

# **X-Rayed to Death!** *Safeguarding Your Family's Health Against A Major Cause of Cancer and Heart Disease*

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Imagine for a moment the joy you would feel knowing that your family members were safe from ever getting cancer or ischemia, the main form of heart disease.

This need not be an idle imagining.

Most people will not develop cancer and ischemia if they are only exposed to those common health risk factors which everyone already knows about. Their greatest risk comes when they are also exposed to ionizing radiation, the essential co-factor in the creation of over half of all cancers and 60% of ischemic heart disease.

Ionizing radiation occurs when energy is transmitted in the form of waves or particles small and energetic enough to enter into the human genome encoded within the DNA of human cells, which itself is very tiny - only about one millionth of an inch wide!

Damage to the genome is the major mechanism by which cancer and heart disease develop. If ionizing radiation bombards the DNA of a cell and destroys its apoptosis gene, the on/off switch of the its reproductive system which tells the cells when to die, the cell may simply go on and on reproducing, consuming more and more nutrients from its surrounding tissue.

At first the damage will not be noticeable, a single mutant cell being so tiny. However, if the other health risk co-factors are at play within a person, compromising the immune system, the cancerous growth may gallop along unchecked. After a month there may be a thousand such cells, after a year millions, and after twenty to thirty years billions upon billions, enough so that there is a noticeable cancerous tumor.

Radiation also causes ischemic heart disease by creating little tumors within the cells lining the circulatory system. Cholesterol plaques adhere to these tumors and can eventually plug up the arteries, causing heart failure.

Fortunately, ionizing radiation is easy too avoid. Although it still lingers as byproducts of nuclear weapons testing, when the military forces of the world dropped 58,000 tons of it on us in the form of nuclear fallout, thank God those days of above ground testing are over.

It still persists in the waste from nuclear power plants. However, unless Homer Simpson is operating your local nuclear power plant, you probably won't be exposed to that much ionizing radiation from these sources.

Unfortunately, most exposure to ionizing radiation now comes from medical diagnostic procedures such as X-rays and CT scans. This tragic fact is so well and widely documented as to be beyond reasonable dispute.

Overexposure to ionizing radiation from medical imaging is almost never talked about yet is so easy to avoid – often simply by asking the right questions and making the right choices when you go to your doctor's office. But don't expect doctors to help you avoid this hazard, because most do not understand it themselves.

Over 500,000 Americans die every year from diseases caused by overexposure to diagnostic radiation – some because they have received too many exams over the course of their lifetime, many because the equipment used on them has not been properly calibrated. This medical holocaust has been going on full tilt since the end of World War 2, and with increased use of CT scans it has gotten much more deadly in the past ten years.

Our overexposure to medical radiation represents medical malpractice of such epidemic proportions that only the most courageous and honest doctors have even dared to talk about it.

Medical schools do not educate their students about this problem. Medical associations do not address it in their continuing education courses. The Boards of Medical Examiners in all 50 U.S. states have not passed adequate measures to guard against it, and other governmental regulatory agencies which could deal with this issue – such as the FDA - have only just begun to respond, and then with measures which are clearly insufficient, except when it comes to the regulation of mammograms, which are now actually quite safe.

**Ironically, many doctors do use ionizing radiation in diagnostic imaging quite safely without significantly increasing health risks for their patients. Moreover, such diagnostic methods can be critical in saving life.**

These doctors – such as Joel Gray, M.D. at the Mayo Clinic in Rochester, Minnesota – have already put in place proper protocols to protect their patients against excessive exposure to medical radiation, and they still get all the diagnostic information essential to the health of their patients.

Are your doctors among the enlightened few who protect their patients from overexposure to X-Ray radiation?

Dr. Harvey Kaltsas, Acupuncture Physician, is a graduate of Amherst College and the New England School of Acupuncture. He has been in practice since 1975 and co-founded the East West College of Natural Medicine. Dr. Kaltsas is President Emeritus of the American Association of Acupuncture and Oriental Medicine and is the only acupuncturist ever to testify before the U.S. Senate.

His new book, **X-Rayed to Death! - *Safeguarding Your Family's Health Against A Major Cause of Cancer and Heart Disease***, describes what enlightened doctors are doing to protect their patients and what your doctors should do to protect you.

It documents the link between radiation and disease, how that link was discovered, and how the risks came to be ignored - identifying those vested interests who have worked to confuse the general public.

It also describes how poorly informed doctors are exposing patients to even greater risks; what questions you need to ask your doctors before submitting to these procedures; and what diagnostic and treatment alternatives exist.

You can download it from [www.kaltsas.com](http://www.kaltsas.com). Dr. Kaltsas invites you to call his office to discuss this article – 941-366-1110.