type is (if you don’t already know), and try the diet that is listed for your blood type for *one month.* One lousy month. *And promise yourself you won’t cheat.* Consider it an adventure. At the end of the month, evaluate the changes you see and feel in your health and then decide if this diet is worth the change for you. For general body strengthening in preparation for a potential problem, focus the diet on the highly beneficial foods for the first six to eight months. Then add more of the foods from the “neutral” list for
maintaining the level of strength you’ve achieved as a result of the first six to eight months of repair and building. Dr. D’Adamo’s books on the diet contain a wealth of information on how to achieve the best results for your blood type and your situation.

**ETS Plus (Emergency Trauma Solution Plus)**
An important preparation for exposure to radiation or radioactive material is having ETS Plus on hand *prior* to exposure for yourself, each member of your family and your friends. Each person will need to take their ETS within the first twenty minutes after exposure. For complete instructions for ETS Plus, refer to the ETS Plus brochure.

**MAROON LEVEL** *(The Maroon Level is for beginners and new people who not only want to get started on something right away but who also wish to learn a few easy, basic tools. The Maroon Level has a beginner’s learning curve.)*
- **Green Level Tools:**
  - MBP Balancing Solutions: *Important to include these.* (see Green Level listing)
  - *Eat Right 4 Your Type* (see Green Level listing)
  - ETS Plus (see Green Level listing)
- **Maroon Level Tools (add to the Green Level Tools):**
  - MAP
  - Essences — Basic Testing

**MAP**
Frequency: Every two weeks during the threat of radiation exposure, plus 1 month.
Setup: “This is a session to strengthen me and prepare my body for possible exposure to radiation.” (Describe the situation you may be facing.)

Have MAP sessions that are exclusively focused on your potential exposure to radiation or radioactive material. Be sure to describe the circumstances surrounding the potential exposure. Set up for these sessions by stating to your team: “This is a session to strengthen me and prepare my body for possible exposure to radiation.” (Describe the situation you may be facing.) Your team will work on the needed adjustments so that you can better withstand such a serious exposure. While they are working, talk to them about any concerns and fears you have regarding the possible exposure and the situation causing the threat of exposure. Be sure to include how you personally feel. And don’t be afraid to sound off about those who have gotten you and your family into this mess.

If any symptoms from anxiety surrounding the situation persist once you are finished with the period described above for working with MAP, continue the sessions every two weeks until you no longer have any symptoms. Once symptom free, have nuclear-radiation-threat MAP sessions for another month (one session every two weeks) to be sure you have completely moved through any problems that were caused by the anxiety you experienced.

**Essences — Basic Testing**
Frequency: Daily during the threat of radiation exposure, plus 2 weeks.
Setup: No special focus needed

While building up your body and preparing for a possible nuclear attack or exposure to radiation, it will be important to monitor the balance of your electric system by doing a basic essence test daily throughout the entire period you are threatened and for an additional two weeks after the situation has changed and you are no longer in danger. Because you are doing this test daily, you will not need to test for dosage (number of days essences are needed). Whatever essences are needed for more than one day will show up again in the test for the next day.

If any symptoms from anxiety surrounding the situation persist once you are finished with the period for doing the basic essence test as described above, continue the daily essences testing until you no longer have any symptoms. Once symptom free, continue the daily testing for another two weeks to be sure your electric system has repaired, balanced and stabilized.

**BLUE LEVEL** (The Blue Level is for veterans of our programs or products, who know how to kinesiology test and who wish to have a guideline for how to better retrofit the Perelandra tools to the present challenges.)

Green Level Tools
- MBP Balancing Solutions: *It is important to include these.*
  (see Green Level listing)
- *Eat Right 4 Your Type* (see Green Level listing)
- ETS Plus (see Green Level listing)

Maroon Level Tools (add to the Green Level Tools):
- MAP (see Maroon Level listing)
- Essences — Basic testing (see Maroon Level listing)

Blue Level Tools (add to the Green and Maroon Level Tools):
- MAP/Calibration
- Essences — Regular telegraph testing

**MAP/Calibration**

Frequency: Whenever needed as part of your radiation preparation MAP sessions.
Setup: “I want to set up for a MAP/Calibration for the threat of exposure to nuclear fallout and/or radiation.”

Set up your MAP sessions as described in the Maroon Level information — once every two weeks for the duration of the threat, plus one month. To this, add a regular MAP/Calibration as an option. Consider having a MAP/Calibration when you are feeling overwhelmed or stuck by the situation in which you find yourself as a result of any potential exposure to radiation and radioactive material. If a calibration is needed, you’ll either get a hunch that one is needed during a MAP session or you can actually ask the question while in MAP (“Do I need a MAP/Calibration?”) and kinesiology test whether one is needed. The focus of this calibration is the concerns you have around your exposure to radiation or radioactive material. Your calibration
discussion will include your fears, concerns, anger, confusion and frustrations for yourself, your family, your friends and for everyone else around the world. Put all your thoughts “on the table,” whether you consider them to be insignificant or not. The time needed will be the same as a regular MAP/Calibration session.

**Essences — Regular Telegraph Testing**
Frequency: Once every 2 weeks during the threat of radiation exposure, plus 1 month
Setup: “Essences telegraph testing for the threat of exposure to nuclear fallout and radiation.”

