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MICROWAVE COOKING is Killing People!

By Stephanie Relfe B.Sc. (Sydney)

Microwave cooking is one of the most important causes of ill health. It is certainly one of the most ignored.

There was a lawsuit in 1991 in Oklahoma. A woman named Norma Levitt had hip surgery, but was **killed by a simple blood transfusion** when a nurse "warmed the blood for the transfusion in a microwave oven!"

Logic suggests that if heating is all there is to microwave cooking, then it doesn't matter how something is heated. Blood for transfusions is routinely warmed, but not in microwave ovens. Does it not therefore follow that microwaving cooking does something quite different?

A little evidence of the harm caused by microwaving cooking was given by the University of Minnesota in a radio announcement:

"Microwaves ... are not recommended for heating a baby's bottle. The bottle may seem cool to the touch, but the liquid inside may become extremely hot and could burn the baby's mouth and throat... Heating the bottle in a microwave can cause slight changes in the milk. In infant formulas, **there may be a loss of some vitamins**. In expressed breast milk, **some protective properties may be destroyed....** Warming a bottle by holding it under tap water or by setting it in a bowl of warm water, then testing it on your wrist before feeding, may take a few minutes longer, but it is much safer".

There have been very few scientific studies done on the effect of eating food microwaved food. This is rather surprising when you think about the fact that microwaves have been with us for only a few decades - and that in that time the incidence of many diseases has continued to increase.

Two researchers, Blanc and Hertel, confirmed that microwave cooking *significantly* changes food nutrients. Hertel previously worked as a food scientist for several years with one of the major Swiss food companies. He was fired from his job for questioning procedures in processing food because they denatured it. He got together with Blanc of the Swiss Federal Institute of Biochemistry and the University Institute for Biochemistry.

They studied the effect that microwaved food had on eight individuals, by taking blood samples immediately after eating. They found that **after eating microwaved food, haemoglobin levels decreased**. "These results show anaemic tendencies. The situation became even more pronounced during the second month of the study".

Who knows what results they would have found if they had studied people who ate microwaved food for a year or more?

The violent change that microwaving causes to the food molecules forms new life forms called radiolytic compounds. These are mutations that are unknown in the natural world. Ordinary cooking also causes the formation of some radiolytic compounds (which is no doubt one reason why it is better to eat plenty of *raw* food), but microwaving cooking causes a much greater number. This then causes deterioration in your blood and immune system.

Lymphocytes (white blood cells) also showed a more distinct short-term decrease following the intake of microwaved food than after the intake of all the other variants.

Another change was a decrease in the *ratio* of HDL (good cholesterol) and LDL (bad cholesterol) values.

Each of these indicators pointed to degeneration

The results were published in "Search for Health" in the Spring of 1992. How was this research greeted? A powerful trade organisation, the Swiss Association of Dealers for



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Electroapparatuses for Households and Industry somehow made the President of the Court of Seftigen issue a 'gag order'. Hertel and Blanc were told that if they published their findings they would face hefty fines or up to one year in prison. In response to this, Blanc recanted his findings. Hertel, on the other hand, went on a lecture tour and demanded a jury trial.

FINALLY, in 1998 the Court 'Gag Order' was removed. In a judgment delivered at Strasbourg on 25 August 1998 in the case of Hertel v. Switzerland, the European Court of Human Rights held that there had been a violation of Hertel's rights in the 1993 decision. The Court decided that the 'gag order' prohibiting him from declaring that microwaved food is dangerous to health was contrary to the right to freedom of expression. In addition, Switzerland was sentenced to pay compensation of F40,000.

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.

Standing in front of a microwave is also highly damaging to your health. Perhaps you have already felt this intuitively? We know that cells explode in the microwave - just fry an egg in your microwave. We are made up of trillions of cells. So work out how many are getting damaged if you stand in front of your microwave for 5-10 minutes.

In the past I had been told that it was important for people to stop eating microwaved food, but I did not pay too much attention to this because I had been microwave cooking for years. I never thought much about it but I suppose that I figured that if something was so bad for us, then there wouldn't be so many people using it. Little did I know.

