

"A book devoted to sensible nutritional habits for a polluted earth has long been overdue. I hope this one will become a foundation for learning, dialogue and successfully coping with a hitherto intractable problem."

Rosalie Bertell, Ph.D.

Director of Research

International Institute of Concern for Public Health

DIET FOR THE ATOMIC AGE

HOW TO PROTECT YOURSELF
FROM LOW-LEVEL RADIATION

Sara Shannon

Introduction by Ernest J. Sternglass, Ph.D.

Diet For The Atomic Age

EW Minium



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