



# **SURVIVING A DIRTY BOMB ATTACK**

**Everything you need to know about saving  
your life and the lives of those you love**

**A “Living Clay” Special Report**

**By David Smith**

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History is a harsh teacher. A single incident, natural or created by human minds and hands, can change how Americans think, feel and respond to public health disasters... Are we ready?

This Special Report serves as primer for everyone, from policy makers to concerned citizens. Ultimately it is the citizens who will benefit from the truth that lies herein. This simple truth may someday, soon, save your life.

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## **A Timely Forward**

Due to the recent radiological event in England, this Living Clay Special Report has become all the more timely. As of December 10, 2006 the following is now known about the death of Alexander Litvinenko.

On about November 12, 2006, the ex-Soviet spy became ill and 3 days later lie on his deathbed in a London hospital. By November 14<sup>th</sup>, all of his hair had fallen out, he had lost 15 pounds and was bleeding internally. He died on November 23<sup>rd</sup>. An autopsy found minute traces of Polonium 210, an extremely rare and highly enriched, radioactive, nuclear material. It soon became clear that Litvinenko had been murdered via Polonium poisoning.

The problem today lies in the 100,000 and potential additional victims who had only a very remote contact with the carrier. The front-page story in a recent edition of USA Today newspaper (December 14, 2006) stated that the person who killed the spy had traveled on a British Airways flight from Moscow to London. He returned the next day on another British Airways flight. Radioactive readings on both aircraft were extremely high and flight crews were by this time becoming ill. British Airways is today tracking down the 33,000 passengers and 3,000 crew who came into contact with these 2 aircraft. There is the potential for even further spreading of the radioactive contamination. It is now reported that the doctors and nurses who treated Litvinenko are becoming ill. His wife and attorney are both ill and experiencing symptoms. This is a crisis of unsurpassed proportions. The enriched Polonium is the lightest of all radioactive isotope minerals and when enriched, has the strongest ionic presence of any radioactive agent known to man. It is believed the amount of Polonium 210 transported and used to kill Litvinenko was so small it could only be seen with a microscope – yet so powerful that potentially 100,000 + could become ill in the coming days and weeks.

This clear and present danger of radioactive poisoning is with us today. To act as though this recent event is not a very real concern is like the ostrich that sticks its head in the sand – it makes for a wonderful, blind target.

Heed the warnings and take action steps today to insure the good health and safety of yourself and all the members of your family.

## Chapter 1

### **Everything the government told you about surviving a nuclear attack is a lie**

All of us old enough to be labeled as 'baby boomers' can remember days in the classroom when the air-raid sirens would go off. While they were only tests designed to better insure our readiness and preparedness for a nuclear attack, to a youngster of K-12 ages, it sure kicked off the adrenaline.

The teachers would remind all of the screaming girls and wiggling boys to remain calm and proceed single file out the door and down the hallway. Once we had traveled a couple of doors down we were to face the wall standing shoulder-to-shoulder. At the next command we dropped down to our knees, bent at the waist and put our heads down on the floor against the wall in front of us. Finally we were instructed to put our hands behind our heads and lock our fingers together... That was sure to protect us from anything the Ruskies could send our way. To a school kid, somehow, it all made perfectly good sense...

The next big event in my 'Nuclear Readiness' indoctrination, courtesy of our government, was the Cuban Missile Crisis. By the early 60's, fallout shelters were all the rage. Of course in the Midwest, they served a dual purpose of a storm shelter as well. What I knew for sure was that our very own "room in the ground" would protect me from not only storms, tornadoes and hurricanes, but from Fidel himself if he were to shoot one of his Ruskie Nukes at my backyard in the Harrington Acres subdivision in Moore, Oklahoma.

Although we didn't store any food or water inside the shelter, and although it leaked a little when it rained, and although several spiders and bugs thought it was all their own, I knew it would protect me and my family because I had seen an Army officer tell me it would on the TV. To a school kid, somehow, it all made perfectly good sense....

After the cold war with Russia ended, after Reagan snookered Gorbachev out of his whole country, I thought the threat was over. But in the coming years a new type of enemy emerged, scarier than all the rest. We were now to fear a nuclear attack from terrorists. Terrorists it seemed, lived all over the world. Their goal was to steal nuclear warheads from the old Soviet block countries or to make their own 'Dirty Bombs,' whatever those were.

About 20 years ago, I learned there were 7 countries that had "the bomb." These were actual working nuclear warheads and most had long-range delivery systems – big rockets – which could reach my backyard. I also learned there were 16 other countries who were actively working on their own version of "the bomb" and potentially could have one in hand in the coming 20 years. The

problem was that not all of these 23 combined countries loved my backyard as much as did I. In fact, some openly advocated the removal of my lot and home and family in its entirety.

By now, I was no longer a school kid and my ability to believe in emergency drills and fallout shelters was waning. In fact I vividly remember the day I realized my own government had sold all of us a bill-of-goods...

The “incident” at Three Mile Island was a wake up call for most adults in the US. A nuclear reactor near Harrisburg, PA, overheated causing a core reactor to literally melt down. It became so “hot” with radioactivity it actually melted through six feet of solid concrete and steel housing. In doing so, it released radioactive gasses and mist into the air. Simply put, panic ensued.

No school kids were steered into the hallways and given the drill. No families were steered into storm/fallout shelters. Those within a 100-mile radius were told to stay indoors, turn off all outside ventilation and to “stay tuned to this station” for further directions.

Did no one, anywhere, really know what to do in the face of a nuclear radiation accident/spill/attack, and was I the only person who realized that no one else really knew what to do either? So, for the next 20 years of my life I lived with the knowledge that although our government told us they knew what we needed to do to save ourselves, and wanted to reassure everyone we would all be okay, I knew they really had no idea at all. I secretly wished for the mind of a school kid, where somehow, it all made perfectly good sense...

