

## "Microwave" Cooking

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### **Food prepared in the microwave oven lead[s] to changes in the blood**

Many people find microwave ovens convenient and fast. But the price we pay is dear. Microwave radiation strips food of all its nutritional value and affects the body adversely due to the manner in which microwaves cook food. You may recall from the section in this chapter on Water that the water molecule is constructed in such a way that one end has a positive charge and the other end has a negative charge. Water, which is especially sensitive to being imprinted by radiation, is present in high amounts in all life forms of this planet. When subjected to microwave radiation, the water molecules in the food reverse in polarity: the positive ends become negative and the negative ends become positive. This happens continually at high speeds back and forth-up to one hundred billion times a second! The molecules are jostled so much that the motion creates friction, and it is this friction caused by these repeated changes that emits the heat that cooks the food.

But the disruption of the water molecules is so intense that they are literally torn apart and become structurally deformed. Chemists even have a name for this phenomenon: structural "isomerism." The energy fields of what we eat-and our own bioelectric energy fields as well-were never meant to go through this kind of incredibly rapid, chaotic polarity switching. Exposure to microwave ovens causes all cells to lose their delicate electrical charge. You may also recall from the section on Water in this chapter that when the electrical charge (carried by the electrolytes) of an organism is damaged, the organism breaks down and malfunctions.

Since "you are what you eat," the creation of abnormalities in our food creates abnormalities in us. In 1989, Dr. Lita Lee noted in the December issue of the British medical journal *Lancet* that microwaved milk or baby formula not only depletes the vitamin content but converts certain amino acids (the constituents of protein) into related substances that are biologically inactive. Some of these altered amino acids are known poisons to both the nervous system and the kidneys. "It's bad enough that many babies are not nursed," Lee wrote, "but now they are given fake milk (baby formula) made even more toxic via microwaving." [Cited in Alexander, Gary. "Throw It In The Microwave" in *Chronogram*, February 2001, p. 9]

The April 1992 *Journal of Pediatrics* reported that researchers at the Stanford University Medical Center discovered that the changes in human breast milk that was microwaved just enough to warm it included the destruction of 98% of its immunoglobulin-A antibodies and 96% of its liposome activity (which inhibits bacterial infections).

According to William P. Kopp, who frequently writes about the deleterious effects of microwaved food, research on the biological effects of microwaves was conducted as early as 1942 at Humboldt University in Berlin, Germany, and the Russians-who since 1957 extensively studied the effects of microwave ovens at the Institute of Radio Technology-"have outlawed their use and issued an international warning about the biological and environmental damage that can result from the use of this and similar-frequency electronic apparatus." [Kopp, William. "Microwave Madness: The Effects of Microwave Apparatus on Food and Humans" in *Perceptions*, May/June 1996, p. 30] The governments of other Eastern European countries have also set limits for microwave oven usage, he notes in the May/June 1966 issue of *Perceptions*.

We can distinguish between the effects of microwaves on the food itself, the effects of the microwaved food on the body once the food is ingested, and the effects of microwaves on the human body independent of the ingestion of food. First I will summarize what microwaves do to foods and how the body reacts to these unnaturally altered foods. "In most research

[conducted by the Russians]," Kopp writes, "the foods were exposed to microwave propagation at an energy potential of 100 kilowatts per cubic centimeter per second, to the point considered acceptable for sanitary, normal ingestion." [Kopp, William. "Microwave Madness: The Effects of Microwave Apparatus on Food and Humans" in Perceptions, May/June 1996, p. 30] Under these "acceptable" conditions,

- \* Microwaved meats contain d-nitrosodiethanolamine, a well-known carcinogen.
- \* Cancer-causing agents are created in the protein-hydrolysate compounds in milk and grains.
- \* The molecular composition of proteins and natural sugars is unnaturally altered.
- \* Even brief exposures of raw, cooked or frozen vegetables to microwaves enhance the production of alkaloids (such as caffeine, morphine and strychnine) that are harmful to the human body.
- \* The availability of vitamin complexes A, B, C and E, and essential minerals is vastly reduced.
- \* The microwaves in the food bind with atmospheric radioactivity, creating additional harmful radiation.

