Clearing Up Headaches With X-Ray Radiation

On Thursday 19th January 2017, I had a Computed Tomography (CT) scan of my brain. At the age of 46 I appear to have very high altitude and very high powered electromagnetic radiation lung, heart & brain damage which is causing erratic low blood oxygen levels and strange brain functioning. This can be seen here:

- Steven Magee's Low Blood Oxygen Graph
- Steven Magee's Blood Oxygen From Sea Level to 9,200 feet and Back to Sea Level
- Steven Magee's Decreasing Blood Oxygen With Increasing Altitude

I have a history of working in high environmental radiation environments, working inside of Faraday cage environments, exposure to an industrial very high powered sodium LASER system, frequent exposure to high powered sonic booms from military supersonic jets, taking medical drugs daily to offset high altitude sickness and night shift work, medical oxygen use and breathing industrial helium, nitrogen and carbon dioxide gas infused air that is oxygen deficient at high altitudes. Over a decade of high altitude exposures (up to 13,796 feet) occurred from the age of 29 through to 41 from astronomical observatory work around the world and snowboarding at high altitude ski resorts in Utah & Colorado, USA.

I had been in the care of the pulmonary team in the university hospital for about a year and their first attempt at fixing the problem was to put me on continuous positive airway pressure (CPAP) during sleep. While it initially reduced the daily headaches that I was getting, it did not clear up the disabling nighttime awakenings, forgetfulness, confusion, seizures, afternoon fatigue & narcolepsy, and other symptoms. I was only running at 90% average SpO2 blood oxygen levels on the CPAP treatment instead of the 96% and above that is considered normal. The longer that I was on CPAP, the more severe headaches that I was getting during the week. Given that CPAP did not clear up the mental issues, the next step was to image the brain to eliminate a brain tumor as a potential cause of the strange mental functioning. Wikipedia states:

"All types of brain tumors may produce symptoms that vary depending on the part of the brain involved. These symptoms may include headaches, seizures, problem with vision, vomiting, and mental changes. The headache is classically worse in the morning and goes away with vomiting. More specific problems may include difficulty in walking, speaking, and with sensation. As the disease progresses unconsciousness may occur."
https://en.wikipedia.org/wiki/Brain_tumor

As a radiation researcher, the last thing that I wanted was a high dose of man-made CT X-Ray radiation. However, it was clear that the blood oxygenation & brain issues had the potential to kill me prematurely if not correctly diagnosed and was the bigger risk, so I reluctantly agreed to the CT brain scan. The CT brain scan is approximately several years worth of background radiation exposure delivered to the brain in the space of a few minutes! However, eventually dying from a brain tumor if

left without an accurate diagnosis was not a risk that I was prepared to take to avoid the man-made CT X-Ray radiation. I was fortunate that I had developed radiation resistance techniques in recent years that would help offset the toxicity of the radiation exposures. Wikipedia states the following regarding X-Ray exposure health risks:

"Diagnostic X-rays (primarily from CT scans due to the large dose used) increase the risk of developmental problems and cancer in those exposed. X-rays are classified as a carcinogen by both the World Health Organization's International Agency for Research on Cancer and the U.S. government. It is estimated that 0.4% of current cancers in the United States are due to computed tomography (CT scans) performed in the past and that this may increase to as high as 1.5-2% with 2007 rates of CT usage. Experimental and epidemiological data currently do not support the proposition that there is a threshold dose of radiation below which there is no increased risk of cancer. However, this is under increasing doubt. It is estimated that the additional radiation will increase a person's cumulative risk of getting cancer by age 75 by 0.6–1.8%. The amount of absorbed radiation depends upon the type of X-ray test and the body part involved. CT and fluoroscopy entail higher doses of radiation than do plain X-rays. To place the increased risk in perspective, a plain chest X-ray will expose a person to the same amount from background radiation that people are exposed to (depending upon location) every day over 10 days, while exposure from a dental X-ray is approximately equivalent to 1 day of environmental background radiation. Each such X-ray would add less than 1 per 1,000,000 to the lifetime cancer risk. An abdominal or chest CT would be the equivalent to 2–3 years of background radiation to the whole body, or 4–5 years to the abdomen or chest, increasing the lifetime cancer risk between 1 per 1,000 to 1 per 10,000. This is compared to the roughly 40% chance of a US citizen developing cancer during their lifetime. For instance, the effective dose to the torso from a CT scan of the chest is about 5 mSv, and the absorbed dose is about 14 mGy. A head CT scan (1.5mSv, 64mGy) that is performed once with and once without contrast agent, would be equivalent to 40 years of background radiation to the head. Accurate estimation of effective doses due to CT is difficult with the estimation uncertainty range of about ±19% to ±32% for adult head scans depending upon the method used."
https://en.wikipedia.org/wiki/X-ray

