

## The hidden dangers of microwave cooking By Samantha Gilman

Do you know that over 90% of American homes use microwave ovens for their food preparation? Is it possible that many people are sacrificing health for the convenience of microwave ovens? When microwaves were created, no thought was given to the possibility that food nutrients could be so altered as to be harmful to our health.

This is how microwaving works to heat up food. Microwaves are based on the principle of alternating current. Atoms, molecules, and cells hit hard by electromagnetic radiation are forced to reverse polarity 1-100 billion times a second. There are no atoms, molecules or cells of any organic system able to withstand such a violent, destructive power for an extended period of time, not even in the low energy range of milliwatts. Of all the natural substances (which are polar) the oxygen of water molecules reacts most sensitively. This is how microwave cooking heat is generated, friction from this violence in water molecules. Bottom line in layman terms is that a microwave oven decays and changes the molecular structure of the food by the process of radiation. This radiation results in the destruction and deformation of molecules of food, and in the formation of new compounds, called radiolytic compounds, unknown to man and nature.

There are several scientists that have carried out quality clinical studies of the effects of microwaved nutrients on the blood and physiology of human beings. Two are Dr. Hans Hertel, a Swiss scientist with a background in the Swiss food industry and Dr. Bernard H. Blanc of the Swiss Federal Institute of Technology and the University Institute for Biochemistry. The conclusions of these two scientists and other Russian and German scientific clinical studies are eye opening! Here are some of them:

- 1) Russian researchers reported a marked acceleration of structural degradation of nutritional value in the foods microwaved. 60-90% of the vital energy field content was lost.
- 2) The human body cannot metabolize (break down) the unknown by-products created in microwaved food.
- 3) Continually eating food processed from a microwave oven causes long term – permanent – brain damage by shorting out electrical impulses in the brain (depolarizing or de-magnetizing the brain tissue). These changes can lead to emotional instability, decreased intelligence and a loss of memory and concentration.
- 4) Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
- 5) The effects of microwaved food by-products are residual (long term, permanent) within the human body.

- 6) Microwaving either reduces or alters the minerals, vitamins and nutrients in foods so that the human body gets little or no benefit from them. Moreover, the body is forced to absorb many of the altered compounds because they cannot be broken down.
- 7) Microwaving vegetables alters their minerals into cancerous free radicals. The prolonged eating of microwaved foods can eventually cause cancerous cells to increase in the human blood.
- 8) Microwaved foods can cause stomach and intestinal cancerous growths, possibly explaining the rapidly increased rate of colon cancer in America.
- 9) Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and blood serum alterations.
- 10) As a result of thorough research the Russians outlawed the use of microwave ovens in 1976.

The radiation of a microwave can be dangerous just standing near it (the radiation leaks out the door), and this radiation is released into your house after use. A 1988 report from the National Institute of Environmental Health Science cited microwave ovens as one source of potentially hazardous EMFs (electromagnetic fields). The report states, "Exposure possibly may affect the nervous system and susceptibility to chemical exposure." The 1990 draft report from the EPA, sought to classify electromagnetic fields as a "probable human carcinogen," placing them in the same category as PCBs, DDT, and formaldehyde.

I must also share with you a young student's science fair project conducted to see the effect of microwaved water on plants. The student kept identical plants in the same settings and watered one with microwaved water and one with water cooked on a stovetop (both were heated and cooled). After a period of nine days, the plant fed the microwaved water died and the other plant thrived.

I have personally lived without a microwave for over 10 years and have not found it to be an inconvenience at all. Remember we here at Genesis Transformation educate you to be responsible for your own health, no one will do this for you.