Simply put, because microwaved food is

- 1.) chemically and molecularly altered,
- 2.) its nutrients are lost and
- 3.) harmful compounds are created.

The body,

- 1.) exposed to foreign and dangerous substances and further
- 2.) deprived of the nutrients it needs, becomes sick.

Cancer is especially high in those eating microwaved food.

"A statistically higher percentage of cancerous growths result in [the stomach and intestines]," Kopp writes, "plus a generalized breakdown of the peripheral cellular tissues and a gradual degeneration of digestive and excretory functions." [Kopp, William. "Microwave Madness: The Effects of Microwave Apparatus on Food and Humans" in Perceptions, May/June 1996, p. 31]

Microwaving has been proven to have immediate fatal consequences: in 1991, a woman named Norma Levitt entered an Oklahoma hospital for hip surgery and received a blood transfusion. A nurse warmed the blood for the transfusion in a microwave oven, and in an hour and a half Levitt was dead. It wasn't the surgery or anesthesia that killed her, but the deformed, lifeless blood cells in the transfused blood.

Microwaves transform more than our food. The radiation itself directly influences all bodily systems and functions: circulatory, digestive, metabolic, lymphatic, hormonal and nervous.

People suffer

- 1.) hormone imbalances,
- 2.) damage to the electrical functioning of the nervous system,
- 3.) a disruption in the cellular membrane electrical potentials,

- 4.) significant loss of vital energy, and
- 5.) a higher-than-normal percentage of cancerous cells in their blood serum.
- 6.) Researchers have even detected significant levels of disruption in alpha, delta, and theta brain waves. "Because of the disarranged brain waves," Kopp points out,
- 7.) "negative psychological effects also result. These include loss of memory and the ability to concentrate, suppressed emotional threshold, deceleration of intellectual processes and interrupt[ed] sleep episodes." [Kopp, William. "Microwave Madness: The Effects of Microwave Apparatus on Food and Humans" in Perceptions, May/June 1996, p. 30]

In short, microwave oven radiation disrupts the electrical field of the body, which in turn affects functioning on biological, chemical and physiological levels. Being within just a three foot range of a microwave oven will expose you to these dangers.

After 3 feet, the radiation levels drop off 80%, but remain for 15 minutes even after the oven has been turned off.

The story of how microwave ovens came to be accepted, even eagerly embraced by the American public, is similar to how harmful drugs reach the marketplace: the suppression of negative evidence. In 1991, Dr. Hans Ulrich Hertel of the Swiss Federal Institute of Technology and Dr. Bernard H. Blanc of the University Institute for Biochemistry published the results of:

A thorough clinical examination of: microwaved nutrients and their effects on the blood and human physiology

Among their findings was:

an alarming increase of leukocytes (white blood cells), which indicates abnormal condition of the system such as poisoning or cell membrane damage. This can indicate a pre-cancerous state in the blood.

At the time, Hertel was employed by a major international food company. It fired him "for questioning certain processing procedures that denatured the food." In 1992, the Swiss Association of Dealers for Electro-apparatuses for Households and Industry pressured a Swiss court to issue a gag order against the doctors. One year later, Dr. Hertel was prohibited from declaring that

food prepared in the microwave oven shall be dangerous to health and lead[s] to changes in the blood of consumers, giving reference to pathologic troubles as also indicative for the beginning of a cancerous process.

The defendant shall be prohibited from repeating such a statement in publications and in public talks by punishment laid down in the law. [Valentine, Tom. "Microwave Tragedy" in Acres, USA, April 1994, p. 6]

The decision was finally reversed in Austria in 1998, but the damage had been done: Americans believe that microwave ovens are safe. Even the best organic food diet is destroyed by this very dangerous radiation. When you eat in restaurants, make sure that your food is not being prepared in a microwave oven.

Not all technology is bad. As Hertel himself said in an interview with Tom Valentine that appeared in "Microwave Tragedy" in the April 1994 issue of Acres, USA:

"We, the scientists, carry the main responsibility for the present unacceptable conditions. It is therefore our job to correct the situation and bring the remedy to the world. I am striving to

bring [humankind] and techniques back into harmony with nature. We can have wonderful technologies without violating nature." [Valentine, Tom. "Microwave Tragedy"].