I prepared for the CT X-Ray radiation scan by taking one capsule of kelp daily. Kelp has emerged in my radiation research as having protective properties for the human and contains iodine to protect the thyroid gland. I was also taking a range of daily supplements and this is the complete list:

- 600 mg whole thallus kelp capsule.
- Four tablets of Focus Factor, a DHA & PS brain supplement.
- 5,000 IU Vitamin D-3 cholecalciferol soft gel every other day.
- A cup of tea.
- A cup of coffee.
- Eating fresh organic food including fruits and vegetables.

The following RX-Only prescription medications were also being taken daily:

- 10 Mg Simvastatin once daily in evening.

- 50 Mg Flecainide Acetate twice daily.
- 137 mcg Azelastine Hydrochloride two sprays in each nostril twice daily.
- 40 mcg QVAR (beclomethasone dipropionate HFA) two sprays into lungs twice daily.
- ProAir HFA (albuterol sulfate) two sprays into lungs every 6 hours during shortness of breath.
- Continuous positive airway pressure (CPAP) during sleep.

No radiation protection was applied to my neck, chest, abdomen or reproductive organs, which I thought was strange. I had expected the radiation sensitive areas not involved with the scan to be protected from scattered radiation. The radiographer stated that lead shields create scattered radiation that interfere with the CT scan. There was no discussion as to how my two metal dental bridges would scatter CT radiation. No CT contrast dyes were used. After the CT brain scan I was informed by the radiographer that there were no side effects and that I would be fine. This did not match my experience. This is what happened:

Day 1 – Thursday 19th January 2017

- CT scan at 09:50, eyes were kept closed to protect them from the X-Ray radiation.
- No immediate effects were observed and I drove without any problems. Aware of "Delayed Radiation Complications", I decided to take it easy for the day. I felt completely normal.
- By 11:00 I had nerve pains radiating down my left arm that cleared by the afternoon.
- By 12:00 I had a large headache that lasted all day.

At this point, it was clear that some of these emerging symptoms corresponded to radiation sickness. As such, I decided to avoid that big nuclear reactor in the sky for a few weeks...the satanic Sun! I increased my fluid intake and added a daily Alka Seltzer tablet, which had proven beneficial in my previous radiation resistance research. The Alka Seltza provides sodium bicarbonate to the cellular system and the aspirin thins the blood to offset the adverse effects of Radiation Induced Rouloux Blood (RIRB).

Day 2 – Friday 20th

- Woke up with a headache that lasted all day.
- Human mating cycle was triggered in the early morning.
- Strange brain sensations were felt during the day.
- 12:30 Tongue nerves started to tingle for about half an hour.

Day 3 – Saturday 21st

- Early morning strange dreams.
- Nasty headache was present upon waking.

- Strange brain sensations were felt during the day.
- Headache subsided after spending the morning outside on a broken cloud day in Tucson.

Day 4 – Sunday 22nd

- No headaches.
- Chest pains.

Day 5 – Monday 23rd

- No headaches.

Day 6 – Tuesday 24th

- No headaches.
- Dizziness.

Day 7 – Wednesday 25th

- No headaches.
- Strange mental functioning.

Waking up throughout the night, forgetfulness, confusion, seizures, afternoon fatigue & narcolepsy were not documented as they are known daily events.

Diagnosis

The CT brain scan showed no problems whatsoever. The radiographer recommended that a follow up with Magnetic Resonance Imaging (MRI) be performed, which has higher imaging resolution. I was right to have the CT scan to obtain a brain diagnosis to rule out large brain tumors for the cause of the problems.