As soon as you feel there is a credible threat of exposure to radiation or radioactive material, set up for a *regular* essences telegraph test (do *not* use the detailed Essences Telegraph Test Checklist) by focusing the test on the potential exposure. Remember to clear yourself with a basic essences test first. Then test the essences as you would any regular telegraph test. Also be sure to test for dosage — the number of times *within that two-week period* you are to take any needed essences. Discontinue taking the essences from the previous week’s test once you do a new week’s essences telegraph test and get the dosage for the new combination of essences needed. Continue this rhythm for the duration of time you are under threat of exposure, plus one month.

If any symptoms from anxiety surrounding the situation persist once you are finished with the period described above, continue the regular essences telegraph testing weekly until you no longer have any symptoms. Once symptom free, do a telegraph test once every two weeks for an additional month to be sure your electric system has repaired, balanced and stabilized.

Note: Essences telegraph testing may be done in place of the essences basic test that is described in the Maroon Level section. Because of the detail included in the essences telegraph testing, you will receive stronger support with your essences work.

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2. DIRECT AND INDIRECT EXPOSURE TO NUCLEAR FALLOUT AND RADIOACTIVE MATERIAL

3. RADIATION SICKNESS

The same processes and tools are used for exposure to radioactive material as well as for radiation sickness. However, note that the frequency and setup for these two focuses are sometimes different. In addition, when doing kinesiology testing, you will get results that will reflect both the focus of your testing (exposure or sickness), as well as address your individual needs in each of these areas.

**GREEN LEVEL** (The Green Level is for beginners and people new to Perelandra who are open to the kind of alternative help Perelandra has to offer. It is also for those who want and
need to do something immediately, but cannot handle a learning curve right now. The tools listed for the Green Level are to be used by those on the Maroon and Blue Levels, as well.)

MBP Balancing Solutions
Eat Right 4 Your Type by Peter D’Adamo
ETS Plus

**MBP Balancing Solutions**

Frequency:
- If exposed: Twice daily — A.M. & P.M. Take these Solutions for the duration of exposure, plus 4 months. Begin immediately after exposure.
- If sick: Twice daily — A.M. & P.M. Take these Solutions throughout the period you are sick, plus 7 months. Begin immediately once symptoms appear.

Setup: No testing or setup required

MBP Balancing Solutions needed:
- Immune System Balancing Solution
- Lymphatic System Balancing Solution
- Cardiovascular System Balancing Solution
- Cell Balancing Solution (available in May)
- Digestive System Balancing Solution
- Endocrine System Balancing Solution
- Integumentary System Balancing Solution
- Muscular System Balancing Solution
- Nervous System Balancing Solution
- Reproductive System Balancing Solution
- Respiratory System Balancing Solution
- Skeletal System Balancing Solution (available in April)
- Urinary System Balancing Solution

The MBP Balancing Solutions strengthen the body’s systems so that the body can actively withstand injury once you have been exposed to radiation, nuclear fallout or any other radioactive material, no matter what the source. *The thirteen MBP Balancing Solutions should be taken no matter which level you are on: Green, Maroon or Blue.* Take the prescribed number of drops twice daily (first thing in the morning and at bedtime) for each Solution listed throughout the appropriate time listed under “Frequency.”

If you are already taking any of the MBP Balancing Solutions on a daily basis, you may take the thirteen Solutions needed for this work along with the ones you are already taking daily. To do this, you will need to set up for telegraphing the MBP Balancing Solutions. This is actually a simple setup and it ensures that the Solutions you take are fully effective for both your daily needs and specific situation(s) such as exposure to radioactive material or radiation sickness. The information for telegraphing Solutions is included in the new *MBP Balancing Solutions Guide* under “Telegraph Testing for Specific Situations” (p. 37) and on our web site. You will not need to telegraph test the Solutions. This has already been done for you. However, you will need to set
up properly when taking Solutions for more than one situation. The information for how to do this follows the word “Important:” in step 5 of the telegraph testing process.

**Eat Right 4 Your Type** by Peter D’Adamo  
**Frequency:** Daily

The D’Adamo blood-type diet provides exceptional general body repair and strengthening. Don’t dismiss this diet — especially if you have been exposed to radiation or radioactive material. Your body will need all the help it can get to withstand injury from this kind of exposure, and repair should you become sick. It can do it’s job if it has the right “gas” it needs in order to function properly. In talking to others about this diet, I know not much touches nerves as suggesting a change in diet. Many people have a heart connection to those corn chips and soda (or tofu and bean sprouts) and really do not want to give these things up — whether they are actually good for their body or not. However, you need to take into consideration that if you are dealing with exposure to radioactive material or have radiation sickness, you no longer have the luxury to indulge your love of the corn chips and soda or tofu and bean sprouts. The D’Adamo blood-type diet is not a starvation diet by any means. The list for each blood type includes over 250 different foods and drink. (Chocolate is blood-type friendly for all blood types!) What is listed as highly beneficial and neutral are the foods that repair, strengthen and feed our body. The diet eliminates the foods that we should avoid according to our blood type (the foods that weaken or cause adverse reactions in our body), if we wish to maintain the strength needed to deal with radiation exposure. In short, the “avoids” are counterproductive to our achieving and maintaining health when our body is under attack. Here’s what I suggest: Get the book *Eat Right 4 Your Type* by Peter D’Adamo, find out what your blood type is (if you don’t already know), and try the diet that is listed for your blood type for one month. One lousy month. *And promise yourself you won’t cheat.* Consider it an adventure. At the end of the month, evaluate the changes you see and feel in your health and then decide if this diet is worth the change for you. For general body strengthening and repair once you have been exposed to radiation, focus the diet on the highly beneficial foods throughout your time of exposure or sickness. Once completely through these periods, you may add foods from the “neutral” list for maintaining the level of repair and strength you’ve achieved. Dr. D’Adamo’s books on the diet contain a wealth of information on how to achieve the best results for your blood type and your situation.