When I first began seeing clients for sessions of [kinesiology](#), I did not worry too much about telling them to give up eating microwaved food. However, I kept a record of all of the corrections that were needed for each client when they came in. Now, once a correction is made, it is to be hoped that the correction will stay in place for a long time to come, hopefully months if not years. People often ask me "How long will it last?" My answer to them is "That depends on your lifestyle".

Most of my clients came back to see me after about two weeks. In the early days I found that many who came back were not much better. I found that they were again 'out of balance'. That is, their electrical circuits were not working correctly (which is common for many people). It was therefore not surprising that they were not much better, because the body does not begin to fully fix itself until the electrical circuits are in balance.

The question was, why did their electrical circuits go out of balance? The answer had to be something that was *highly* stressful, to effect the body in such a short space of time. Once that answer was remedied, the client would begin to get better. Using muscle testing, I went through the process of testing if the cause was electrical, chemical/nutritional, emotional or structural. Again and again the same answer would come up - electrical. When I then went through a range of possible electrical causes, the same answer again came up again and again - the person had eaten microwaved food! Incidentally, this answer never came up when a person had NOT eaten microwaved food.

I began to tell all of my clients on the first visit that under NO circumstances were they ever to do microwaved cooking again. That includes heating up food or even water in a microwave oven. (Microwaves work on the water in the food). I gave this a higher priority than any of things that are normally considered as health risks, such as cigarettes or alcohol. Immediately I began to get a marked improvement in the results I was getting. Long term problems such as headaches, back aches and emotional instability went away within a few weeks.

Other kinesiologists can confirm these results. David Bridgman, who has years of experience as a kinesiologist, said "Of all the people I test for allergies, **99.9% so far show severe sensitivity to any microwaved food**".

I experienced the effect of eating microwaved food for myself one time. I had been doing quite a lot of kinesiology and feeling on top of the world when for no apparent reason I began to feel rather 'grey' and rather low. I realised that I needed a balance from a kinesiologist. Sure enough, I was out of balance. When the kinesiologist used muscle testing to see why my body had gone out of balance, the answer came up ... microwaved food! The trouble was, I couldn't remember eating any. Until I remembered a particular vegetarian restaurant I had been to. When I went back to the restaurant and asked them if they microwaved their food, they told me that they did.

So be warned! Many restaurants use microwaved cooking, even 'health' restaurants. Ask if the "steamed vegetables" are in fact steamed - or are they microwaved? I have sent meals back when they have not been what they were described on the menu, much to the surprise of the restaurant owners.

The alternative to heating up or defrosting food is to place it in a saucepan with a little water and lid. Or use a convection oven.



MICROWAVED PLASTIC WRAP HAS 10,000 TIMES FDA LIMITS OF CARCINOGENS!

Sent to me by a reader: Hello Folks. Hopefully all of you are already well enough informed so as to avoid the use of a microwave oven due to the many detrimental effects consuming microwaved food has upon our health, but "just in case", here is some interesting info sent to me by Ron Scanlon -- many thanks, Ron! Cheers, Doug

University of California, Davis Medical Center 2315 Stockton Boulevard, Sacramento, California 95817

As a seventh grade student, Claire Nelson learned that di(ethylhexyl)adepate (DEHA), considered a carcinogen, is found in plastic wrap. She also learned that the FDA had never studied the effect of microwave cooking on plastic-wrapped food. Three years later, with encouragement from her high school science teacher, Claire set out to test what the FDA had not.

Although she had an idea for studying the effect of microwave radiation on plastic wrapped food, she did not have the equipment. Eventually, Dr. Jon Wilkes at the National Center for Toxicological Research agreed to help her. The research center, which is affiliated with the FDA, let her use its facilities to perform her experiments, which involved microwaving plastic wrap in virgin olive oil.

Claire tested four different plastic wraps and "found not just the carcinogens but also xenoestrogen was migrating [into the oil]...." Xenoestrogens are linked to low sperm counts in men and to breast cancer in women. Throughout her junior and senior years, Claire made a couple of trips each week to the research center, which was 25 miles from her home, to work on her experiment. An article in Options reported "her analysis found that DEHA was migrating into the oil at between 200 parts and 500 parts per million. The FDA standard is 0.05 parts per billion."