<http://www.xpressnet.com/bhealthy/microwave.htm>

Dr. Lita Lee of Hawaii reported in the December 9, 1989 Lancet:

"Microwaving baby formulas converted certain trans-amino acids into their synthetic cis-isomers. Synthetic isomers, whether cis-amino acids or trans-fatty acids, are not biologically active. Further, one of the amino acids, L-proline, was converted to its d-isomer, which is known to be neurotoxic (poisonous to the nervous system) and nephrotoxic (poisonous to the kidneys). It's bad enough that many babies are not nursed, but now they are given fake milk (baby formula) made even more toxic via microwaving."

In 1991, there was a lawsuit in Oklahoma concerning the hospital use of a microwave oven to warm blood needed in a transfusion. The case involved a hip surgery patient, Norma Levitt, who died from a simple blood transfusion. It seems the nurse had warmed the blood in a microwave oven. This tragedy makes it very apparent that there's much more to "heating" with microwaves than we've been led to believe. Blood for transfusions is routinely warmed, but not in microwave ovens. In the case of Mrs. Levitt, the microwaving altered the blood and it killed her.

It's very obvious that this form of microwave radiation "heating" does something to the substances it heats. It's also becoming quite apparent that people who process food in a microwave oven are also ingesting these "unknowns".

Dr. Hans Ulrich Hertel, who is now retired, worked as a food scientist for many years with one of the major Swiss food companies that do business on a global scale. A few years ago, he was fired from his job for questioning certain processing procedures that denatured the food.

In 1991, he and a Lausanne University professor published a research paper indicating that food cooked in microwave ovens could pose a greater risk to health than food cooked by conventional means. An article also appeared in issue 19 of the Journal Franz Weber in which it was stated that the consumption of food cooked in microwave ovens had cancerous effects on the blood. The research paper itself followed the article. On the cover of the magazine there was a picture of the Grim Reaper holding a microwave oven in one of his hands.

Dr. Hertel was the first scientist to conceive and carry out a quality clinical study on the effects microwaved nutrients have on the blood and physiology of the human body. His small but well controlled study showed the degenerative force produced in microwave ovens and the food processed in them. The scientific conclusion showed that microwave cooking changed the nutrients in the food; and, changes took place in the participants' blood that could cause deterioration in the human system. Hertel's scientific study was done along with Dr. Bernard H. Blanc of the Swiss Federal Institute of Technology and the University Institute for Biochemistry.

In intervals of two to five days, the volunteers in the study received one of the following food variants on an empty stomach: (1) raw milk; (2) the same milk conventionally cooked; (3) pasteurized milk; (4) the same raw milks cooked in a microwave oven; (5) raw vegetables from an organic farm; (6) the same vegetables cooked conventionally; (7) the same vegetables frozen and defrosted in a microwave oven; and (8) the same vegetables cooked in the microwave oven. Once the volunteers were isolated, blood samples were taken from

every volunteer immediately before eating. Then, blood samples were taken at defined intervals after eating from the above milk or vegetable preparations.

Significant changes were discovered in the blood samples from the intervals following the foods cooked in the microwave oven. These changes included a decrease in all hemoglobin and cholesterol values, especially the ratio of HDL (good cholesterol) and LDL (bad cholesterol) values. Lymphocytes (white blood cells) showed a more distinct short-term decrease following the intake of microwaved food than after the intake of all the other variants. Each of these indicators pointed to degeneration. Additionally, there was a highly significant association between the amount of microwave energy in the test foods and the luminous power of luminescent bacteria exposed to serum from test persons who ate that food. This led Dr. Hertel to the conclusion that such technically derived energies may, indeed, be passed along to man inductively via eating microwaved food.

According to Dr. Hertel,

"Leukocytosis, which cannot be accounted for by normal daily deviations, is taken very seriously by hematologists. Leukocytes are often signs of pathogenic effects on the living system, such as poisoning and cell damage. The increase of leukocytes with the microwaved foods were more pronounced than with all the other variants. It appears that these marked increases were caused entirely by ingesting the microwaved substances

## **Microwave ovens can pose a health risk**

*By Michael Picarella  
Acorn Staff Writer*

Radioactive waste dumped at the Calabasas Landfill has been a safety concern lately, but what about the radiation that leaks from your microwave oven? Experts agree that leaks from microwave ovens can be dangerous.