**ETS Plus (Emergency Trauma Solutions Plus)**  
**Frequency:** 1 dose (10-12 drops) every 5 minutes for the first 20 minutes immediately after radiation exposure.  
**Setup:** No testing or setup required

Taking ETS Plus immediately after being exposed to radiation will move you through the initial trauma you experience from that sudden exposure. If you are in a situation where you are being continuously exposed for days or weeks, you will take ETS Plus immediately after your initial moment of exposure on that first day. If you are in a situation where you are being exposed intermittently, take ETS Plus for the first twenty minutes after each new exposure. Even if you are wearing protective gear at the time of exposure, take ETS Plus anyway. It is better to err on
the side of caution here.

**MAROON LEVEL** (The Maroon Level is for beginners and new people who not only want to get started on something right away but who also wish to learn a few easy, basic tools. The Maroon Level has a beginner’s learning curve.)

Green Level Tools
- MBP Balancing Solutions: *Important to include these.* (see Green Level listing)
- *Eat Right 4 Your Type* (see Green Level listing)
- ETS Plus (see Green Level listing)

Maroon Level Tools (add to the Green Level Tools)
- MAP
- Emergency MAP
- Essences — Basic Testing
- MBP — Phase 1 Testing

Environment:
- Energy Cleansing Process
- Battle Energy Release Process
- MBP — Phase 1 Testing

**MAP**

**Frequency:**
- If exposed: Twice weekly for the duration of exposure, plus 3 months. Begin immediately after exposure.
- If sick: 3 times weekly throughout the period you are sick, plus 5 months. Begin immediately once symptoms appear.

**Setup:**
- If exposed: “This is a session for radiation exposure.”
- If sick: “This is a session for radiation sickness.”

Have MAP sessions that are exclusively focused on your exposure to radiation or radiation sickness. Use the appropriate setup listed above for the situation you are addressing. If exposed but not experiencing symptoms, your team will work on the needed adjustments to strengthen and help repair your body from any weakening resulting from exposure. If you are experiencing symptoms, the team will address your illness. While they are working, describe your symptoms and talk to them about the concerns and fears you have regarding this situation you are in. Also give them any information you are receiving about the radiation problem in your area or unusual developments with others around you who are also sick. Be sure to fully describe your symptoms and keep your team up to date on any symptom changes — improvements or problems.

If any symptoms persist once you are finished with the period for working with MAP, continue having sessions as outlined above until you no longer have any symptoms. Once symptom free, have radiation-sickness MAP sessions for another three months (*twice weekly*) to be sure you
have completely moved through any problems that were caused by radiation exposure. If you are still dealing with radiation exposure after the three months, continue with MAP as outlined for radiation exposure for the duration of exposure, plus three months.

Note: As with any situation, MAP may be successfully combined with any other treatment — conventional or alternative. Be sure to let your MAP team know what treatments you are including. Also plan to have a MAP session within 24 hours after receiving other treatment. Your team can work with you so that the other treatment will have its full effectiveness and you won’t experience setbacks.

**Emergency MAP**

**Frequency:**
- If exposed: Any time you are suddenly exposed to radiation. In this situation, take your ETS as outlined above, and then open an Emergency MAP session.
- If sick: Any time you experience a sudden change in your illness that indicates a complication has occurred or that you have taken a sudden turn for the worse.

**Setup:**
- If exposed or sick: Use the quick opening procedure for Emergency MAP as described in the book, *MAP.*

Note: Emergency MAP sessions do not replace the twice- or three-times weekly sessions you are already having with your team. If you normally have three sessions weekly and you need an Emergency MAP session, you will be having a total of four MAP sessions (three regular and one emergency session) that week.

**Essences — Basic Testing**

**Frequency:**
- If exposed: Daily during the duration of exposure, plus 3 months. Begin immediately after exposure.
- If sick: Daily throughout the period you are sick, plus 5 months. Begin immediately once symptoms appear.

**Setup:**
- If exposed or sick: No special setup needed

Once exposed to radiation or experiencing radiation sickness, it will be important to monitor the balance of your electric system by doing a basic essence test *daily* throughout the entire period you are exposed (or sick) and for an additional three months (or five months) after the situation has changed and you are no longer exposed (or sick). Because you are doing this test daily, you will not need to test for dosage (number of days essences are needed). Whatever essences are needed for more than one day will show up again in the test for the next day. If any symptoms persist once you are finished with the period outlined for doing the basic essence test, continue the daily essences testing until you no longer have any symptoms. Once symptom free, continue the daily testing for three months to be sure your electric system has repaired, balanced and stabilized. If you are still dealing with radiation exposure after the three
months, continue with daily essence testing for the duration of exposure, plus three months.

**Microbial Balancing Program — Phase 1 Testing**

Frequency:
- If exposed: Once a week for the duration of exposure, plus 3 months. Begin immediately after exposure.
- If sick: 3 times weekly throughout the period you are sick, plus 5 months. Begin immediately once symptoms appear.

Setup:
- If exposed: MBP Phase 1 Test — radiation exposure.
- If sick: MBP Phase 1 Test — radiation sickness.

