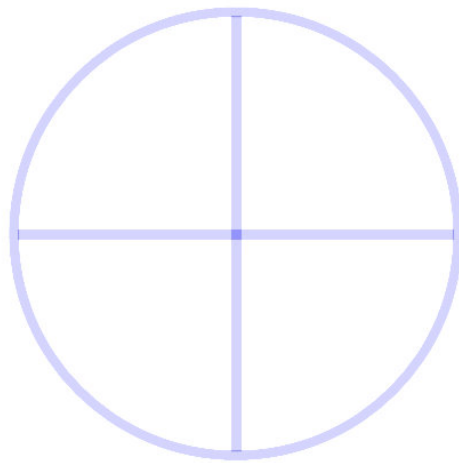


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”What can we do when or if there is nuclear radiation because of an accident or war“

Guidebook without any unnecessary burden



Translated by Brigitte Janoschka

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Table of Contents:

	page
Preface	4
Introduction	5
Significant potential for danger and risks worldwide	7
Part 1)	
<u>Which measures to prepare</u>	10
1.1 Things you should buy as a precautionary measure	10
1.2 Baggage – if you have to leave your place and flee because of an emergency	15
1.3 Safe places to increase the level of protection	19
1.4 EMP und NEMP protection	19
1.5 Emergency shelter – how to build a provisional shelter	20
1.6 How to make a simple air filter for your apartment or your house	21
1.7 Protective clothing and respiratory protective equipment	22
1.8 Nutrition guide for the case of emergency	23
Part 2)	
<u>How to behave in the case of emergency</u>	24
2.1 How to recognize if nuclear radiation/fall-out affects you	24
2.2 Measurement value and conversion	24
2.3 How to behave after a nuclear accident	25
2.4 How to recognize that atomic weapons have been used	27
2.5 How to behave when atomic weapons are used	28
2.6 Symptoms of radiation sickness and ways of treating them	30
Part 3)	
<u>The time after a nuclear accident</u>	31
3.1 Nuclear “hotspots“ which should be avoided	31
3.2 Decontamination of people and objects	33
3.3 Homeopathic medicine	34
3.4 Further possibilities how to remove nuclear particles from your body	
 <u>Annex</u>	
“The Fugger method“ - ask your heart	36
Definition of the terms	38
List of topics and literature	51
Explanation of the translator	

Preface

When we were children and still living in our individual families, we did not understand the big problems of our world. Yet we often asked ourselves troubling questions:

- ▶ How can anyone shoot at another human only because a cruel person says, “There is war”?
I understood that the spoken word “We declare war” was stronger than every weapon. For the words are there first, and war is only their consequence.
- ▶ How can tons of chemical substances be produced which are able to poison or kill people?
- ▶ Why does food have to be labelled with “organic” or “not genetically modified” in order to prove its natural quality? Should it not be better for food to be offered in its natural condition so that everybody who poisons it chemically or modifies it otherwise would have to print it on the packaging in large and clear letters?
- ▶ Why are there nuclear power plants if even a small leak and a minimum amount of nuclear particles and/or radiation can kill a person?
- ▶ Why are so many nuclear weapons produced all over the world which would be able to extinguish our planet more than once?
- ▶ Why do authorities withhold so many patents which would allow to gain electricity and energy without any harmful effects?
- ▶ Why are so many drugs produced with harmful side effects (see information leaflet) if there are other highly effective psychological or mental methods and remedies based on plants?
- ▶ How can animals be cruelly and heartlessly treated like industrial products and money machines, or like dead objects although they are inspired living beings with emotions?
- ▶ Why are so many people isolated from nature and living in small flats in the city center like in prison cells? Would it not be more beautiful for everyone on earth to live in the country in the middle of a forest, surrounded by meadows and fields and to have a fruit and vegetable garden?

Those and many similar questions were on our minds at that time, when I was a little boy and my wife was a little girl when we did not know anything about the big problems of the world. Deep in our hearts, however, we had the feeling that lots of things we were told were not true.

In spite of these questions the answers of which we are still looking for today we have never given up hope that everything would take a turn for the better.

In these times, it is therefore a matter of particular and deep concern to us to give you, dear readers, the informative know-how which can help you to survive a disaster we hope will never occur.

Concerning these pieces of advice we suppose that you will not get any help from authorities nor from doctors when the atomic radiation reaches a certain level so that you will have to act in your own responsibility for yourself and your beloved ones.

The following information has not been compiled to advertise a complicated kind of emergency shelter technology nor respiratory protective equipment or radiation suits, but to obtain the best kind of protection that can easily be realized by yourselves and your dear ones.

And this is why this book with the title

”What can we do when there is nuclear radiation because of an accident or war“

Guidebook without any unnecessary burden

was conceived.