Every year millions of people—of all ages—including children and pregnant women, stand too close to an operating microwave oven and expose themselves to dangerous levels of body penetrating microwave radiation, according to experts.

"A microwave oven cooks food because the water molecules inside it absorb the microwave radiation and thereby heat up and heat the surrounding food," said chemistry expert Chad Mueller. "Microwave radiation will similarly heat up skin and other body parts ... The radiation is harmful mostly to the parts of the body that cannot conduct the heat away very effectively—the eyes especially."

Microwave radiation allegedly causes cataracts, birth defects, cancer and other serious health problems, experts said. Warning labels are included in every owner's manual, but many consumers probably don't read them and are unaware of the potential dangers.

The FDA takes the problem seriously and has set legal limits on the amount of leakage permitted. A properly built microwave oven leaks almost no radiation. But microwave leakage testers are available, if you want a safety check.

"The only time for concern would be if the door (of the microwave oven) is broken or damaged, in which case the oven should not be used," said nuclear and radiological engineering expert David E. Hintenlang.

Any microwave oven should be used with caution. Don't stand too close while it's working. And maybe test the appliance for leaks.

"One sometimes hears about people (fast-food workers, for instance) getting headaches when exposed to leaking microwave ovens," Mueller said. If you work under similar conditions and experience headaches, ask your employer to confirm that there are no leaks, he said.

## **RUSSIANS BAN MICROWAVE OVENS**

After the World War II, the Russians also experimented with microwave ovens. From 1957 up to recently, their research has been carried out mainly at the Institute of Radio Technology at Klinsk, Byelorussia. According to US researcher William Kopp, who gathered much of the results of Russian and German research - and was apparently prosecuted for doing so (J. Nat. Sci, 1998; 1:42-3) - the following effects were observed by Russian forensic teams:

1. Heating prepared meats in a microwave sufficiently for human consumption created:
  - \* d-Nitrosodiethanolamine (a well-known cancer-causing agent)
  - \* Destabilization of active protein biomolecular compounds
  - \* Creation of a binding effect to radioactivity in the atmosphere
  - \* Creation of cancer-causing agents within protein-hydrosylate compounds in milk and cereal grains;
2. Microwave emissions also caused alteration in the catabolic (breakdown) behavior of glucoside - and galactoside - elements within frozen fruits when thawed in this way;
3. Microwaves altered catabolic behavior of plant-alkaloids when raw, cooked or frozen vegetables were exposed for even very short periods;
4. Cancer-causing free radicals were formed within certain trace-mineral molecular formations in plant substances, especially in raw root vegetables;
5. Ingestion of micro-waved foods caused a higher percentage of cancerous cells in blood;
6. Due to chemical alterations within food substances, malfunctions occurred in the lymphatic system, causing degeneration of the immune system=s capacity to protect itself against cancerous growth;
7. The unstable catabolism of micro-waved foods altered their elemental food substances, leading to disorders in the digestive system;
8. Those ingesting micro-waved foods showed a statistically higher incidence of stomach and intestinal cancers, plus a general degeneration of peripheral cellular tissues with a gradual breakdown of digestive and excretory system function;
9. Microwave exposure caused significant decreases in the nutritional value of all foods studied, particularly:
  - \* A decrease in the bioavailability of B-complex vitamins, vitamin C, vitamin E, essential minerals and lipotrophics
  - \* Destruction of the nutritional value of nucleoproteins in meats
  - \* Lowering of the metabolic activity of alkaloids, glucosides, galactosides and nitrilosides (all basic plant substances in fruits and vegetables)
  - \* Marked acceleration of structural disintegration in all foods.

As a result microwave ovens were banned in Russia in 1976; the ban was lifted after Perestroika.

Irradiation of Food: (Note: Irradiation is not the same as microwaving, but they are similar in that both use unnatural frequencies to alter food).

