

Cesium Related Information

SOME POSSIBLE CESIUM SIDE EFFECTS AND CONTRAINDICATIONS:

1. Stomach upset and nausea are quite common side effects from taking cesium. Eating a full meal, not just a snack, and taking the cesium at the end of the meal, may help to alleviate these problems. Emptying the cesium capsule into a glass of water and taking it this way at the end of the meal may also help alleviate these symptoms. Dr. Nieper mentioned that taking the cesium with the sugar sorbitol and mixing them in a water solution might help in some cases. Eating half a banana before a meal has also been reported to help some people tolerate the cesium chloride better. Ginger capsules or ginger root would possibly combat nausea. One of the reasons that cesium chloride may cause stomach upset is actually from the increased amount of chloride, not necessarily the cesium. The chloride tends to increase the acidity in the stomach. People who have had a history of ulcers may not be able to handle the increased acidity from the chloride.
2. After taking cesium for several weeks some people experience some numbness in their lips or on the tip of their nose. This can occur even at the dosage of three grams a day. People who are taking larger amounts under a doctor's supervision may experience a greater degree of numbness. Doctors need to monitor this very carefully. Even after discontinuing the cesium it may take several weeks for this numb sensation to disappear.
3. People with heart conditions should not take cesium as it displaces potassium as well as other significant minerals such as magnesium and could lead to heart palpitations or a heart attack.
4. It is essential that the mineral displacement by cesium be adjusted for by increased consumption of minerals, particularly potassium and magnesium. POTASSIUM rich foods such as bananas and potatoes can be consumed as well as potassium supplements taken. Some doctors prescribe a high potency TIME-RELEASE POTASSIUM supplement for their patients on the cesium protocol. The mineral magnesium is needed in significant amounts. It is involved in over 300 enzymatic reactions in the body. Doctors often suggest that people take up to 800 mg of a magnesium supplement while on the cesium protocol. A brief review of some possible signs of *specific mineral deficiencies* is included.
5. People with kidney disease would not be able to handle the Robert Barefoot protocol that uses high amounts of vitamin D3 and calcium.

SPECIAL MONITORING:

1. Electrolyte Monitoring:

Since high oral intake of cesium tends to drive the electrolytes out of the cells by displacing them, it is prudent to obtain ongoing mineral analysis. Increased oral intake of minerals may maintain the body in a positive mineral status, but only objective testing can reveal that for sure. Nausea and/or diarrhea can also cause electrolyte loss. Electrolyte products available from your pharmacy or the Gatorade beverage may be somewhat helpful.

2. Blood Calcium Monitoring for Hypercalcemia:

The high amounts of vitamin D3 taken in Robert Barefoot's protocol can result in too much calcium being absorbed into the bloodstream. If this occurs, vitamin D3 supplementation needs to be discontinued immediately.

3. Liver and Kidney Functions:

It is prudent to monitor these functions during the protocol to assess the reaction of the body to the high dose D3, calcium and cesium intake.

4. Uric Acid Monitoring:

Dr. Brewer suggested that the levels of uric acid would become higher as the tumor was being broken down. Physicians may want to measure uric acid levels at the onset of the treatment and then test uric acid levels frequently if the patient is taking 6 or more grams of cesium. Tumor size and dosage of cesium are believed to have an influence on how soon and how much uric acid levels will increase. A state of wasting may also affect uric acid levels.

SPECIAL NOTES:

1. Cesium Half-life:

The half-life of natural (non-radioactive) cesium in the human body, based on radioisotope studies, is anywhere from 65 to 84 days, so even after cesium is discontinued, it is still assumed to be acting in the body for a considerable period of time.

2. Mineral Supplementation:

The oral intake of extra minerals, particularly potassium needs to be continued even after the cesium is discontinued since it is still actively displacing minerals in the body for a considerable period of time.

POSSIBLE MINERAL DEFICIENCY SYMPTOMS

The following list is not by any means complete. It just identifies some of the more common and most known symptoms of deficiency of these minerals.

1. Potassium: muscle fatigue, irregular heartbeat, apathy, muscle weakness and/or muscle cramps – **IT IS CRUCIALLY IMPORTANT TO TAKE POTASSIUM WITH CESIUM AND TO CONTINUE TAKING POTASSIUM FOR APPROXIMATELY THREE MONTHS AFTER STOPPING THE CESIUM.**

2. Magnesium: cardiac dysrhythmia, high blood pressure, muscle spasms, eye twitches.