Then one day, to everyone’s relief, President Bush introduced us to the new Chief of Homeland Security. It was a newly created branch of government – one which would very shortly have all the answers – answers that made sense not only to school kids, but folks my age as well. Relief from our worst fears was on the way...

I believed we were on our way for all of about 3 months. Some of you will remember the press conference where the newly appointed Chief of Homeland Security unveiled his master plan to safeguard us from any potential attacks – nuclear or otherwise – from terrorists around the world. At the very core of his plan lived five colors, duct tape and plastic sheeting. He went on and on about his “level of danger” color-coding system. It worked something like a traffic light, best I could understand. Green meant all was a go. Yellow meant caution. Red meant full stop and look out. And he threw in 2 other colors as well – blue and orange. Blue meant something between go and caution. He was kinda saying you could cross the street but get ready to run at any second. And orange fell between yellow and red. Kinda like if you entered on yellow and it turned orange, you had to turn around and run back. All my life I had understood traffic lights, but couldn’t for the life of me see the correlation to a terrorist nuking my backyard. And although there was a rush on duct tape and plastic sheeting, I

really wasn't sure what to do with it. All I was sure of was that once again I was being sold a bill-of-goods. And this time I got mad... My wise uncle got rich. He invested in Home Depot and Lowe's...

Fortunately in 1994 I had discovered Calcium Bentonite Clay and read references to it when researching its use in nuclear disaster clean-ups during the past 50 years. I knew that somewhere amongst all of my notes and knowledge gained through my past 12 years of study, lay the real deal answer to the very real possibility of a terrorist attack using radiation. I believe there is a very real possibility of our country being attacked with a "dirty bomb" by a terrorist entity in the very near future. The government defines a dirty bomb as a Radiological Dispersion Device (RDD). In chapters 2 and 3 I will describe these weapons in detail, how the radioactivity can kill and the most likely scenario for such an attack.

What I want you to know is that everything the government has told you about such an attack is a lie. It's self-serving and is designed to pacify and give an unwarranted sense of security. It's just a function of our government and it doesn't know how to stop.

Fortunately, this Special Report does contain the answers we all need. There are relatively easy steps that can be taken and the materials necessary are relatively inexpensive. It does not involve the colors of a rainbow and I promise not to send you off to Home Depot for duct tape and plastic sheeting. And best of all it makes good sense to folks my age...

## Chapter 2

### What nuclear radiation is and how it kills

It's important to know the truth about radiation so that correct decisions can be made. It's equally important to know which beliefs are realistic and which are not. In this chapter we will look realistically at what different types of radiation "incidents" we can expect in our lifetimes, which types will cause countless deaths and which types we can expect to survive. Simply put, the worst-case scenario of a direct hit from a thermonuclear warhead, in your own backyard, will cause your death. On the other hand, if you have taken a few simple preparatory steps, you can survive a "Dirty Bomb" hit in your own backyard. For today, we've got to rely on the powers that be to knock the big ones out of the sky before they hit. But more importantly, YOU have the ability to protect yourself and your family from a terrorist type of dirty bomb attack.

Radiation is energy in the form of electromagnetic waves, sometimes referred to generically as radio waves. Some radiation is quite harmless and passes through our bodies on a 24 hour a day basis – such as radio and TV wave frequencies. Higher spectrum, faster moving, wave frequencies can harm at a cellular level and even kill – such as x-rays or radioactive metals such as plutonium or uranium. Here's a brief overview from a scientific perspective.

The different parts of the electromagnetic spectrum have very different effects upon interaction with matter. Starting with low frequency radio waves, the human body is quite transparent. (You can listen to your portable radio inside your home since the waves pass freely through the walls of your house and even through the person beside you!) As you move upward through microwaves and infrared to visible light, you absorb more and more strongly. In the lower ultraviolet range, all the UV from the sun is absorbed in a thin outer layer of your skin. As you move further up into the x-ray region of the spectrum, you become transparent again, because most of the mechanisms for absorption are gone. You then absorb only a small fraction of the radiation, but that absorption involves the more violent ionization events. Each portion of the electromagnetic spectrum has quantum energies appropriate for the excitation of certain types of physical processes. The energy levels for all physical processes at the atomic and molecular levels are quantized, and if there are no available quantized energy levels with spacing that match the quantum energy of the incident radiation, then the material will be transparent to that radiation, and it will pass through.

#### Ionizing Radiation

Ionization is the ejection of one or more electrons from an atom or molecule to produce a fragment with a new positive charge (positive ion). The

classification of radiation as “ionizing” is essentially a statement that it has enough quantum energy to eject an electron. This is a crucial distinction, since “ionizing radiation” can produce a number of physiological effects, such as that associated with risk of mutation or cancer, which non-ionizing radiation cannot directly produce at any intensity.

Although the precise ionization energy differs with the atom or molecule involved, a general statement is any radiation with quantum energy above a few electron volts is considered to be *ionizing radiation*. The threshold for ionization lies somewhere in the ultraviolet region of the electromagnetic spectrum, so all x-rays and gamma rays are ionizing radiation. All forms of nuclear radiation are also ionizing radiation because of their extremely high energies.

### Units of Measurement

The unit used to measure radiation dosage is the *rem*, which stands for *roentgen equivalent in man*. It represents the amount of radiation needed to produce a particular amount of damage to living tissue. The total dose of rems determines how much harm a person suffers. At Hiroshima and Nagasaki, people received a dose of rems at the instant of the explosions, then more from the surroundings and, in limited areas, from fallout. Fallout is composed of radioactive particles that are carried into the upper atmosphere by a nuclear explosion and that eventually fall back to the earth’s surface.