Her summarized results have been published in science journals. Claire Nelson received the American Chemical Society's top science prize for students during her junior year and fourth place at the International Science and Engineering Fair (Fort Worth, Texas) as a senior. **"Carcinogens --At 10,000 Times FDA Limits"** Options, May 2000. Published by People Against Cancer, 515-972-4444

So, it's up to you. One point to bear in mind is that our society runs pretty much on money. The multinational companies who make microwave ovens make a lot from the sale of them. There is no money in telling people to stop microwave cooking. There is, however, the satisfaction of knowing that you are saving people's lives and future happiness by spreading the word to stop eating microwaved food.

ALTERNATIVES

You can heat food quickly in a convection oven. It's just an ordinary oven with a fan.

You can also easily and quickly heat up food, even frozen pasta, by using a saucepan with a lid and a little water, to moisten it from the steam.

If someone is coming home late, and you want to give them warm food when they arrive, put a saucepan lid over the food while it is on a plate. Put the plate of food on a simmering saucepan of water. It will stay warm without drying up.

If you want to cook food, do it the old fashioned ways - it tastes much better that way!

Much of the above information is from an article in the 1994 edition of Acres Magazine, USA, by Tom Valentine.

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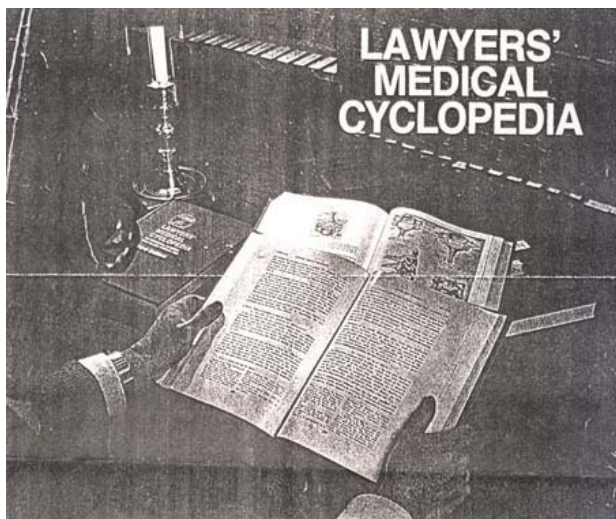


Some of the above information on microwaved food was published in an Eight Volume Lawyers Cyclopedia which is used by lawyers who sue in medical cases. Who knows? One day there may be a class action lawsuit against microwaves. Here are copies from the Cyclopedia:



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LAWYERS' MEDICAL CYCLOPEDIA

of Personal Injuries and Allied Specialties

BY RICHARD M. PATTERSON, J.D.

AN SUPPLEMENT TO THE LAWYERS' MEDICAL CYCLOPEDIA



For cases involving personal injury, medical malpractice, insurance claims, psychiatry, drug use and abuse, and workers' compensation, **Lawyers' Medical Cyclopedic** is the reference you turn to first.

Throughout **Lawyers' Medical Cyclopedic** there are essential aids for the trial attorney such as:

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- pronunciation guide and definitions of medical terms
- guide for reading medical charts, diagnoses, autopsy reports and x-rays



Lawyers' Medical Cyclopedic includes clear explanations of the detailed diagnostic procedures, treatments and tests used in medical practice. For each disease, injury and condition, factors affecting diagnosis and treatment are outlined. For each medical procedure, the proper steps are outlined and complicating conditions are discussed.

§ 29.34a

LAWYERS' MEDICAL CYCLOPEDIA

work near the facility have claimed they suffer or will suffer personal injuries as a result of exposure to radioactive and nonradioactive emissions from Hanford, which from approximately 1943 to 1987 produced radionuclides, primarily plutonium, for use in nuclear weapons. The injuries complained of include thyroid cancer, non-neoplastic thyroid diseases, and various nonthyroid cancers. The defendants in the action are Dupont Co., General Electric Co., UNC Nuclear Industries, Atlantic Richfield Co., and Rockwell International, all of whom operated the facility at various times pursuant to contracts with the U.S. Department of Energy and its predecessors.

