

Microwave Cooking

Food and water molecules have a positive and negative end similar to the north and south polarity of a magnet. The magnetron in a microwave oven generates an *alternating* current of more than a billion cycles per second. As this extremely rapid *alternating* microwave frequency bombards food, it causes the molecules of the food to reverse polarity at the same billions of times per second. This agitation creates molecular “friction”, producing heat – but also tearing apart and deforming the food molecules. (We receive some microwave frequencies from the sun, but it is a *direct* current which does not create molecular friction.)

When food is microwaved, amino acids (the building blocks of protein) are converted from the natural trans- and l- forms to biologically inactive and even nerve and kidney toxic cis- and d- forms (University of Vienna, 1989.)

In 1992, researchers at Stanford University Medical Center found that warming breast milk in a microwave oven destroyed 98% of the antibodies that provide passive immunity to infants, and destroyed 96% of liposome activity that inhibits bacterial growth.

Russian investigations found that cancer causing substances are formed in virtually all microwaved foods. They also found an average of 60 to 90% decreased nutritional value of microwaved foods. The Soviet Union banned the use of microwave ovens in 1976.

In 1991, a lawsuit in Oklahoma concerned the use of microwaved blood given as a transfusion for a hip surgery patient. She died from the transfusion. (Blood for transfusions is routinely warmed, but not in a microwave oven.)

In a study comparing the consumption of food heated by microwave vs. other methods of cooking, the microwaved food causes a **decrease** in hemoglobin, an **increase** in white blood cells (the body’s response to a toxin) and **increased** LDL (bad) cholesterol.

Among those who consume mostly microwaved foods, the following is found: increased rate of digestive disorders; stomach and intestinal cancer, lymphatic and immune disorders, cancers of the lymph and blood, lowered hormone production, loss of memory and concentration, emotional instability, decrease in intelligence, weight problems.

I have not found a single study by any governmental body on the effects of consuming microwaved food. I do find that my toaster oven and stovetop work quite well for my cooking and baking needs!

References:

- “Comparative Study of Food Prepared Conventionally and in the Microwave Oven”, Drs. Hans Hertel and Bernard Blanc, Raum & Zelt, 1992.
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- “Effects of Microwave Radiation on Anti-infective Factors in Human Milk”, Journal of Pediatrics, vol. 89, no. 4, April 1992.