### Effects of Radiation Exposure on Human Health

The practical threshold for radiation risk is that of ionization of tissue. Since the ionization energy of a hydrogen atom is 13.6 eV (electron volts), the level around 10 eV is an approximate threshold. Since the energies associated with nuclear radiation are many orders of magnitude above this threshold, in the MeV range, then all nuclear radiation is ionizing radiation. Likewise, x-rays are ionizing radiation, as is the upper end of the ultraviolet range.

Although a dose of just 25 rems causes some detectable changes in blood, doses to near 100 rems sometimes have no immediate harmful effects. Doses above 100 rems cause the first signs of radiation sickness including:

- Nausea
- Vomiting
- Headache
- Some loss of white blood cells

Doses of 300 rems or more cause temporary hair loss, but also more significant internal harm, including damage to nerve cells and the cells that line the digestive tract. Severe loss of white blood cells, which are the body’s main defense against infection, makes radiation victims highly vulnerable to

disease. Radiation also reduces production of blood platelets, which aid blood clotting, so victims of radiation sickness are also vulnerable to hemorrhaging. *Half of all people exposed to 450 rems die, and doses of 800 rems or more are always fatal.* Besides the symptoms mentioned above, these people also suffer from fever and diarrhea. As of yet, there is no effective treatment for direct radiation exposures over 800 rems and death occurs in 1-4 days.

When looking at different types of radiation exposure to be expected from different types of 'nuclear weapons,' one of the truths you will find is that not all bombs are created equal. If we look at uranium as the radioactive charge in a bomb, there are huge distinctions in its destructive capabilities.

Uranium 235 Isotope (commonly referred to as U235) is a highly charged, positive ion metal found naturally on our planet. Natural uranium mined from the ground is 0.7% pure radiation. Weapons grade U235 has been enriched to 90%+ pure positive ionic radiation. That's one purpose of nuclear reactors – enrichment. Weapons grade U235 is used in nuclear warheads.

A second type of U235 is known as "waste." U235 waste is the garbage left over from the enrichment process. Nuclear waste is commonly 3-5% pure radiation. Some nuclear medical wastes fall into this category as well. A weapons grade U235 warhead containing 90%+ enriched radiation, will deliver doses of 1,000+ rems of energy over a several mile radius – this will kill all exposed living things.

On the other hand, a dirty bomb made from more easily obtainable radioactive wastes, which is 3-5% radioactive, will deliver doses of 10-400 rems over a very small area. There is absolutely no reason anyone should die today from radiation exposure from even a direct hit from a dirty bomb. In chapters 5 and 6, I will outline all the steps necessary to protect you and your family.

To recap, a most likely scenario of a terrorist attack with a dirty bomb would release between 5-400 rems of radioactive waste over a very small area. No one's life should be in danger if simple precautionary steps are taken.

As with any type of explosive, destructive device, bomb, etc., the explosion or blast itself can and does kill. Depending on the type of explosive and type of shrapnel (if any) it contains, damage and loss of life may be expected. What can be prevented is loss of life from dirty bomb levels of radioactive exposure. No one should fear a terrorist or a dirty bomb. Truth and preparedness should be your response to such a threat.

## Chapter 3

### Today's most likely dirty bomb terrorist attack scenario

I guess it was about 12 years ago after the first World Trade Center attack I first heard about the concept of a terrorist using a dirty bomb. Since that time, and based on my involvement with Calcium Bentonite Clay, I began seeking out those with first hand knowledge about such a possibility. At the outset, I thought finding such expertise would be difficult – I found quite the opposite. As a result, today I count among friends and confidantes, people from all walks of life...

In researching this special report, I've spoken to or corresponded with doctors, Military Special Forces personnel, a Homeland Security official, physicists, moms and dads, emergency rescue personnel, naturopaths, veterans, even an imprisoned terrorist, everyone I could find from both sides of the fence. I wanted to know what the actual odds were of such an attack happening and how that attack scenario would most likely play out. Let's begin with the odds factor...

While all of our efforts to prevent such an attack have apparently been successful – born out by the fact that none has yet occurred – the general consensus is that YES, we will someday soon be hit with a dirty bomb and possibly by several at the same time, as many as 20-40 across the US. In fact, I am hard pressed to find anyone who does not believe it will occur in the coming 5-10 years.

As to the plan of attack, those really in the know feel that the recruitment, training and execution of the attack will be from the same playbook as prior attacks. It will of course utilize new recruits to radical, fundamentalist, Islamic sects. Recruitment and basic training will take place both in the Middle East and in the US. Once the requisite numbers of militants are in place – 20 teams of 2 people each for the operation – final selection of the soft targets will occur.

History has shown that Osama Bin Ladin has preferred to target high profile, government sensitive targets. The current belief is that the dirty bomb (Dirty Bomb) attack will focus on various soft targets, more private sector oriented than government targets. The best guess as to specific targets would be public schools, shopping centers, movie theaters, or sporting arenas...

Imagine for a moment, if you dare, a medium size high school in any mid-western town. You happen to live 2 blocks away in your 3 bedroom, 2 bath, brick home... and your 14 year old daughter is just entering her 6<sup>th</sup> period classroom... You're sitting at home in front of the computer looking for deals at Overstock.com...

The deafening sound of the explosion reaches your ears a split second before the shock wave of the blast itself. You are rocked in your chair, and dive, screaming, onto the floor. The shock wave and percussion slowly dissipates, similar to that of the roar of jet engines as they pass to the horizon.