Summary

If you are having X-rays, then you should consider take radiation resistance supplements before, during and after any radiation scan that the medical establishment may perform on you. Ensure that you have done a risk assessment to establish if you really need the X-Rays which may eventually lead to Delayed Radiation Complications in the future. This is the list of known radiation side effects that I did see in the week following the CT X-Ray radiation scan:

- Radiation Induced Nerve Pains (RINP)
- Radiation Induced Headaches (RIH)
- Radiation Triggering of the Human Mating Cycle (RTHMC)
- Radiation Induced Chest Pains (RICP)
- Radiation Induced Dizziness (RID)
- Radiation Induced Brain Sensations (RIBS)
- Radiation Modified Mental Functioning (RMMF)
- Radiation Induced Improved Health (RIIH)

The above symptoms are collectively called "Low Level Radiation Syndrome (LLRS)". After a week I appeared to have cleared out the majority of the short term toxic effects of the CT X-Ray radiation exposure. I switched from kelp to seaweed for continued radiation resistance protection, as seaweed was widely reported by the survivors of the Japanese atomic bombs to have radiation protective properties.

The most interesting effect observed was the reduction in headaches. I had almost continuous headaches that appeared in 2015 that reduced to intermittent headaches in 2016 after being placed onto continuous positive airway pressure (CPAP) for low blood oxygen levels during sleep. In 2017 it was routine to have multiple disabling headaches that would not respond to medication during the week. After the CT brain scan, the reduction in the frequency of headaches was significant! It is notable that CT brain scans have been use to successfully improve the health of some Alzheimer Disease patients.

This beneficial radiation-induced health effect appeared to be inadvertently documented in the movie "Awakenings" where catatonic patients that were administered the drug "L-Dopa" were awakened after decades of catatonia and had to deal with a new life in a new time. The doctors involved failed to realize that the short awakenings coincided with the 1969 Aurora Borealis that was seen from New York to Louisiana and greatly changed the natural electromagnetic radiation environment. Their patients were receiving a free radiation treatment from nature at the same time as taking the drug "L-Dopa".

Why did my headaches clear up? I suspect one of the following events occurred:

- I have a decade long history of working inside of Faraday cage environments and night shift work that reduce natural radiation exposures to the human. I saw the onset of forgetfulness and confusion during that time. As such, my brain may have gone natural radiation deficient and the large dose of X-Rays from the CT brain scan corrected that deficiency.
- A beneficial "Awakenings" type of reaction may have occurred between the X-Ray radiation and the supplements and drugs that I take.
- A flow of energy (X-Rays) was applied to the brain that either polarized or depolarized it.

It is unclear if being free of headaches will be a short term, long term or permanent effect of the CT X-Ray radiation exposure of the brain. It did not clear up the disabling nighttime awakenings, forgetfulness, confusion, seizures, afternoon fatigue & narcolepsy, and other symptoms. If the

headaches do eventually return, then I would consider having a second dose of CT X-Ray radiation to the brain to see if the clearing of the headaches could be repeated.

How did this experience compare to previous radiation exposures that I have received? I had seen many of these symptoms occurring during a decade of high altitude work from 1999 to 2008 as well as during high altitude skiing. The symptoms were far more severe during that time. As such, I concluded that the radiation exposures from the CT brain scan were far lower than anything that I was exposed to during my time at high altitudes. I have traveled through airports in recent years and their radiation scanners have never produced any noticeable effects that I could sense. I have been through the full body scanner several times with double exposures due to the first scan not being satisfactory.