Use the MBP Troubleshooting Chart. The Microbial Balancing Program strengthens the colonies of important beneficial microbes that are a vital part your body’s systems so that they will be better able to maintain their balance as well as your body’s balance during radiation exposure and sickness. The beginner’s (Maroon Level) MBP testing is the Phase 1 Testing. It’s simple and takes relatively little time to do. To set up for this testing, write at the top of the MBP Troubleshooting Chart the appropriate setup for the focus you are addressing. Then test the chart as outlined for Phase 1. Plan to do a Phase 1 test once a week throughout the entire time you are exposed to radiation and three times a week if you are experiencing radiation sickness. Continue doing Phase 1 testing for an additional three months/once a week (or five months/twice a week) after the situation has changed and you are no longer exposed (or sick).

If any symptoms persist once you are finished, continue the MBP Phase 1 testing (three times a week until you no longer have any symptoms. Once symptom free, do MBP Phase 1 testing *twice a week* for an additional three months. If you are still dealing with radiation exposure after the three months, continue with MBP Phase 1 testing as outlined for radiation exposure for the duration of exposure, plus three months.

**A Special Note**

I’m trying to give you all the information you’ll need if you are facing a nuclear disaster. There is one option I haven’t yet covered: What to do if you and your body are completely overwhelmed by radiation exposure or radiation sickness and you know it’s time to just let go and move into death. If this is the option you are faced with, contact your MAP team and let them know that fighting for life is no longer reasonable for you and that you have decided to let go. Talk to them about your decision and your thoughts about death. Let them know that you would like this process to be as comfortable as possible. Have MAP sessions weekly for as long as possible. The focus for these sessions will be on your death process. There’s one other thing which I’m sure is going to sound nuts to some of you. Even though you feel it’s time to move into death, it will be especially helpful to you during the death process and the post-death process if you continue to take the thirteen MBP Balancing Solutions twice daily for as long as possible. You may not understand this now, but you will be glad you did it later.

If a loved one is facing the same situation and you wish to help them move through the death
process, make sure they take the thirteen MBP Balancing Solutions twice daily. If they have a MAP team, let them know about the weekly death-preparation sessions they can have with their team. And you can do the Perelandra Post-Death ETS Plus Process after they have died. This Process stabilizes the person during that initial post-death period when he or she is most vulnerable, and greatly assists the continuing healing process from the illness or condition that caused death.

**Environment**

Unlike a personal process or tool such as the MBP Solutions, essences and MAP which require that each person in your family use that tool in order to receive its benefits, a Perelandra environmental process benefits every member of your family even though only one family member is doing the process. Because of the nature (no pun intended) of the Perelandra environmental processes, you are able to positively impact everyone who comes in contact with that environment with relatively little effort on your part. And the results of the testing you do when working with the essences and Microbial Balancing Program will be simpler.

**Environment — Energy Cleansing Process**

Frequency: Weekly throughout the duration of exposure and/or illness, plus 2 months.  
Begin immediately after exposure or symptoms appear.  
Setup: Use the setup as written for the Energy Cleansing Process.

The Perelandra Energy Cleansing Process is an especially effective environmental tool to use when we are experiencing stress. In order to maintain physical and emotional equilibrium throughout times such as war, nuclear plant accidents and terrorist activity, it will be important to keep the environment around you balanced. A balanced environment, in turn, gives you the strength and support needed for moving through difficult times. This Process releases unprocessed and intense emotional energy swirling around you that could exacerbate the stress and pressures you are already under and compromise your health. (For the Energy Cleansing Process steps, see *Perelandra Garden Workbook*.)

**Environment: Battle Energy Release Process**

Frequency (Begin immediately after exposure.):  
Inside the battle zone: weekly throughout the duration of the war, plus 3 months.  
Outside the battle zone: monthly throughout the duration of the war, 2 months.  
Setup: Use the setup as written for the Battle Energy Release Process.

The Battle Energy Release Process is specifically developed for releasing the tidal waves of emotional and physical trauma that are unleashed during war. If not released from our environment, we will constantly feel we are reliving the traumas of war, making it difficult to function both during the war and afterward.

If you are outside the battle zone, the focus for this Process will be any environment that you own, rent, or lease. It can also include your personal work environment. If you are living or working within the battle zone, your focus will also be the areas that are your personal
responsibility. However, because of the exceptional situation in which you are living (within the battle zone), you may expand the focus for this Process to include the full battlefield area. The expanded focus is an option and should be done only if you feel comfortable working with a larger environment. For the expanded focus, you will still use the setup as written for the Process. (For the Battle Energy Release Process steps, see _Perelandra Garden Workbook_.)

A Note about Battle Energy Release Process Protocol
Those who live outside a battle zone or terrorist target and who know about this Process have an understandable desire to help the situation and the people in the battlefield area itself by doing a Battle Energy Release Process. However, there is a longstanding ethical issue here. We do not have the right to impose any process onto others without their conscious approval. This includes any of the Perelandra Processes. In the case of the Battle Energy Release Process, an exception is being made for those living within a battle zone. The foundation for that exception is the notion that a hot battle situation creates a united brotherhood among those civilians who live within the zone and who are faced with survival. In this situation, it is appropriate for one member of that brotherhood to do the Battle Energy Release Process for the entire battlefield area. These people are in a special situation and their lives are now dictated by new guidelines that surround the issue of survival. It is not appropriate for those living outside the battle zone to impose the Battle Energy Release Process onto those living inside the zone. Even though this Process is a positive action, it’s still going to feel to those living within a battle zone like one more thing landing on top of them that they didn’t ask for.