You look outside and see neighbors doing the same from their windows... Over the next 30 minutes things slowly come together as sirens scream through the neighborhood. With your TV turned to cable news, you learn your city was the 18<sup>th</sup> in the past 30 minutes to be hit. It is now suspected that there was radioactive nuclear material used in the bombs and that contamination is quickly becoming the biggest issue for every target location.

You see your daughter's school on the TV and what seems to be the entrance to the school, now obliterated. The scene congestion resembles lower Manhattan after 9/11. Police, fire trucks, news crews, emergency response vehicles, all tying up every side street for 4 blocks in every direction.

Three hours after the blast you learn that the entire area around the school, a radius of about 2 miles in every direction, is quarantined and that it has been confirmed a radioactive material was disbursed in the air in the explosion. A dirty bomb attack has in fact occurred.

The body count at the school is small. Only 6 dead with about 100 additional injuries from the blast itself. What is unknown is what to expect from the radiation...

Over the next 24 hours, and after your daughter's safe return to her now contaminated home, you are learning that no one was really prepared for such an attack. All emergency responders are now experiencing symptoms of irradiation and uranium poisoning. Another 800 students are nauseated, vomiting, having severe headaches, right along with another 3,000 citizens who lived in close proximity to the blast. According to news reports, 20 cities experienced such blasts at schools, Wal-Marts, and movie theaters. Across the country, over 150 are dead, another 2,000 badly injured from the blasts, and worst of all, an estimated 50,000 suffering from first stage radiation exposure... And no help was on the way...

And in that unknown, lies the purpose of this Living Clay Special Report. The solution is at hand. No one need die if immediate steps are taken following such an attack. Without such steps, 25,000 will die in the coming week, another 20,000 will die within 6 months, and 5,000 will live 1-5 years and die an agonizing protracted death through organ failure and various forms of cancer. Help is at hand and we need not lose a single life.

A final word of caution:

Do not rely on your government to assist you in the event of a dirty bomb attack. As demonstrated by Hurricane Katrina, your government is simply not prepared to act quickly or efficiently in the event of a disaster of any proportion. You must rely on yourself and your own state of readiness!

## Chapter 4

### Calcium Bentonite Clay and how it works

Calcium Bentonite Clay is a unique natural mineral. High quality natural deposits are rare and the specific type of green swelling Calcium Bentonite Clay – called Living Clay – is found in only one remaining mine in the US. This is my preferred clay of choice. For an expanded discourse on Calcium Bentonite Clay, I recommend the new book, *Living Clay, Nature's Own Miracle Cure*, by Perry A~.

As you learned earlier, radioactive material is of a positive charged ion. Calcium Bentonite Clay is a negative charged ion. Simply put, Calcium Bentonite Clay adsorbs and absorbs positive charged ions and you wash them off or pass them through your body. Here's some more info on this simple process...

Not all clays are created equal. Calcium Bentonite Clay, or Living Clay, is a 325 screen mesh (almost as finely ground as talcum powder), 9.7 pH, all natural, calcium based clay.

Living Clay is an all-natural Bentonite clay of the Montmorillonite/Smectite family. Unlike other clays, only Smectites can absorb and adsorb. It is unique and is characterized by its expandable properties. Living Clay is often referred to as a green swelling clay.

There is a rare natural desert clay, obtained from a sub-surface mine in California that has been protected from leaching by the climate. In addition this particular clay deposit was sealed away and isolated from the natural elements by a cap of zeolite minerals for forty-three million years.

Because its adsorptive properties have not been compromised by air or ground water contaminants, this highly charged, all-natural Calcium Bentonite Clay has a drawing power of 33 times its molecular weight. Its extremely strong adsorptive and absorptive properties make it ideal for use in deep cleansing, clarifying of the skin, facial masks, body wraps, detoxification and many other uses.

#### Adsorption and Absorption

The two words are similar but their differences are fundamental to understanding how clay minerals function and how clay works. Clays having the ability to absorb and adsorb are called Living or Active clays, because they are capable of changing and exchanging. Adsorption describes the process by which the charged particles of other substances combine with the charged particles on the outer surface of the clay molecule. First imagine the structure of the clay molecule to be similar to a stack of business cards with spaces in between the

cards. The clay molecule has unsatisfied ionic bonds around its edges and naturally seeks to satisfy those bonds. For this to happen it must come into contact with a molecule of another substance with unsatisfied bonds that carry an opposite electrical (ionic) charge. When the two molecules meet, the ions held on the outer surface of the clay molecule are exchanged with the ions held on the outside surface of the molecule of the other substance.

Clay molecules carry a negative electrical charge while radiation and other impurities carry a positive charge. With the clay, the positively charged ions are attracted to the negatively charged surfaces of the clay molecule. An exchange reaction occurs in which the clay mineral ions are swapped for the ions of the positive charged substance. The clay molecule is now electrically satisfied and holds onto the positive ion until our bodies can eliminate both.

Absorption is a slower and more complex process. Acting like a sponge, the clay molecule draws other substances into its internal structure. Absorption can only occur when the foreign substance has undergone an ionic change and is then allowed to enter the clay's molecular inner structure. Once the foreign substance has undergone the ionic change, it enters into the spaces between the clay's inner structures. So the ions that were formerly only sticking to the surface of the clay's outer structure through ionic bonding, are now pulled inside the clay molecule. This is the primary reason why absorptive clays are labeled as mobile layered or expandable clays. The more the clay expands and its layers swell the more substances that are pulled into the clay's inner structure.

All absorbent clays have a charge on their inner layers. This means that charged ions sit between the layers of the clay molecule surrounded by water molecules. The clay expands as foreign substances are absorbed and fill the spaces between the clay molecule's stacked layers. Absorbent clay will absorb positively charged ions and impurities and ignore negatively charged nutrients.

