

## **The Hidden Hazards of Microwave Cooking**

### **CANCER-CAUSING EFFECTS**

- Creation of a "binding effect" to radioactivity in the atmosphere, thus causing a marked increase in the amount of alpha and beta particle saturation in foods;
- Creation of cancer causing agents within protein hydrolysate compounds\* in milk and cereal grains [\*these are natural proteins that are split into unnatural fragments by the addition of water];
- Alteration of elemental food-substances, causing disorders in the digestive system by unstable catabolism\* of foods subjected to microwaves [\*the metabolic breakdown process];
- Due to chemical alterations within food substances, malfunctions were observed within the lymphatic systems [absorbent vessels], causing a degeneration of the immune potentials of the body to protect against certain forms of neoplastics [abnormal growths of tissue];
- Ingestion of microwaved foods caused a higher percentage of cancerous cells within the blood serum [cytomas - cell tumors such as sarcoma];
- Microwave emissions caused alteration in the catabolic [metabolic breakdown] behavior of glucoside [hydrolyzed dextrose] and galactoside [oxidized alcohol] elements within frozen fruits when thawed in this manner;
- Microwave emission caused alteration of the catabolic [metabolic breakdown] behavior of plant alkaloids [organic nitrogen based elements] when raw, cooked, or frozen vegetables were exposed for even extremely short durations;
- Cancer causing free radicals [highly reactive incomplete molecules] were formed within certain trace mineral molecular formations in plant substances, and in particular, raw root-vegetables; and,
- In a statistically high percentage of persons, microwaved foods caused stomach and intestinal cancerous growths, as well as a general degeneration of peripheral cellular tissues, with a gradual breakdown of the function of the digestive and excretive systems.

### **DECREASE IN FOOD VALUE**

Microwave exposure caused significant decreases in the nutritive value of all foods researched. The following are the most important findings:

- A decrease in the bioavailability [capability of the body to utilize the nutriment] of B-complex vitamins, Vitamin C, Vitamin E, essential minerals and lipotropics in all foods;
- A loss of 60-90% of the vital energy field content of all tested foods;
- A reduction in the metabolic behavior and integration process capability of alkaloids [organic nitrogen based elements], glucosides and galactosides, and nitrilosides;
- A destruction of the nutritive value of nucleoproteins in meats;
- A marked acceleration of structural disintegration in all foods.

### **BIOLOGICAL EFFECTS OF EXPOSURE**

Exposure to microwave emissions also had an unpredictably negative effect upon the general biological welfare of humans. This was not discovered until the Russians experimented with highly sophisticated equipment and discovered that a human did not even need to ingest the material substance of the microwaved food substances: that even

exposure to the energy-field itself was sufficient to cause such adverse side effects that the use of any such microwave apparatus was forbidden in 1976 by Soviet state law.

The following are the enumerated effects:

- A breakdown of the human "life-energy field" in those who were exposed to microwave ovens while in operation, with side-effects to the human energy field of increasingly longer duration;
- A degeneration of the cellular voltage parallels during the process of using the apparatus, especially in the blood and lymphatic areas;
- A degeneration and destabilization of the external energy activated potentials of food utilization within the processes of human metabolism;
- A degeneration and destabilization of internal cellular membrane potentials while transferring catabolic [metabolic breakdown] processes into the blood serum from the digestive process;
- Degeneration and circuit breakdowns of electrical nerve impulses within the junction potentials of the cerebrum [the front portion of the brain where thought and higher functions reside];
- A degeneration and breakdown of nerve electrical circuits and loss of energy field symmetry in the neuroplexuses [nerve centers] both in the front and the rear of the central and autonomic nervous systems;
- Loss of balance and circuiting of the bioelectric strengths within the ascending reticular activating system [the system which controls the function of consciousness];
- A long term cumulative loss of vital energies within humans, animals and plants that were located within a 500-meter radius of the operational equipment;
- Long lasting residual effects of magnetic "deposits" were located throughout the nervous system and lymphatic system;
- A destabilization and interruption in the production of hormones and maintenance of hormonal balance in males and females;
- Markedly higher levels of brainwave disturbance in the alpha, theta, and delta wave signal patterns of persons exposed to microwave emission fields. Because of this brainwave disturbance, negative psychological effects were noted, including loss of memory, loss of ability to concentrate, suppressed emotional threshold, deceleration of intellectual processes, and interruptive sleep episodes in a statistically higher percentage of individuals subjected to continual range emissive field effects of microwave apparatus, either in cooking apparatus or in transmission stations.

For more information please visit: [http://www.health-science.com/microwave\\_hazards.html](http://www.health-science.com/microwave_hazards.html)