



THE DANGERS OF MICROWAVE COOKING

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Cooking in a microwave oven is not safe. Atoms, molecules and cells are hit by the hard electromagnetic irradiation of microwaving reverse polarity over one billion times a second. Even in the low energy range of milliwatts, no atom, molecule or cell of any organic system can withstand such destructive power.

Molecules are forcefully deformed, their quality impaired. The electrical potentials between the outer and inner side of the cell membranes - the very life of the cells - are neutralised. Natural repair mechanisms are suppressed; and cells, forced to adapt to a state of emergency, switch from normal aerobic to anaerobic (without oxygen) respiration. Instead of water and carbon dioxide, this fermentation produces hydrogen peroxide and carbon monoxide. The newly formed radiolytic compounds are unknown to man and nature; the impaired cells become easy prey for viruses, fungi, and other microorganisms.

Wisely banned from Russia, microwaving destroys some nutrients and turns some amino acids into carcinogens. Established science and government claim all this doesn't hurt people eating irradiated food; but neither scientists nor governments ever tested their claims.

Dr Hans Hertel of Germany did the first and only, small but well controlled study of the effects of microwaved nutrients on the blood and physiology of humans. The blood of those who consume microwaved food for two months showed pathological changes compared to matched controls eating food cooked with heat. The changes included a decrease in all haemoglobin values and deterioration in cholesterol, especially the HDL and LDL (high and low density cholesterol) values and ratio. Lymphocytes (white blood cells) showed a more distinct short term decrease after the intake of microwaved food than after normally cooked foods.

Moreover, warming breast milk in a microwave oven destroys 98% of its immunoglobulin - A antibodies and 96% of its liposome activity, reducing the milks resistance to infectious E.coli.

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