On a molecular level, Robert T. Marin, a mineralogist at MIT, points to Bentonite's minute particle size that creates a large surface area in proportion to the volume used. "The greater the surface area, the greater its power to pick up positively charged particles of ions." Mr. Marin stated that one gram of this clay has a surface area of 800 square meters. That equates to about 8 football fields in size. Thus the greater the surface area the greater the power to pick up positive charged ions many times its own weight.

The pH of Therapeutic Living Clay is 9.7, and thus it acts as an alkalizing agent for the body. The pH scale goes from 0 to 14, with 7 being neutral. Below 7 is acid and above 7 is alkaline. Clay helps balance the body's pH level. Clay baths are increasingly popular for detoxing, cleansing the skin and balancing the body's pH levels.

Calcium Bentonite Clay and radioactive contaminants seem to have been made for each other. Calcium Bentonite Clay is the perfect negative charged molecule and radioactive waste is the perfect positive charged molecule. The action, on a molecular level, is quite similar to two magnets of opposite charge finding one another.

Calcium Bentonite Clay is the perfect absorbent/adsorbent for radioactive waste. It will remove 100% of all aberrant positive charged ions from your body. In the next chapter I will discuss the specific methods of use and application on your body.

## Chapter 5

### Your first steps to insure survival

Based on the probable scenario outlined in Chapter 3, we will now take a look at what steps you should take in the event your own 3/2 brick home lies 2 blocks from Ground Zero. We will also assume you have already taken the steps outlined in Chapter 6, directing you on how to prepare for such a catastrophe. So, from your state of readiness today, to your potential state of readiness a few short days from now, here's what your first steps after detonation should look like...

The first rule of thumb is that every explosion should be presumed to be a dirty bomb blast. Immediate protection is a must! The government, in its report titled "Department of Homeland Security Report on Radiological Dispersal Device (RDD) Preparedness: Medical Preparedness and First Responders Sub-Group," states that once first responders reach the site it will take 2-24 hours to test for presence of all 6 sub-group types of typical radioactive materials. All you need to know is that a 10-minute delay is much too long.

There are 3 types of appropriate responses to such a blast. The first would be for someone in the fallout area – the homeowner living 2 blocks away from ground zero. The second would be for those at, or very near the blast site, who have direct contamination and possible shrapnel wounds. And the third category, those outside the potential fallout area and away from any contamination.

For those in the first category, those in the potential fallout area, take the following steps:

1. If outdoors, come inside immediately.
2. When in your home or apartment, close all windows and doors quickly.
3. Turn off any outside air source. You may leave on air conditioning or heat if it can be set to utilize recirculated air from inside the home.

The good of steps 1-3 is to close your home to possible contamination from the air outside. It could be only seconds before the blast contamination is at your doorstep.

4. Go immediately to your area set aside for such an emergency. Strip off all of your clothing. Open the 5-gallon tub of Hydrated Calcium Bentonite Clay and dip your hands into it. Quickly apply a light coating over every inch of your body (with the exception of in your eyes). Cover your hair and

all nooks and crannies. It will feel like you are a kid playing in a mud puddle. It will be wet, “muddy,” and slippery. After you have a thin film coating, stand with your arms away from your sides and feet slightly apart. In 5-15 minutes the clay will dry on your body.

5. After the clay has dried, put on a disposable pull on garment.
6. Put on a surgical mask.
7. Put on disposable shoe covers on your bare feet.
8. Take the half gallon bottle of liquid Calcium Bentonite Clay and the 240 count jar of Potassium Iodide (KI) into the kitchen and set them on the counter by the sink.
9. Drink 6 ounces of Calcium Bentonite Clay. Take 2 KI tablets.
10. Move into an area of your home and turn on your TV to stay informed. Get as comfortable as possible because this will be your repetitive treatment and mode of dress for several days to come.

You may wash off the clay after 2 hours. Repeat this process 3 times a day at 6-hour intervals. You may even “wear” a light film coat of clay to bed if you so choose. You will sleep well knowing you are 100% protected from radiation at this point.

For the second category of victim, those standing at or near ground zero when the blast occurs, your process will be a bit different. Please follow these steps as soon as you are able.

1. If traumatic wounds are present from the blast, seek medical attention on site only if absolutely necessary. First responders will not know for a minimum of 2 hours if a radioactive incident has occurred. And additional time on-site could be deadly. Demand to be either immediately removed from the area, or seek transportation to a medical facility yourself. DO NOT allow the powers-that-be to strap you to a gurney and leave you on-site for any period of time.
2. Insist your entire body be washed with soap and water. If hospitalized, get out of your clothes and washed ASAP. Ask hospital staff to treat your wounds as though you have arrived from a radioactive contaminated site. Most hospitals can do a REM or Gy test count in minutes to verify possible exposure.
3. Once emergency treatment is complete move to a location outside of the contamination area – hotel, friends home, etc.

4. Obtain a 5-gallon tub of hydrated Calcium Bentonite Clay and KI tablets and follow the steps outlined in the previous section. Remember, you have been contaminated and have had open wounds. Time is of the essence for your good health. As soon as Calcium Bentonite Clay is in hand begin the process, but drink 6 ounces of liquid clay 4 times daily as opposed to once daily. After 4 days, cut down to twice daily doses.
5. After 6-7 days feel free to move around others without sharing “contagious contamination.” Feel free to move about any area known to be free of exposure.
6. Continue once daily cleansing and new clay application.
7. Continue to take 2 KI tablets daily.
8. Monitor the TV for reports of unsafe areas and status of any public health advisories.
9. See continued medical attention for traumatic injuries.
10. After 2 weeks, if you live in a contaminated area, you may return to begin site clean up of your home with Calcium Bentonite Clay.