Interesting Quotes & Internet Links

- "1910.134(a)(1) In the control of those occupational diseases caused by breathing air contaminated with harmful dusts, fogs, fumes, mists, gases, smokes, sprays, or vapors, the primary objective shall be to prevent atmospheric contamination." https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_id=12716&p_table=STANDARDS
- "Acute Inhalation Injury" https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4261306/
- "Air Trapping" https://www.med-ed.virginia.edu/courses/rad/hrct/airtrapping.html
- "Air trapping in chest imaging refers to retention of excess gas ("air") in all or part of the lung, especially during expiration, either as a result of complete or partial airway obstruction or as a result of local abnormalities in pulmonary compliance." https://radiopaedia.org/articles/air-trapping
- "Are there risks in obtaining a CT scan?" http://www.medicinenet.com/cat_scan/page3.htm
- "Awakenings" https://en.wikipedia.org/wiki/Awakenings
- "Can Radiation From CT Scans Alleviate Symptoms Of Alzheimer's Disease?" http://www.forbes.com/sites/rodadams/2016/07/01/can-ct-scans-alleviate-symptoms-of-alzheimers-disease/#30c38db94e4e
- "Common conditions often associated with sleep problems include heartburn, diabetes, cardiovascular disease, musculoskeletal disorders, kidney disease, mental health problems, neurological disorders, respiratory problems, and thyroid disease." http://www.helpguide.org/harvard/medical-causes-of-sleep-problems.htm
- "Concentration polarization" https://en.wikipedia.org/wiki/Concentration_polarization
- "Continuous positive airway pressure" https://en.wikipedia.org/wiki/Continuous_positive_airway_pressure
- "CT scan" https://en.wikipedia.org/wiki/CT_scan
- "Delayed Radiation Injury (Soft Tissue and Bony Necrosis)" https://www.uhms.org/11-delayed-radiation-injury-soft-tissue-and-bony-necrosis.html
- "Depolarization" https://en.wikipedia.org/wiki/Depolarization
- "Diseases of Small Airways of lung" http://medind.nic.in/jac/t01/i3/jact01i3p222.pdf
- "I had a Ct scan of my thoracic and lumbar spine at same time and have not idea how dangerous

it was. When they finish and I walked to my car I felt headache and later night I felt my body burning when I have a shower and I could not sleep with this burn sensation. I lost my taste and smell, I have a dry mouth and throat, my teeth and jaw are sore and I have a flu infection, plus I'm feeling dizzy, my vision are not the same, my joints and ovaries are sore and my lymph nodes are swallow. I only have back pain and my Dr pass this dangerous exam, I have not idea how dangerous it is and we could have a simple x-ray of the spine or a MRI. I went to see her(doctor) and she told me that this is impossible and I have too much imagination, now I'm not sure of my future and I'm scared of developing meningitis, leukemia, cancer. I'm feeling tired and without energy and I don't know what I can do. And I don't know who can help me." http://www.medicalnewstoday.com/opinions/65743

- "Drugs Associated with the Development of Interstitial Lung Disease...Aspirin, Oxygen, Radiation" http://www.clevelandclinicmeded.com/medicalpubs/diseasemanagement/pulmonary/interstitial-lung-disease/
- "Early X-ray machines needed to be set and repeatedly adjusted. To achieve this, radiographers would place their hands between the actively radiating tube and the film plate to check if the apparatus was functioning and that it was well focused on the film. By practicing this for 12 years, Dr. Kells was the first victim of dental X-ray radiation with numerous cancerous tumors on his fingers." https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4319329/
- "Gas and Chemical Exposure" http://www.merckmanuals.com/home/lung-and-airway-disorders/environmental-lung-diseases/gas-and-chemical-exposure
- "Historical Solar Storms" http://www.solarstorms.org/SRefStorms.html
- "Industrial very high powered sodium LASER systems in action" https://youtu.be/o1xEQ212iyY
- "Irritant Gas Inhalation Injury" http://www.merckmanuals.com/professional/pulmonary-disorders/environmental-pulmonary-diseases/irritant-gas-inhalation-injury
- "Is Skiing Harmful To Health?" http://environmentalradiation.com/Is%20Skiing%20Harmful%20To%20Health.pdf
- "Radiation Protection with miso and seaweed - Japanese Nuclear Reactor Meltdown" http://melaniegrimes.com/radiation-protection-with-miso-and-seaweed/
- "Long-term side effects of radiation therapy" USA http://www.cancer.org/treatment/treatmentsandsideeffects/treatmenttypes/radiation/understandingradiationtherapyaguideforpatientsandfamilies/understanding-radiation-therapy-long-term-side-effects
- "Long term side effects of radiotherapy" UK http://www.cancerresearchuk.org/about-cancer/cancers-in-general/treatment/radiotherapy/follow-up/long-term-side-effects-of-radiotherapy
- "Low-level continuous or intermittent exposure to irritant gases or chemical vapors may lead to chronic bronchitis" http://www.merckmanuals.com/professional/pulmonary-disorders/environmental-pulmonary-diseases/irritant-gas-inhalation-injury
- "Lung Disorders - Introduction to Respiratory Care" http://www.wvncc.edu/uploads/9c_disease.handout.pdf
- "Muscle/joint pain after radiation?" https://community.breastcancer.org/forum/70/topics/733288