Those on the outside can help by making sure the information about this Process is available to anyone living within a battle zone and being there for them should they have any questions. This isn’t such a daunting task now that modern warfare and terrorism have made densely populated areas into battlefields. Some on the outside are bound to have personal connections with some of those on the inside. Another point in favor of someone living or working within a battle zone doing the Battle Energy Release Process for the entire zone is the exceptional focus and immediacy that person will bring to the Process that someone living outside the experience won’t have. The quality of the Process will be favorably influenced and the results of the Process will be greater for all living within the zone.

There’s one other exception that is available to those outside a battle zone. I wrote that we don’t have the right to impose any process onto others without their conscious approval. If you know someone living in a hot battle zone, you can get their approval to do the Battle Energy Release Process for them. However, because you are acting as their surrogate, you will need to be clear about their intentions. If they only wish for you to do the Process for their immediate personal environment and for their family, you cannot take it upon yourself to do the Process for the entire battle zone. As their surrogate, you are ethically bound to follow their wishes.

Environment: Microbial Balancing Program — Phase 1 Testing
Frequency: Once a week for the duration of exposure, plus 2 months.
   Begin immediately after exposure.
Setup: “MBP Phase 1 Test — Strengthening and balancing the microbes in my environment (define ‘environment’: home, apartment, office, office cubicle, land, etc.) for exposure to nuclear radiation.”
Use the MBP Troubleshooting Chart. Radiation exposure wreaks havoc on the microbial balance within an environment. Our health and well-being depend on a strong environmental microbial balance. When it comes to the Microbial Balancing Program, approach your property, home, apartment or work environments just as you would approach your body. Do an MBP Phase 1 test weekly throughout the duration of exposure, plus two months. To set up, write at the top of the MBP Troubleshooting Chart: “MBP Phase 1 Test — strengthening the microbes in my environment (define ‘environment’: home, apartment, office, office cubicle, land, etc.) for radiation exposure.” The MBP work repairs and strengthens the microbes that are a critical part of our environment and helps maintain the balance among the different microbial colonies. This, in turn, supports our health and the repair of environmental damage due to radiation exposure.

**BLUE LEVEL** (The Blue Level is for veterans of our programs or products, who know how to kinesiology test and who wish to have a guideline for how to better retrofit the Perelandra tools to the present challenges.)

Green Level Tools

**MBP Balancing Solutions:** *It is important to include these.*

(see Green Level listing)

*Eat Right 4 Your Type* (see Green Level listing)

ETS Plus (see Green Level listing)

Maroon Level Tools (add to the Green Level Tools)

MAP (see Maroon Level listing)

Emergency MAP (see Maroon Level listing)

Essences — Basic testing (see Maroon Level listing)

MBP — Phase 1 Testing (see Maroon Level listing)

Environment: (see Maroon Level listing)

- Energy Cleansing Process
- Battle Energy Release Process
- MBP — Phase 1 Testing

Blue Level Tools (add to the Green and Maroon Level Tools)

MAP/Calibration

Essences — Regular telegraph testing

Essences — Checklist telegraph testing

Body/Soul Fusion Process

MBP — Telegraph Testing Process

Environment:

- Troubleshooting Process
- MBP — Regular testing
- Nature Healing Coning for Animals

**MAP/Calibration**

Frequency: Whenever needed as part of your radiation-exposure MAP sessions.

Setup: “I want to set up for a MAP/Calibration for radiation exposure/radiation sickness.”
Set up your MAP sessions as described in the Maroon Level information — twice a week for the duration of exposure, plus three months. For radiation sickness, you will have MAP sessions three times weekly throughout the period you are sick, plus five months. To this, add a regular MAP/Calibration as an option. Consider having a MAP/Calibration when you are feeling overwhelmed by the situation you find yourself in as a result of being exposed to radiation or fighting radiation sickness. If a calibration is needed, you’ll either get a hunch that one is needed during a MAP session or you can actually ask the question while in MAP (“Do I need a MAP/Calibration?”) and kinesiology test whether one is needed. The focus of this calibration is the concerns you have around the radiation exposure and/or radiation sickness. Your calibration discussion will include your fears, anger, depression, confusion, frustrations and any symptoms you are experiencing. The time needed will be the same as a regular MAP/Calibration session.

**Essences — Regular Telegraph Testing**

**Frequency:**
- If exposed: Weekly throughout the duration of exposure, plus 3 months. Begin immediately after exposure.
- If sick: Weekly throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.

**Setup:**
- If exposed: “This is an essence telegraph test for radiation exposure.”
- If sick: “This is an essence telegraph test for radiation sickness.”

Within 24 hours after exposure or the first sign of symptoms, set up for a regular essences telegraph test (do not use the detailed Essences Telegraph Test Checklist) by focusing the test on radiation exposure or radiation sickness. Remember to clear yourself with a basic essences test first. Then test the essences as you would any regular telegraph test. Also be sure to test for dosage — the number of times within that one-week period you are to take any needed essences. Discontinue taking the essences from the previous week’s test once you do a new week’s essences telegraph test and get the dosage for the new combination of essences needed. Continue this rhythm for the duration of time you are exposed to radiation, plus 3 months.

If any symptoms persist once you are finished with the period described above, continue the regular essences telegraph testing weekly until you no longer have any symptoms. Once symptom free, do a weekly telegraph test for another three months to be sure your electric system has repaired, balanced and stabilized. If you are still dealing with radiation exposure after the three months, continue with regular essences telegraph testing as outlined for radiation exposure for the duration of exposure.