After reviewing the plaintiffs' expert testimony and the studies upon which it was based, on August 21, 1998, in a 762-page ruling on the defendants' motions in limine and motions for summary judgment, Judge Alan A. McDonald of the U.S. District Court for the Eastern District of Washington threw out much of the plaintiffs' proffered evidence on a number of diseases that could not be linked to the emission, but held legally viable — depending upon proof of date of exposure and dosage levels — claims for thyroid cancer, non-autoimmune clinical and subclinical hypothyroidism, bone cancer, lung cancer, salivary gland cancer, and breast cancer in lactating women.³

§ 29.34a. Food cooked in microwave ovens.⁴

It has been generally assumed that cooking with a microwave oven has no harmful effects on food. However, a study conducted by two Swiss researchers has raised some questions. In the early 1990s, Hans Hertel, a former food scientist with one of the major Swiss food manufacturers, was troubled by the fact that apparently no one had ever thought to test a person immediately after consuming microwaved food to see what, if any, changes might appear in the person's blood. Hertel, with the help of a biochemist, Bernard H. Blanc of the Swiss Federal Institute of Technology and the University Institute for Biochemistry, selected seven volunteers to undergo the tests. The volunteers, joined by Hertel himself, were sequestered in a hotel for eight weeks during which time, at intervals of two to five days, their blood was tested before and after each meal. The meals they consumed

³In re Hanford Nuclear Reservation Litig., Master Case File No. CY-91-3015 (E.D. Wash., 1998) 1998 U.S. Dist. LEXIS 18091.

⁴The Hidden Hazards of Microwave Cooking, Acres USA, April 1994; Peter, A., Microwave Gags Lived, The Daily Telegraph, Aug. 27, 1998, p. 12; Court Rules Against Switzerland in Microwave Case, Agence France Presse, Aug. 25, 1998.

RADIOLOGY

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consisted of vegetables cooked either conventionally or by microwave, plus milk served either fresh or after being heated by microwave.

Hertel claimed that he found significant changes in the blood of the volunteers after they had eaten microwaved food — changes that did not appear after eating conventionally cooked food. These changes included decreases in hemoglobin and cholesterol values (especially the HDL, or good cholesterol) and a decrease in the number of certain lymphocytes (white blood cells). According to Hertel, these changes pointed "in a direction away from robust health and toward degeneration." Although he did not explain how this occurred, he did state that lowered erythrocyte, hemoglobin, hematocrit and leukocyte determinations showed a tendency toward anemia. He added that these anemic tendencies became more pronounced during the second month of the tests, and that with these decreasing values, there was a rise in total cholesterol. He considered this last result significant because it is commonly believed that cholesterol values usually alter slowly over longer periods of time.

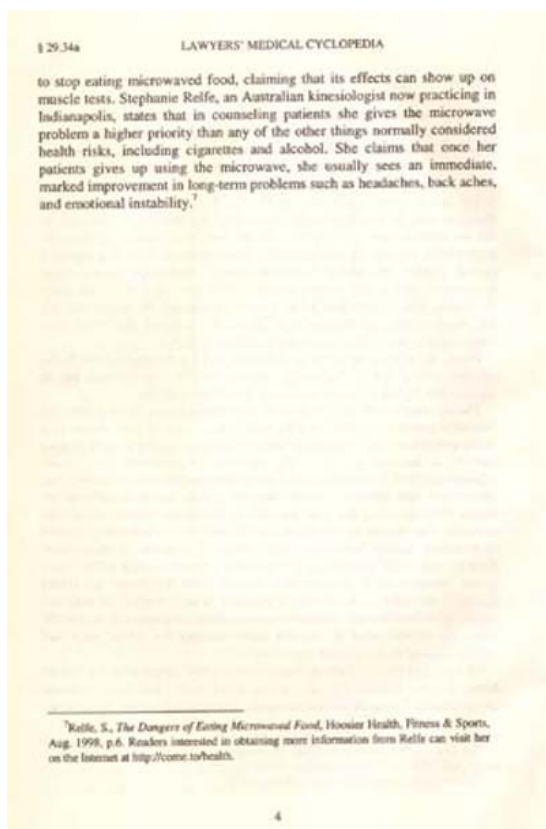
Hertel did admit that stress from having to be punctured for the blood samples several times a day could have had an effect on the tests, but he claimed that he had adjusted statistically for that possibility.