The Cornell University in 1977 irradiated some sugar and fed it to rats. The type of cell damage shown on post mortem was the same as if the rats themselves had been irradiated!

Irradiation of Food: Public Citizen has released the English translation of a recent German study revealing that a chemical formed in irradiated food can damage DNA.

The study confirms what safe-food advocates have known for more than thirty years: that exposing food to ionising radiation can lead to the formation of bizarre new chemicals called "unique radiolytic products" that can cause serious health problems.

One such chemical, known as 2-DCB, caused "significant DNA damage" in the colons of rats that ate the substance. The chemical - which, ironically is a well-known "marker" for determining whether food has been irradiated" - has never been found naturally in any food on earth.

The study was conducted in 1998 under the auspices of two prominent pro-irradiation organizations. IT was performed at one of the most prestigious food irradiation labs in the world: the Federal Research Centre for Nutrition in Karlsruhe, Germany.

<http://www.apachesystems.com/saftey.htm>

## **The Alarming Effects of Microwave Apparatus on Food and Humans**

*WILLIAM P KOPP / Perceptions May96*

Microwave cooking ovens were originally researched and developed by German scientists to support mobile operations during the invasion of the Soviet Union. Had they perfected electronic equipment to prepare meals on a massive scale, the Nazis could have eliminated the logistical problems connected with cooking fuels while producing edible products in far less time than they could using traditional campfires. After the war, the Allies discovered the medical research and documentation concerning these apparatuses. The papers and experimental microwave equipment were transferred to the US War Department and classified for reference and scientific investigation. The Soviet Union also retrieved some of the devices and began to experiment on them separately.

The Russians - who have done the most diligent research into the biological effects of microwave ovens - have outlawed their use and issued an international warning about the biological and environmental damage that can result from the use of this and similar-frequency electronic apparatus.

Medical research summary

The most significant German research concerned with the biological effects of microwaves was done at the Humbolt-Universitat zu Berlin in 1942-43, during the Barbarossa military campaign. Beginning in 1957 and continuing up to the present, Russian studies in the field have been conducted at the Institute of Radio Technology. In most research, the foods were exposed to microwave propagation at an energy potential of 100 kilowatts per cubic centimetre per second, to the point considered acceptable for sanitary, normal ingestion.

The observations made by the German and Russian microwave researchers will be presented here in three categories: cancer-causing effects, destruction of nutritive value and biological effects of direct exposure of humans to microwave emissions.

### 1. Microwaved Foods Cause Tumors

The following effects have been observed when foods are subject to microwave emissions.

\* Effects on the foods themselves

Meats: Heating prepared meats sufficiently to ensure sanitary ingestion creates d-nitrosodiethanolamine, a well know cancer-causing agent.

Proteins: Active-protein, biomolecular compounds are destabilised.

Increase in radioactivity: A "binding effect" between the microwaved food and any atmospheric radioactivity is created, causing a marked increase in the amount of alpha and beta particle saturation in the food.

Milk and cereals: Cancer-causing agents are created in the protein-hydrolysate compounds in milk and cereal grains.

Frozen foods: Microwaves used to thaw frozen foods alter the catabolism (breakdown) of the glucoside and galactoside elements.

\* Resulting effects on the human body

Digestive system: The unstable catabolism of microwaved food alters their elemental food substances, causing disorders in the digestive system.

Lymphatic system: Due to chemical alterations within food substances, malfunctions occur in the lymphatic system, causing a degeneration of the body's ability to protect itself against certain forms of neoplastics (cancerous growths).

Free radicals: Certain trace-mineral molecular formations in plant substances - in particular, raw root vegetables - form cancer-causing free radicals.

Increased incidence of stomach and intestinal cancers: A statistically higher percentage of cancerous growths result in these organs, plus a generalised breakdown of the peripheral cellular tissues and a gradual degeneration of digestive and excretory functions.

## 2. Microwaves Reduce Food Value

Microwaves exposure caused significant decreases in the nutritive value of all foods studied. The following are the most important findings to date.

\* Vitamins and minerals made useless: In every food tested, the bioavailability of the following vital nutrients decreased: vitamin B complex, vitamins C and E, essential minerals and lipotropics.