**Note:** Essences telegraph testing may be done in place of the essences basic test that is described in the Maroon Level section. Because of the detail included in the essences telegraph testing, you will receive stronger support with your essences work.

**Essences — Checklist Telegraph Testing**

**Frequency:**
- If exposed: Once every 2 weeks for the duration of exposure, plus 3 months. Begin immediately after exposure.
If sick: Once weekly throughout the period you are sick, plus 3 months. Begin immediately once symptoms appear.

Setup:
If exposed: “Essences Telegraph Test Checklist — exposure to radiation.”
If sick: “Essences Telegraph Test Checklist — radiation sickness.”

Use the Essences Telegraph Test Checklist. If exposed: After setting up, test as you would any Essences Telegraph Test Checklist Process. Plan to do this testing once every two weeks. Within that two-week period of time, do follow-up testing. However, once you complete the two-week period and do a new Checklist telegraph test (maintaining the once-every-two-week rhythm), discontinue any follow-up testing that might be left from the previous two weeks. Also discontinue taking any essences from that previous period. In short, the essences Checklist telegraph test with its essence solutions and follow-up testing will be valid for just a two-week period of time. Then for the next two weeks, you will do a new test with its own follow-up testing and essence solutions. Continue this rhythm for the duration of time you are exposed to radiation, plus 3 months.

If sick: After setting up, test as you would any Essences Telegraph Test Checklist. Plan to do this testing once weekly. Within that week, do follow-up testing. However, once you complete the one-week period and do a new Checklist telegraph test (maintaining the once-a-week rhythm), discontinue any follow-up testing that might be left from the previous week. Also discontinue taking any essences from that previous period. In short, the essences Checklist telegraph test with its essence solutions and follow-up testing will be valid for just a week. Then for the next week, you will do a new test with its own follow-up testing and essence solutions. Continue this rhythm for the duration of time you are sick, plus 3 months.

If you still experience symptoms once you are finished with the period described above, continue the weekly essences Checklist telegraph testing until you no longer have any symptoms. Once symptom free, do a Checklist telegraph test every two weeks for another three months to be sure your electric system has repaired, balanced and stabilized. You will now be doing any follow-up testing and taking needed essences over a two-week period. During that time, if you test clear on any follow-ups or essences, you don’t need to address anything further for that area. However, when you test the next Checklist, test it as though you are starting over again. If you are still dealing with radiation exposure after the three months, continue with the Essences Telegraph Test Checklist Process as outlined for radiation exposure for the duration of exposure, plus three months.

Note: Essences Checklist telegraph testing may be done in place of the regular essences telegraph testing that is described above. You do not need to do them both. Because of the greater detail you get when using the Essences Telegraph Test Checklist, you will receive even stronger support with your essences telegraph testing work. However, if you do not have time to do the testing that includes working with the Telegraph Test Checklist, plan to do the regular essences telegraph testing.

**Body/Soul Fusion Process**
Frequency:
  If exposed or sick: Once every 2 weeks throughout the duration of exposure and/or illness, plus 2 months. Begin immediately after exposure or the appearance of symptoms.
Setup: Use the setup as written in the Body/Soul Fusion Process.

The explanation of what this Process is, how it works and its steps are found in the paper *Body/Soul Fusion Process: A Flower Essence Process for Newborns, Infants, Older Children and Adults*. When traumatized from exposure to radiation, one of our defense mechanisms is to weaken the fusion between our body and soul. This gives us a numbness or distance from the trauma. When a person experiences physical shock, they also frequently experience a weakened body and soul fusion. However, a weakened fusion can hinder our ability to heal from injury caused by the trauma, plus our ability to think and to function. So it is important to reestablish a strong body and soul fusion as soon as possible and to maintain a strong fusion throughout the period we are faced with radiation exposure or radiation sickness. For this Process, you will need the Perelandra Essences.

**Microbial Balancing Program — Telegraph Testing Process**

Frequency:
  If exposed: Once a week the duration of exposure, plus 2 months. Begin immediately after exposure.
  If sick: Once a week throughout the period you are sick, plus 4 months. Begin immediately once symptoms appear.

Setup:
  If exposed: “MBP Telegraph Testing Process — exposure to radiation.”
  If sick: “MBP Telegraph Testing Process — radiation sickness.”

Use the MBP Telegraph Testing Checklist. After setting up, test as you would any MBP Telegraph Testing Process. Plan to do this testing once every week. Within that week, do follow-up testing. However, once you complete the week and do a new MBP Telegraph Testing Process (maintaining the once-every-week rhythm), discontinue any follow-up testing that might be left from the previous week. Also discontinue taking any essences from that previous period. In short, the MBP Telegraph Testing Process with its essence solutions and follow-up testing will be valid for just a week. Then for the next week, you will do a new test with its own follow-up testing and essence solutions. Continue this rhythm for the duration of time you are exposed to radiation, plus two months (if exposed) or four months (if sick).

If you still experience symptoms once you are finished with the period described above, continue the MBP Telegraph Testing Process weekly until you no longer have any symptoms. Once symptom free, do an MBP Checklist telegraph test weekly for another four months to be sure your electric system has repaired, balanced and stabilized. You will now be doing any follow-up testing and taking needed essences over a one-week period. During that time, if you test clear on any follow-ups or essences, you don’t need to address anything further for that area. However, when you test the next Checklist, test it as though you are starting over again. If you’re still dealing with radiation exposure after four months, continue with the MBP Checklist telegraph
testing as outlined for radiation exposure for the duration of exposure, plus four months.  
Note: The MBP Telegraph Testing Process may be done in place of the MBP Phase 1 Testing  
that was described in the Maroon Level section. You do not need to do them both. Because of  
the detail included in the MBP Telegraph Testing Process, you will receive stronger results with  
your MBP work.