Salzburg, 4. September 2012

The voice of your soul – deep inside yourself
and the wisdom of your heart may guide you and protect you.

Reinhard und Romana Fugger

Introduction

When talking to people, we have often realized that only few people are interested in problems that have to do with nuclear radiation. Apart from them, almost nobody knows what to do after a nuclear accident in an atomic power plant or after a worst disaster, not to speak of what to do after the explosion of an atomic weapon.

When asked that question, none of the concerned persons could answer in a reasonable way. But their lack of understanding made them feel scared. This was the reason why we have compiled relevant knowledge so that we can offer practical support for you to be able to help yourself.

This book has not been written for so-called experts, nor has it been written for soldiers, but for people like you and me.

The authors recommend the

“ GAIA association“

society for self-sufficient energy supply, technical innovations and altruism

GLOBAL ASSOCIATION FOR INDEPENDENT ENERGY & ALTRUISM

Altruism: This is a way of thinking and acting which is full of respect for others and which makes a social contribution to the common good without an immediate benefit or profit.

The GAIA association does research work and together, on an open source basis, they develop technologies for everybody to use independent energy which shall be available in the near future in an easy and environmentally friendly way.

Only if there are a lot of people with this common interest and only if these technologies are freely available for everyone, will these technologies have the chance of establishing themselves in our society.

Go to our Internet platform and support this movement:

www.gaia-energy.org

“Actions speak louder than words.” or
“There is nothing good unless it results in action.“.

Horst Burgstaller, chairman of GAIA International

The worldwide risk potential

1) The nuclear power plants all over the world



At the moment (as of July 2012), **433 nuclear power reactors** are in operation, 63 are in the process of being built four of which are supposed to be connected to the grid before the end of 2012. 160 further reactor units are being planned at the moment. These figures are provided without any guarantee and are of no importance for the use of this book.

2) Other nuclear waste

Several nuclear submarines which have sunk and are now at the bottom of the sea represent a threatening danger on the long run which cannot be clearly estimated. In the same way, the high number of satellites which are equipped with reactors and/or with batteries operated by nuclear power are dangerous although nobody seems to be aware of it. In case one of them crashes and burns up when entering the atmosphere of the earth, radioactivity will also be released which will spread all over the earth. Last but not least, the terminal storage facilities and transports of fuel rods across towns and villages represent an aspect of danger for everybody which cannot be clearly estimated.

3) Nuclear tests from 1945 to 2009

Since 1945 which was the beginning of nuclear weapons, the following nuclear tests were carried out in countries all over the world and at different times. The numbers speak for themselves.

state	number of nuclear tests	period of time
The People's Republic of China	45	1964 - 1996
France	198	1960-1996
Great Britain	45	1952-1991
India	3	1974-1998

Pakistan	2	1998
North Korea	2	2006-2009
Sowjet Union	718	1949-1990
USA	1.039	1945-1992
worldwide	2.052	1945-2009

Following to these nuclear tests, fallout the amount of which cannot be estimated was released and probably spread across lots of parts of the earth because it was transported by the movements of the air.

4) **Nuclear powers worldwide**

A state is called a nuclear power if it possesses nuclear weapons and suitable facilities to carry them in case of their deployment. The official nuclear powers have drawn up the non-proliferation treaty, which contains the prohibition of proliferation of nuclear weapons, the duty of nuclear disarmament as well as the right of “using nuclear energy peacefully”. This treaty was signed by further 190 states. The de facto nuclear powers probably possess nuclear weapons, but they did not sign the non-proliferation treaty. In an emergency case at war, it cannot be assumed that the signing states will keep acting according to the non-proliferation treaty. The non official nuclear powers are supposed to possess nuclear weapons, but evidence for this fact has not been produced so far.

Official nuclear powers:

USA, Russia, United Kingdom of Great Britain, France, China

De facto nuclear powers:

Israel, India, Pakistan, North Korea

Not official and therefore without evidence:

Iran, Saudi Arabia

Former nuclear powers and countries with nuclear ambitions:

Egypt, Algeria, Argentina, Australia, Brazil, Federal Republic of Germany, Iraq, the countries of former Yugoslavia, Libya, Poland, Romania, Sweden, Switzerland, South Africa, Belarus, Kazakhstan, Ukraine.

There are clues that nuclear material disappeared at different points of time and keeps doing so without proof.

5) **Depleted uranium**

Experts suppose that in the Balkan war, in the Gulf war, in the wars in Afghanistan and in Iraq, more than 4,200 tons of depleted uranium were shot altogether.

In these regions, there is probably a higher amount of radioactivity because of radioactive dust and other radioactive particles.

As to the war in Libya, there is no clear information concerning radioactivity.