The two researchers did not publish their results in one of the traditional scientific journals. Instead, in 1991 they sent a copy of their report to a Swiss periodical that published it with a cover picture of the Grim Reaper carrying a microwave oven. This infuriated a powerful Swiss trade organization, the Swiss Association of Dealers for Electroparapetures for Households and Industry, which obtained a court order prohibiting the authors from declaring that food prepared in microwave ovens is dangerous to health. The request for the order was brought under a law that permitted such actions against individuals who disparage products or make other remarks that might do damage to commerce. When notified of the court action, Bernard Blanc disassociated himself from the study, but Hertel appealed the order to the European Court of Human Rights (ECHR) and continued to tour Europe, delivering lectures on his findings. On August 25, 1998, the ECHR ruled in Hertel's favor, holding the Swiss court had infringed upon his freedom of expression.

Hertel's and Blanc's findings have received little attention in the United States. Several health magazines picked up the story,⁵ and it can be found on the Internet.⁶ Also, some kinesiologists now routinely advise their clients

⁵See Rella, S., The Dangers of Eating Microwaved Food, Hoosier Health, Fitness & Sports, Aug. 1998, p. 6. See also Search for Health, Apr. 1992.

⁶See <http://www.pep.spc.org/news/microwave.html>.



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.

Public Citizen released an English translation of the study at a meeting on 13 February at the US Food and Drug Administration in Washington DC.

So, it's up to you. One point to bear in mind is that our society runs pretty much on money. The multinational companies who make microwave ovens make a lot from the sale of them. There is no money in telling people to stop microwave cooking. There is, however, the satisfaction of knowing that you are saving people's lives and future happiness by spreading the word to stop eating microwaved food.

You can heat food quickly in a convection oven. You can also easily heat up food by using a saucepan. If someone is coming home late, and you want to give them warm food when they

arrive, put a saucepan lid over the food while it is on a plate. Put the plate of food on a simmering saucepan of water. It will stay warm without drying up. If you want to cook food, do it the old fashioned ways - it tastes much better that way!

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INFORMATION ON IRRADIATED FOOD and LABELLING LAWS at:
[Public Citizen](http://www.citizen.org) www.citizen.org

MICROWAVE OVENS AND THE OBESITY EPIDEMIC

Email from Readers

Hi Stephanie Relfe;

Last night, I stopped by a healthy food store, and picked up a publication called Indigo Sun Magazine. When I browsed through this publication, a title of your article "The Dangers of Eating Microwaved Food" caught my attention. When I read your article, it really relieved me and I was so glad to know that there is an actual article that finally published about the dangers of eating microwaved food. Thank you for sharing it with us by choosing to publish your article on this publication.

Let me share my experience of eating microwaved foods with you. Before I start it, some years ago, when I heard about the dangers of eating microwaved foods through some spiritual writings that came from channeling, I began to believe it, but I did not move this knowledge into action.

Until sometime last year when I became more intuitive and sensitive to listen to my body, I began noticing some uncomfortable feelings inside my body and my moods immediately turned into bad ones for no reason every time I ate microwaved foods. I internally knew that my body was trying to tell me stop using a microwave so I took it. But I was little frustrated because I could not convince my partner or others why I don't want to use a microwave anymore. They would think I am insane or making it up about the dangers of eating the microwaved foods or drinks. Now, I am so relieved that I have your article that I can share with others. Again, thank you.

That also made me wonder now if eating microwaved foods could have caused my mother's breast cancer, which she luckily survived 18 years ago, since she was a first woman who had breast cancer in both of my family generations. We used our microwave for years before a discovery of my mother's breast cancer.

May the blessings be.

Brian Determan
Houston, Texas



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