A Special Note
I’m trying to give you all the information you’ll need if you are facing a nuclear disaster. There  
is one option I haven’t yet covered: What to do if you and your body are completely  
overwhelmed by radiation exposure or radiation sickness and you know it’s time to just let go  
and move into death. If this is the option you are faced with, contact your MAP team and let  
them know that fighting for life is no longer reasonable for you and that you have decided to let  
go. Talk to them about your decision and your thoughts about death. Let them know that you  
would like this process to be as comfortable as possible. Have MAP sessions weekly for as long  
as possible. The focus for these sessions will be on your death process. There’s one other thing  
which I’m sure is going to sound nuts to some of you. Even though you feel it’s time to move  
into death, it will be especially helpful to you during the death process and the post-death  
process if you continue to take the thirteen MBP Balancing Solutions twice daily for as long as  
possible. You may not understand this now, but you will be glad you did it later.

If a loved one is facing the same situation and you wish to help them move through the death  
process, make sure they take the thirteen MBP Balancing Solutions twice daily. If they have a  
MAP team, let them know about the weekly death-preparation sessions they can have with their  
team. And you can do the Perelandra Post-Death Flower Essence Process after they have died.  
This Process stabilizes the person during that initial post-death period when he or she is most  
vulnerable, and greatly assists the continuing healing process from the illness or condition that  
caused death.

Environment
Unlike a personal process or tool such as the MBP Solutions, essences and MAP which require  
that each person in your family use that tool in order to receive its benefits, a Perelandra  
environmental process benefits every member of your family even though only one family  
member is doing the process. Because of the nature (no pun intended) of the environmental  
processes, you are able to positively effect everyone who comes in contact with that environment  
with relatively little effort on your part. And the results of the testing you do when working with  
the essences and the Microbial Balancing Program will be simpler.

Environment: Troubleshooting Process
Frequency: Once every three weeks throughout the duration the environment is exposed to  
radiation and radioactive material, plus 6 months. Begin immediately after exposure.  
Setup: “Environmental exposure to radiation and radioactive material”

Use the Troubleshooting Process chart from the Perelandra Garden Workbook II. This Process  
includes all of the environmental energy processes from Workbook II. From the Process testing,  
you will know exactly when any of these processes are needed for your environment. You will  
be addressing two issues: (1) assisting your environment to withstand damage from radiation
exposure, and (2) repairing your environment so that it is once again supportive to all life. It does not matter if your environment includes land such as a farm or suburban lot. It also can be a town house, an apartment or a rented room in someone’s home. Your environment includes more than soil. Everything that is beneath you, beside you and above you is part of your environment.

Write at the top of the Troubleshooting Process chart: “Environmental exposure to radiation and radioactive material.” Then proceed with the process steps as written in Workbook II.

**Environment: Microbial Balancing Program — Regular Testing**
Frequency: Once every 3 weeks for the duration of exposure, plus 4 months.

  Begin immediately after exposure.

Setup: “MBP Regular Test — Strengthening and balancing the microbes and microbial balance in my environment (define ‘environment’: home, apartment, office, office cubicle, land, etc.) for exposure to nuclear radiation.”

Use the MBP Troubleshooting Chart. Radiation exposure wreaks havoc on the microbial balance within an environment. Our health and well-being depend on a strong environmental microbial balance. When it comes to the Microbial Balancing Program, approach your property, home, apartment or work environments just as you would approach your body. Do an MBP regular test once every three weeks throughout the duration of exposure, plus four months. To set up, write at the top of the MBP Troubleshooting Chart: “MBP regular test — strengthening the microbes and microbial balance in my environment (define ‘environment’: home, apartment, office, office cubicle, land, etc.) for exposure to nuclear radiation.” The MBP work repairs and strengthens the microbes that are a critical part of our environment and helps maintain the balance among the different microbial colonies. This, in turn, supports our health and the repair of environmental damage due to radiation exposure.

**Environment: Nature Healing Coning for Animals**
Frequency (Begin immediately after exposure.):

  For companion animals:
    Exposure: Once every 2 weeks for the duration of exposure, plus 2 months
    For sickness: Weekly for the duration of illness, plus 2 months

  For all wild animals (as a group) within your environment:
    Exposure and sickness: Once every 2 weeks, plus 2 months

Setup: Follow the steps as written for the Nature Healing Coning for Animals. (see paper)

If we are dealing with serious levels of radiation, we will be faced with the responsibility for our companion animals and their health. You cannot have MAP sessions for animals because the MAP teams are human physicians and not veterinarians. The Nature Healing Coning for Animals is the animal equivalent of MAP. This Process may be used every two weeks (plus two months) once your companion animals are exposed to radiation to maintain their strength and health. Should they become sick, work with the Process once a week throughout the duration of the illness (plus two months). If your animal is still exposed to radiation once they have come out of the illness, go back to doing the Process every two weeks for the rest of the time they are
exposed, plus two months.

If your companion animal is still experiencing symptoms once you are finished with the period described above, continue the working with the Nature Healing Coning for Animals weekly until you no longer have any symptoms. Once symptom free, do a Nature Healing Coning process weekly for another two months. If you are still dealing with radiation exposure after the two months, continue with the Nature Healing Coning process as outlined for radiation exposure for the duration of exposure, plus two months.

