

# THE EFFECTS OF MICROWAVE COOKING ON HUMAN FOODS

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The use of artificial microwave transmission in any form is definitely ill-advised. Due to the problem of random magnetic residulation and binding within the biological systems of the body, which can ultimately effect the neurological systems, primarily the brain and neuroplexuses (nerve centers), long term depolarization of tissue neuroelectric circuits can result. Because these effects can cause virtually irreversible damage to the neuro electrical integrity of the various components of the nervous system, ingestion of microwaved foods is clearly contraindicated in all respects.

In most of the research analysis 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 normal ingestion. The effects noted by researchers globe over are presented here in three categories:

**CANCER-CAUSING EFFECTS:** 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. Due to chemical alterations within food substances, malfunctions were observed within the lymphatic systems [absorbent vessels), causing adeneration of the immune potentials of the body to protect against certain forms of neoplastics [abnormal growths of tissue].

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 bio availability [capability of the body to utilize the nutrient] of B-complex vitamins, Vitamin C, Vitamin E, essential minerals and lipotropic 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. There is destruction in the nutritive value of nucleoproteins in meats and marked acceleration of structural disintegration in all foods.

**BIOLOGICAL EFFECTS OF EXPOSURE:** Exposure to microwave missions also had an unpredictably negative effect upon the general biological welfare of humans.

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. There is loss of balance in 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. Markedly higher levels of brainwave disturbance in the alpha, theta, and delta wave signal patterns of persons exposed to microwave emission fields, and because of this brain wave 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.

I'dlike to suggest that we can no longer ignore the microwave oven sitting in our kitchens. I will conclude this article with the following comments:

1. The human body cannot metabolize [break down] the unknown by-products created in microwaved food.
2. Continually eating food processed from a microwave oven causes long term-permanent- brain damage by "shorting out" electrical impulses in the brain.
3. Microwaved foods cause stomach and intestinal cancerous growths (tumors).This may explain the rapidly increased rate of colon cancer.
4. The prolonged eating of microwaved foods causes cancerous cells to increase inhuman blood.
5. Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
6. The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.
7. Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.
8. Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and blood serum alterations.