For those fortunate enough to not have been in a fallout area, please remain out of the areas affected with radioactive fallout. From your emergency kit in the truck of your car, mix 2 ounces of liquid Calcium Bentonite Clay and drink twice daily. Also, take 1 KI tablet every morning. These are precautionary maintenance doses that are healthy for all of us. Simply stay away from contaminated areas until the clean up has been certified.

These three plans of safety will insure a long and healthy life for 99% of everyone exposed.

In the past 30 years we have had 3 major radioactive incidents – Chernobyl, Three Mile Island, and continuing releases in the Marshall Islands. Most of the clean up at Chernobyl was accomplished with Sodium Bentonite Clay. A sodium based Bentonite was used because Russia has no Calcium based deposits of its own. At Three Mile Island, workers today coat their arms and hands with Calcium Bentonite Clay before suiting up. The Marshall Islands have been repeatedly “dusted” with Calcium Bentonite Clay but the level of radiation continually seeping from below ground has yet to be completely and permanently contained. The Marshall Islands received the equivalent of 80 atomic bombs the size of the one dropped on Hiroshima.

So, you would think that the powers-that-be would want everyone to have their own supply of Calcium Bentonite Clay since that's what they use for their own messes... not so. In fact, most all of the available Calcium Bentonite Clay in the U.S. is on Bureau of Land Management Lands owned by the government. Only one company has a substantial amount of the mineral available for sale to the public that I believe to be the best all around clay on the planet. When quality living clay is not available use whatever clay you can get. Even a lesser quality clay is better than none at all. Please see [www.AboutClay.com](http://www.AboutClay.com) for contact information.

Ironically, what the government recommends for civilian use are three pharmaceuticals, all of which have success rates – complete remission and decontamination of between 7-30%. I guess that's better than complete failure. I'm sure the lobbyists who sold the FDA on DTPA, Neupogen and Prussian Blue are sitting pretty on some island far away from the possibility of a dirty bomb attack in their neighborhoods. All of these drugs are by prescription only and are part of the Strategic National Stockpile (SNS) and warehoused by the CDC in 2 centers, one in Atlanta, GA and one in San Jose, CA... Remember Katrina...

## Chapter 6

### Long-term protection for you and your family

In this chapter, we will look at specifically what you will need to create your own “Safe Space.” We will also look at what you should have at the ready in the event of a possible dirty bomb attack that would affect you or your family.

I define a Safe Space as a small room in your home, or even a portion of your garage. For a typical family of 4, you want to designate about 20 square feet of floor space – an area about 4’ x 5’ where you can store some 5 gallon tubs of powder Calcium Bentonite Clay and water, several sets of disposable clothing and space to apply the clay. Some homes use the utility room, some use half of a large walk in closet, others an unused extra bathroom which is ideal as it has water and a place to shower off daily and reapply the clay. My own space is an area in my garage near a utility sink...

The following is a list of items I recommend you store in your safe space. This list is what 1 person will need to remain quarantined for 2 weeks. It is estimated that basic site clean up for radiation fallout for a 100 rem RD would take 7-10 days using Calcium Bentonite Clay. Two weeks should be ample. Personally, my safe space holds enough for a 30-day emergency stay. If you have a family of 4, simply multiply the items on this list by 4.

1. Calcium Bentonite Clay Hydrated 8 Lb Tub – 1 tub
2. Calcium Bentonite Clay Dry Powder 5 Gallon Tub – 1 tub
3. Potassium Iodide (KI) tablets 60 count jar – 1 jar
4. Disposable protective coveralls or surgical scrub suit – 15 each
5. Disposable Surgical masks or N-95 respirator mask – 30 disposable or one N-95 with 30 filters.
6. Bottled Water – 5 gallons - 2
7. Large plastic tub with lid for mixing clay and wooden spoon

What may seem odd about this seemingly short list of items is the absence of many traditional items associated with other “survival” type supply lists you may have seen – radio with batteries, flashlight, canned food, can opener, first aid kit, toilet paper, garbage bags, etc... The reason is that a dirty bomb attack disburse low levels of radioactive material. It will not affect the inside of your home, providing windows and doors are closed creating a

contained environment. Your TV will still work – why listen to radio when you can get live TV cable coverage. Your power grid and water supply should not be affected, unless a direct hit to those facilities should occur – not likely. You will still have water, food in the pantry and refrigerator, and a stove and microwave to cook. And the clay will protect you inside or outside of your “safe space” home.

If when the blast occurs you are outside at nearly ground zero and feel you may have direct contamination, get as far away from the blast zone as quickly as possible. Get in your car and drive to somewhere that has shower facilities – a hotel, truck stop, etc. In the trunk of every car should be a “Mini Safe Space Kit” – a tool box with 4 lbs of hydrated clay, 10 KI tablets, bottled water, two disposable garments and 5 surgical masks. In an emergency, this is ample for 2 people for 2 days. Wash thoroughly with soap and water. Bag and trash the clothes you were wearing, apply the clay, put on the disposable clothing and sit tight for 12-24 hours while the area of contamination is defined.

By this point you should be asking, “If the Calcium Bentonite Clay will protect me completely, why do I need the KI – potassium iodide?” The reason is a simple one – and one regarding speed of detoxification. As you know from reading *Living Clay*, Calcium Bentonite Clay treats and detoxes your whole body – internally and externally. It is a negative charged ion and all radiation is a positive charged ion. It goes to work evenly throughout your body and works quickly as your body begins pushing it through your system. In theory, every cell will be affected.