If your environment is home to wild animals, you may assist them as a group by doing the Nature Healing Coning for Animals every two weeks (plus two months) throughout the time they are exposed and dealing with radiation sickness. You do not need to attempt to address them individually. The Process includes steps for working with individual wild animals. However, you will use these same steps by setting up and expanding the focus to include all wild animals in your environment. Nature will work with each wild animal simultaneously as you move through the steps of the Process. For this work, you will not be offering essences and you may skip step 5 in the “For Wild Animal” section of the Process.

I know. At this point you are asking, “Why can’t nature work simultaneously with my four cats, six dogs, two hamsters, iguana, two parakeets, four goldfish and the children’s pony?” It has to do with the differences in the relationships we have established with our companion animals versus the wild animals around us. Each level of relationship brings with it different responsibilities. If you try the simultaneous animal work on all your companion animals as a group, you won’t get the quality results you are hoping for. But here’s a helpful hint: If you are faced with a large group of companion animals and you don’t have the time or energy to work with each of them with the Nature Healing Coning for Animals, you can still help them hold their own against radiation exposure and sickness by doing the environmental Troubleshooting Process and the environmental MBP regular testing. These two processes will definitely help your companion and wild animals.

The next question: Why should we care about wild animals during these serious and difficult times when we have to put out so much effort out just to keep ourselves and our loved ones healthy and functioning? Because at some point in all of this, we need to demonstrate that we humans are capable of caring about something other than ourselves and take responsibility for what we have unleashed on the planet. There is a future ahead of us. No matter how much of this planet we destroy, there is still a future for us. Assisting the animals around us — wild and companion — is a demonstration that we are capable of caring about the larger picture, even at a time when we are struggling to survive our own collective idiocy.
A final non-Perelandra, but common-sense suggestion: Should you become exposed to radiation, no matter what the source, take a shower and wash your hair immediately. Make sure you take a shower and not a bath.
4. SURVIVORS OF PREVIOUS RADIATION EXPOSURE, THEIR CHILDREN AND THEIR GRANDCHILDREN

Survivors of previous radiation exposure would include those living in and near Japan at the time the bombs were dropped on Hiroshima and Nagasaki in 1945, those who were near nuclear test sites over the past fifty-five years and those who lived near Three Mile Island or Chernobyl at the time of the plant accidents. You may strengthen your current level of health by working with the Perelandra processes as outlined for exposure. You will use the same frequency rhythms and setups. However, because you are dealing with previous exposure, you will need to work with the processes and tools for a set period of ten to twelve months. (The instruction “For the duration of exposure” will have no meaning for you in this situation.) If your present state of health is relatively good, plan to do the work for ten months. If your current health is not good and you are dealing with more complex issues, plan to do this work for at least twelve months. Don’t bother trying to figure out which symptoms and problems you are currently experiencing are directly related to the radiation exposure. For the most part, this is going to be impossible to discern. Just assume your health was severely compromised long ago and you have nothing to lose by running your body through a health regimen specifically focused on the exposure injuries now.

If you live near or in a previous battle or test zone in which radiation was released, you can also repair your environment by doing the environmental processes listed for “Exposure.”

Here are the survivor frequency rhythms for the processes and tools listed for “Exposure” that are relevant to you:

**Green Level Tools**
- MBP Balancing Solutions: Take the 13 Solutions twice daily for 10-12 months
  - *Eat Right 4 Your Type*: Daily for 10-12 months

**Maroon Level Tools (add to the Green Level Tools)**
- MAP: Twice weekly for 10-12 months
- Essences — Basic Testing: Daily for 10-12 months
- MBP — Phase 1 Testing: Once a week for 10-12 months

*Environment:*
- Energy Cleansing Process: Weekly for 10-12 months
- Battle Energy Release Process
  - Inside the previous battle or release zone: Weekly for 10-12 months
  - Outside but near the zone: Monthly for 10-12 months
- MBP — Phase 1 Testing: Weekly for 10-12 months

**Blue Level Tools (add to the Green and Maroon Level Tools)**
- MAP/Calibration: Use in conjunction with MAP for 10-12 months
- Essences — Regular telegraph testing: Weekly for 10-12 months
- Essences — Checklist telegraph testing: Every two weeks for 10-12 months
Body/Soul Fusion Process: Every two weeks for 10-12 months  
MBP — Telegraph Testing Process: Weekly for 10-12 months  
Environment:  
Troubleshooting Process: Every three weeks for 10-12 months  
MBP — Regular testing: Every three weeks for 10-12 months  
Nature Healing Coning for Animals  
Companion survivors, if any: Every two weeks for six months  
Wild survivors, if any: Every two weeks for six months  

For Children and Grandchildren of Survivors
I checked to see if children and grandchildren born to survivors of previous exposure to radiation were also affected. The results of the testing showed that there is a strong possibility for genetic damage that has been passed down and we need to pay attention to these two generations, as well. It’s conceivable that the health problems we observe in them could directly stem from the injury and damage sustained by the survivors of the previous exposure. It is possible to improve the level of health for the survivors’ children and grandchildren by working with the same processes as listed for survivors. The length of time for doing this work for both generations will be seven months (not ten to twelve months).  

If there are great grandchildren of survivors who have health problems and you wish to be certain that these problems don’t stem from genetic damage passed down from the original survivors, put the great grandchildren through the “previous exposure to radiation” regimen for a period of four months.