6) **The conflict in IRAN**

In recent years, wars have been started all over the world, countries have been conquered, heads of states have been deprived of their power and/or killed.

The current conflict with IRAN, which has been developing since the year 2005, will possibly be in its final phase in 2013.

The countries in the neighborhood of IRAN have been conquered and/or infiltrated for years so that they might represent a strategic basis for attacking IRAN which is apparently the main target for an attack.

At that point of time, however, everything is focused on taking over Syria first.

Because of the fact that IRAN is very large as to its area and that it has millions of inhabitants, insiders who are well informed about the conflict in IRAN suppose that nuclear weapons will probably be used.

Please find further information from independent news portals on the Internet and see the annex with all the topics and the list of literature.

7) **Fukushima**

Apart from the radioactive material which was released in high amounts never known before during the terrible disaster in Fukushima in 2011, in the 5 reactors, there are still 4,400 tons of fuel rods which are currently melting without control and continue releasing radioactive radiation and radioactive particles into the environment.

Cooling water which is heavily contaminated keeps flowing into the sea in an uncontrolled way. And an end of this process cannot be foreseen.

Is this a hidden atomic war – without a war and a bomb?

Because of the facts which have been listed in the chapter “Risk potential all over the world”, we recommend removing radioactive material from your body already now as a precaution. It is highly possible that you have already got in touch with radioactive radiation.

For possibilities how to get rid of radioactive radiation, see chapters 3.3 and 3.4

Part 1)

What to prepare

In a case of emergency, you will most probably be totally overwhelmed if you have not prepared anything beforehand. On top of that, everybody will buy what they need quickly so that the shelves in the supermarkets will be empty within few hours which means you will not get most of the items any more.

Take enough time to prepare everything.

In this chapter, simple but effective methods have been enumerated which can be applied by everybody in order to be well protected in case of a nuclear accident or if nuclear weapons are used.

1.1 What you should buy as a precaution

a) Nutrition and health

- ▶ Buy enough food for several months. As everyone will need a different amount and kind of food per month, it is not necessary nor reasonable to list particular kinds of food.
Above all look at the best-before-date of the product. The longer it can be kept, the better it is. Take into consideration the nutritious value as well as the question if the product you want to buy contains enough vitamins and minerals.
In any case, you should have on stock a lot of natural rice and Miso-soup (barley or hatchomiso) as well as sea vegetables like kombu, hiziki, wakame which you can get in shops for organic products or on the Internet.
Also see chapter 1.8 “The kind of nutrition in the case of emergency”
- ▶ Have still water in bottles or containers on stock which can be kept for a longer time, or buy a water filter which is able to filter out at least most of the radioactive particles (e.g. Katadyn Pocket).
After a nuclear accident or an attack with nuclear weapons, you can assume that water of rivers and streams is contaminated. This can be true for water from deep wells, too.
- ▶ Buy highly dosed vitamins, above all vitamins C and E with a high biological availability and if possible from a natural source. Use synthetic vitamins only if you do not have natural ones.
- ▶ Germinable cereals and seeds as well as seed bowls in which you can make seedlings sprout and grow. They are a good possibility to procure your body with vitamins and nutritious food.
- ▶ For the time after a nuclear disaster, you should have enough germinable cereals and seeds of different sorts (e.g. oats, barley, pumpkin, maize, beans etc.), as well as different kinds of fruit and vegetables on stock.

- ▶ Buy a device for producing colloidal silver water.
For doing so, please have distilled water at home (ca. 5 liters a person).
- ▶ Buy an edible powder concentrate of bitter herbs, e.g. “Bitterstern”. Bitter herbs have a positive effect on one’s psyche. They strengthen the immune system and the feeling of happiness, which is most important in such moments.
- ▶ Chlorella algae, too, as well as spirulina algae and above all AFA algae, bentonite/microzeolite, natron from natural origin, magnesium and magnesium chloride, sodium thiosulfate, wild garlic, coriander herbs, active coal, aluminium oxide respectively healing clay, apple pectin and Lugol iodine liquid as nutritious supplements.
Also see chapter 3.4 “Further possibilities of removing radioactive particles”
- ▶ Have potassium iodide tablets at hand if necessary.
Reasons: Radioactive iodine 131 and iodine 129 which is actually released during each nuclear disaster can be found above all in the thyroid gland (with animals, too). If you eat the lozenges before radioactive iodine reaches your body after fallout, your thyroid gland will already be filled with the iodine from the lozenge. This means that in the course of your metabolism, radioactive iodine will not be taken up by your thyroid gland any more or only in small amounts.
Follow the instruction on the information leaflet.
- ▶ In Fukushima and in Nagasaki, the following homeopathic medicine was successfully used. Make yourself familiar with the procedures of application early.