- "Navajo Uranium Workers and the Effects of Occupational Illnesses" http://faculty.washington.edu/stevehar/Dawson.pdf
- "Nearly 30,000 Americans Get Cancer From This One Procedure EVERY Year: Will You?" http://articles.mercola.com/sites/articles/archive/2010/09/25/high-ct-scan-radiation-is-deadly.aspx
- "Nuclear Witnesses: Insiders Speak Out by Leslie J. Freeman" https://amzn.com/0393300331
- "Open Letter to the Astronomical Community" http://environmentalradiation.com/Open%20Letter%20To%20The%20Astronomical%20Community.pdf
- "Overexposed: The Startling Truth About CT Scans" http://www.goodhousekeeping.com/health/a18868/ct-scan-risk/
- "Pathology of Small Airways Disease" http://www.archivesofpathology.org/doi/pdf/10.1043/1543-2165-134.5.702
- "Radiation Exposure Compensation Act (RECA) was passed by the U.S. Congress in 1990 to make partial restitution to individuals harmed by radiation exposure resulting from underground uranium mining and above-ground nuclear tests in Nevada." http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1240251/
- "Radiation-induced lung injury" http://www.uptodate.com/contents/radiation-induced-lung-injury
- "Radiation-Induced Lung Injury: Assessment, Management, and Prevention" http://www.cancernetwork.com/lung-cancer/radiation-induced-lung-injury-assessment-management-and-prevention/page/0/1
- "Radiation Poisoning Remedies" http://www.earthclinic.com/cures/radiation.html
- "She was a dental technician in the Navy and also worked for years in pediatric dental offices and orthodontics as an assistant, calming nervous children, helping them to have good dental experiences, and when she was exposing radiographs, sometimes she admits that she would make it easier on everyone if she would stay with the child while the x-rays were beaming through her hand...Even though the tumor was benign, because of the damage done, the possibility of regrowth and other factors, the decision was made for my friend to have her ring finger amputated." http://www.dentalbuzz.com/2013/03/15/fingers-in-the-picture/
- "Side Effects of Radiation Therapy" http://news.cancerconnect.com/side-effects-of-radiation-therapy/
- "Small airways diseases, excluding asthma and COPD: an overview" http://err.ersjournals.com/content/22/128/131
- "Some studies claim to show that sonic booms from U.S. Navy testing in Vieques, Puerto Rico, increased the incidence of vibroacoustic disease, a thickening of heart tissue." https://en.wikipedia.org/wiki/Sonic_boom
- "Steven Magee Uses a CMS50E Fingertip Pulse Oximeter for Producing Blood Oxygen Graphs." http://amzn.com/B00IWOKTC0
- "The longer a white miner was exposed to radon gas, the greater the risk of lung cancer." http://www.cdc.gov/niosh/pgms/worknotify/uranium.html
- "Treatment of Alzheimer Disease With CT Scans" https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4826954/
- "Treatment for Radiation-Induced Pulmonary Late Effects: Spoiled for Choice or Looking in

the Wrong Direction?" http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2948640/
- "Why Can't I Stay Asleep?" http://www.webmd.com/sleep-disorders/features/surprising-sleep-wreckers#1
- "we concluded that the predominant injurious agent in these cases was alpha particles from radon progeny. This disease, after a long latent period, usually results in pulmonary hypertension, shortness of breath, and death by cardiopulmonary failure." http://www.ncbi.nlm.nih.gov/pubmed/9604184
- "WW2 veteran tells how seaweed saved him from the atom bomb" http://www.thisiswiltshire.co.uk/news/8212772.WW2_veteran_tells_how_seaweed_saved_him_from_the_atom_bomb/
- "X-Ray" https://en.wikipedia.org/wiki/X-ray

"Brain disease is on the rise and if you are showing the classic symptoms of it, you should be CT scanned for brain tumors"
Steven Magee CENG MIET BEng Hons – Author of Health Forensics