\* Vital energy fields devastated: The vital energy field content of all tested foods dropped 60-90%. Digestibility of fruits and vegetables reduced: Microwaving lowers the metabolic behaviour and integration-process capability of alkaloids, glucosides, alactosides and nitrilosides.

\* Meat proteins worthless: It destroys the nutritive value of nucleoproteins in meats. All foods damaged: It greatly accelerates the structural disintegration of all foods tested.

## 3. Biological Effects of Microwaves

Exposure to microwave emissions also has a negative effect upon the general biological welfare of humans. This was not discovered until the Russians experimented with highly sophisticated equipment and discovered that humans can be adversely affected without even ingesting the food that have been subjected to microwave emissions. Merely entering the energy field of the food causes harmful side-effects that the Soviets outlawed all such microwave apparatus in 1976.

Here are the effects observed in humans having "direct" exposure to microwaves, that is, without their having consumed the irradiated food substances:

\* Life-energy field breakdown: Persons near microwave ovens in operation experience a breakdown of their life-energy fields which increases relative to the length of exposure.

\* Cellular energy decreases: The cellular-voltage parallels of individuals using the apparatus degenerate - especially in their blood and lymphatic serums.

\* Destabilized metabolism: The external-energy activated potentials of food utilisation are both destabilised and degenerated.

- \* Cell damage: Internal cellular-membrane potentials during catabolic processes into the blood serum from the digestive process degenerate and destabilise.
- \* Brain circuitry destruction: Electrical impulses in the junction potentials of the cerebrum degenerate and break down.
- \* Nervous system: Nerve/electrical circuits degenerate and break down while energy-field symmetry is lost in the neuro-plexuses (nerve centres) in both the front and rear of the central and autonomic nervous systems.
- \* Loss of bioelectric strength: The bioelectric strengths within the ascending reticular activating system (the system which controls the function of waking consciousness) go out of balance and lose their proper circuiting.
- \* Loss of vital energies: Humans, animals and plants located within a 500-metre radius of the equipment in operation suffer a long-term, cumulative loss of vital energies.
- \* Nervous and lymphatic systems damage: Long-lasting residual magnetic "deposits" become located throughout the nervous system and lymphatic system.
- \* Hormone imbalances: The production of hormones and the maintenance of hormonal balance in both males and females becomes destabilised and interrupted.
- \* Brainwave disruptions: Levels of disturbance in alpha-, delta- and theta-wave signal patterns are markedly higher than normal.
- \* Psychological disorders: Because of the disarranged brain waves, negative psychological effects also result. These include loss of memory and 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-emission field effects of microwave apparatus, from either cooking apparatus or transmission stations.

### **Potential Use In Mind Control**

Due to the creation of random, residual magnetic deposits and binding within the biological systems of the body (nervous and lymphatic systems damage) which can ultimately affect the neurological systems (primarily the brain and nerve centres), longer-term depolarisation of tissue neuroelectronic circuits can result.

Because these effects can cause virtually irremissible damage to the neuroelectrical integrity of the various components of the nervous system, ingestion of microwaved foods is clearly contraindicated in all respects.

Their residual magnetism effect can render the psychoneural-receptor components of the brain more subject to influence by artificially induced, microwave-radio-frequency fields from transmission stations and TV relay networks.

Soviet neuropsychologists at Uralyera and Novosibirsk have theorised the possibility of psychotelemetric influence (i.e., affecting human behaviour by transmitting radio signals at controlled frequencies), causing subjects to comply - involuntarily and subliminally - with commands received through microwave transmissions acting upon their psychological energy fields.

For this reason, and due to the 28 other contradictions listed above, the use of microwave apparatus in any form is definitely ill-advised. Present scientific opinion in many countries clearly opposes them, as exemplified by the mentioned Soviet ban.

Many thanks for reprinting this article to Truth Campaign Magazine 1/2 Microwave Madness source: [http://www.vegan.swinternet.co.uk/articles/health/mw\\_madness.html](http://www.vegan.swinternet.co.uk/articles/health/mw_madness.html) 7nov02

<http://www.mindfully.org/Food/Irradiate-Microwave-Effects-FoodMay96.htm>