One thing unique to radiation toxicity is its quick and dramatic effect on our glandular system, thyroid, pituitary and lymph. Iodine, when taken in the form of potassium iodide, goes immediately to your thyroid, your pituitary and then into your lymph glands. It’s faster than liquid internal clay (10-20 minutes) and works because once your thyroid has taken up its maximum amount of iodine, your body will no longer be able to assimilate more iodine, radioactive or not. It simply fills the available space. So, it’s an issue of timeliness of protection and in the remote event the terrorist found and used radioactive iodine (I123) as their weapon material, you would be further protected.

Take time today to claim your “Safe Space.” Go online and order your clay, iodine and disposable clothing. Talk things over with your family. And remember, it’s this type of long-term family protection that will relieve fears and allow you to live a normal life. DO NOT let the fear-selling terrorists restrict your lives or instill fear in you or your family. Create your personal “safe space” and know you have done all that is necessary to protect your family in the face of terrorist threats.

## Chapter 7

### Living a quality, healthy, long life in an unsure world

In truth, a terrorist's greatest weapon lies in inflicting PTSD on as many Americans as possible. No, not Post-Traumatic Stress Disorder, but PRE-Traumatic Stress Disorder. It's the psychological aspect of fear warfare that actually takes the greatest toll. Today in the US, hundreds of thousands are suffering from POST-TSD, based on the 9/11 attacks. Yet uncounted millions are today suffering from PRE-TSD based more so on the fear instilled by their threats of future actions than by the results of prior attacks. I believe that most Americans know there is but a very remote chance of another 9/11 hijacking type of attack. I also believe that most Americans know there is a relatively good chance we will at some point be hit again and that a Dirty Bomb will be a likely mode of attack. If PRE-TSD is associated with that fear, the knowledge that you can protect yourself and your family should relieve that fear. And in turn, defeat the terrorists' largest weapon to date - PRE-TSD.

In this chapter, we will look at several aspects of radiation, which if we handle effectively, will in turn lead to a better quality, healthy and long life in an unsure world. First and foremost, take the action steps outlined in this report to defeat PRE-TSD.

We are bombarded by many types of radiation on a daily basis. Some types of energy seem to be harmless – the non-ionizing type. Radiation from TV's, radio waves, even most high power lines are non-ionizing and deemed harmless by those in the know. On the harmful side of the question are the ionizing radio waves and radiation. This category includes such seemingly harmless items such as microwaves and cell phones. Also falling into the harmful category is direct sun exposure, tanning lamps/beds, radon gas, x-rays, mammograms and of course any exposure to refined or unrefined radioisotopes such as uranium, plutonium, stromium, iodine, etc. Then there's our unbelievably fast-growing reserves of radioactive wastes of all kinds – and absolutely NO place to put it and no safe storage receptacles in which it may be placed. Even such things as the metals we come into contact with on a daily basis can now pose a risk due to risky methods of disposal in past years.

According to Diane D'Arrigo, a staff member at the Nuclear Information and Resource Service, "Think about the metal you come into contact with every day. Your IUD, your bracelets, your silverware, the zipper on your crotch, the coins in your pocket, frying pans, belt buckles, that chair you're sitting on, the batteries that are in your car and motorbike, the batteries in your computer; a total of 5.5 million pounds of radioactive steel scrap was shipped to China and Taiwan from Louisiana and Texas between 1993 and 1996. There's no telling

how much of it has come back to us as knives, eating and cooking utensils, toys, or other goods.”

Some of the radioactive metal shipped to China emitted up to 2,000 microrems per hour of radiation, which is about 400 times the normal background radiation level. Federal District Court Judge Gladys Kessler found that, “The potential for environmental harm is great, given the unprecedented amount of hazardous materials which the DOE and British Nuclear Fuels seek to recycle. The parties have not provided the court with any evidence of the safety of recycling in comparison with any other method of disposal.”

“There is no safe dose or dose rate below which dangers disappear. No threshold-dose,” said John Gofman, former associate director of the Livermore National Laboratory. “Serious, lethal effects from minimal radiation doses are not ‘hypothetical,’ ‘just theoretical,’ or ‘imaginary.’ They are real.”

If you’re sitting on it, or if it’s part of your desk, or in the frame of your bed—where you have constant exposure and for several hours you will be in most danger,” says Richard Clapp, associate professor in the department of environment health at the Boston University Schools of Public Health. Val Loisel, chairman of the Association of Radioactive Metal Recyclers, said, “We were not always called Beneficial Reuse. In our first year, we were called the Radioactive Scrap Metal Conference. We can tackle the public on the notion that radioactivity is an effluent, not a waste. This industry has a right to effluence just like any other industry. And it cannot be zero. No industry has zero effluence.” “Doe has 3,000 to 4,000 facilities that are in D and D (Decommission and Decontamination) state,” said Loisel. “There are 123 commercial nuclear power plants. Thirteen of these are entering the decommissioning pipeline. As these plants come down, we will be seeing lots of radioactive metals and equipment.”

Michael Wright, director of health, safety, and environment for the United Steelworkers of America, says that there is a serious danger to workers from low-level radioactivity in steel. “You can’t inhale a piece of steel,” says Wright. “But if you melt it, there’s a substantial risk of breathing it in. There isn’t anything that protects people.”

“These exposures also can cause neurological problems,” says Jackie Kittrell, a lawyer with the American Environmental Health Studies Project, an Oak Ridge organization that represents workers who have suffered heavy metal exposure and radiation poisoning.

Christina Bechak, vice president of the Steel Manufacturers Association, is concerned that radiation will accumulate on the machines used for shredding and smelting the metal. “Scrap metal is valuable, but we don’t want radioactive scrap. The detectors in the factories are set very sensitive,” says Bechak.

According to Adams, the DOE's database shows 1,577,000 stockpiled metric tons for both the DOE and the NRC combined. "And that is dwarfed by what we've got coming," says Jane Powell, program manager of the DOE's metal recycling center. She points to all the metal at the gaseous diffusion plant in Oak Ridge that was used for the Manhattan Project. That plant now sits idle, awaiting demolition crews. "They have one steel tunnel that is a half-mile long," says Powell. "We are going to have radioactive metal coming out of our ears."

In 1979, the cooling system failed at the Three Mile Island nuclear reactor near Harrisburg, Pennsylvania. Radiation leaked, forcing tens of thousands of people to flee. The problem was solved minutes before a total meltdown of an entire tower occurred. Fortunately, there were no deaths. In 1986, a much worse disaster struck Russia's Chernobyl nuclear power plant. This time, a great deal of radiation leaked. Hundreds of thousands of people were exposed to the radiation. Several dozen died within a few days. In the future, thousands more may die of cancer caused by the radiation.

Nuclear reactors also have waste disposal problems. Reactors produce nuclear waste products, which emit dangerous radiation. Because they could kill people who touch them, even in future years, nuclear waste cannot be thrown away like ordinary garbage. Currently, many nuclear wastes are stored in special pools at the nuclear reactors. The United States plans to move its nuclear waste to a remote underground dump in Nevada in 2007-2008. In 1957, at a dumpsite in Russia's Ural Mountains, several hundred miles from Moscow, buried nuclear wastes that later mysteriously exploded, killed dozens of people.

Many of the victims in Hiroshima, Nagasaki, and Chernobyl died of diseases (particularly cancers) caused by radiation. There is no known medical technique to determine the amount of radiation a person has been exposed to. In addition, there are only experimental techniques available to treat these cancers.

Radioactive wastes come in many different forms including the following:

- Protective clothing of people coming in contact with radioactive materials
- The remains of lab animals used in experiments with radionuclides
- Cooling water, used fuel rods, and old tools and parts from nuclear power plants
- Mill tailings from uranium-enrichment factories
- Old medical radiation equipment from hospitals and clinics
- Used smoke detectors which contain radioactive americium-241 sensors

## Types of Nuclear Waste

Nuclear waste is divided into several categories. *High-level waste* consists mostly of spent nuclear reactor fuel from commercial power plants and military use. For long-term storage of high-level waste, a waterproof, geologically stable repository and leak-proof waste container is required. Packaging has to be tailored to the volume of the waste, the actual radioactive isotopes of elements it contains, how radioactive it is, its isotopes' half-lives, and how much heat it still generates. One technique for packaging high-level wastes involves melting them with glass and pouring the molten material into impermeable containers. The containers could be buried in soil or in a rock pile and surrounded by fill material and a barrier wall. From the 1940s through the 1960s, barrels of radioactive waste were frequently dumped in oceans. This ended in 1970 when the EPA (Environmental Protection Agency) determined that at least one-fourth of these barrels were leaking. A new, possibly safer proposal under considerations for long-term ocean storage includes offshore drilling and a procedure known as self-burial. In offshore drilling, holes would be drilled into the seabed and filled with barrels of waste. In self-burial, specially shaped barrels would be dumped and left to sink to the ocean floor.

Geologic disposal is currently the most popular solution for waste disposal. During the 1980s, the US government invested more than \$2 billion into geologic disposal. In this form of disposal, mined tunnels with deep holes for waste canisters would be built using conventional mining techniques. Monitoring and waste retrieval would be relatively easy. In 1987, a site was chosen for the first permanent high-level commercial nuclear waste storage repository in the United States—Yucca Mountain, 100 miles northwest of Las Vegas, Nevada. Expected to cost up to \$15 billion, this repository is scheduled to go into operation by the year 2010.

Over the years, a number of other ideas for high-level waste disposal have been proposed and, at least temporarily, abandoned. One was disposal in space, in which sealed containers of radioactive material would be sent up into distant orbits. This would be an expensive and risky operation.

In addition to the problem of finding a solution to the waste disposal problem we also face continuing threats of accidents from our own nuclear facilities and various pieces of radiation evoking equipment and machinery.

Over the past 50 years, most radiation incidents have had nonlethal consequences. According to the Radiation Accident Registry maintained by the Radiation Emergency Assistance Center/Training Center (REAC/TS) at the Oak Ridge Institute, from 1944-1999, 403 radiation accidents occurred worldwide, with 243 of those occurring in the United States. Of the total, 303 involved radiation devices from sealed sources or x-ray machinery, 81 involved radioisotopes, and 19 involved nuclear reactors. These incidents have led to 120

total deaths: 30 in the United States, 2 in Great Britain, and 32 in the former USSR. In short, we've got lots of immediate concerns about exposure to radioactive materials.

You have Calcium Bentonite Clay as your ally. By using Calcium Bentonite Clay as a lifestyle practice, as described in the book *Living Clay*, you will not only protect your body from the daily bombardment of radiation, but also set up a molecular defense system in your body, which will be at the ready 24/7 in the event you fall under the footprint of a Dirty Bomb attack.

Take responsibility for the quality of your life. Remove PRE-TSD from your picture of life. Create your personal "Safe Space" and stock it with the life supporting items listed in Chapter 5. And choose to live a quality, healthy and long life in an unsure world!

## About the Author

David Smith has been a student of clay for more than 10 years. He has authored several articles on clay and its many uses for the About Clay website ([www.AboutClay.com](http://www.AboutClay.com)) as well as many other websites. Since discovering healing clay, David has made it his mission to spread the word about everything this miraculous gift from the earth can do for us.