

Microwaves And Microwave Ovens

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Microwave Ovens

Because the body is electrochemical in nature, any force that disrupts or changes human electrochemical phenomena will affect the physiology of the body. This is described in Robert O. Becker's book, *The Body Electric* and in Ellen Sugarman's book, *Warning, The Electricity Around You May Be Hazardous To Your Health*. This information is controversial, but from the best sources my research has found.

Microwave ovens were originally developed by the Nazis for use in their mobile support operations. After the war, the Allies discovered medical research done by the Germans on microwave ovens. These documents and the microwave ovens were transferred to the United States War Department and classified for reference and scientific investigation. The Soviet Union also retrieved some microwave ovens and has done the most thorough research on their biological effects. As a result, their use is outlawed. The Soviets have issued an international warning on the health hazards (both biological and environmental) of microwave ovens and similar frequency electronic devices. Other Eastern European scientists reported the harmful effects of microwave radiation and have set strict environmental limits. For reasons not related to health (smile!), the United States has not accepted European reports of harmful effects, even though the EPA estimates that radiofrequency and microwave radiation sources are increasing at 15% per year.

Microwave ovens have effects on the food heated or cooked and on the people who ingest microwaved foods. There are other sources of microwave radiation which includes other emitters of magnetic radiation (e.g. any device with an electric current running through it). Microwave ovens emit two types of radiation: the microwaves or high frequency radio waves, and the 60 Hz (hertz) magnetic fields common to other home appliances. This comes from the transformers in the back. The oven door is the most dangerous place for microwave leakage but magnetic fields can occur all around the oven. This is not good news for children, who love to watch the foods bubbling inside. In addition to oven leakage, microwaving causes adverse effects in food. They include: formation of cancer-causing substances, leakage of toxic chemicals from the packaging into the foods, and destruction of nutrients.

What happens to people who ingest microwaved foods or who are exposed to external sources of microwave radiation?

Carcinogenic Substances in Microwaved Food

The following is a summary of the Russian investigations published by the Atlantis Rising Educational Center in Portland, Oregon. Carcinogens were formed in virtually all foods tested. No test food was subjected to more microwaving than necessary to accomplish the purpose, e.g. cooking or thawing or heating to insure sanitary ingestion. Here's a summary of some of the results:

- Microwaving prepared meats sufficiently to insure sanitary ingestion caused formation of d-Nitrosodiethanolamines, a well-known carcinogen.
- Microwaving milk and cereal grains converted certain of their amino acids into carcinogens.

- Thawing frozen fruits converted their glucoside- and galactoside-containing fractions into carcinogenic substances.
- Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens.
- Carcinogenic free radicals were formed in microwaved plants, especially root vegetables.

To this list, I will add results 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 acid 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 (nervous system) and nephrotoxic (kidneys). It's bad enough that many babies are not nursed. Now they are given fake milk (baby formula) made even more toxic via microwaving.

Decrease in Nutritive Value of Microwaved Foods

Russians researchers reported a marked acceleration of structural degradation leading to a decreased food value of 60 to 90% in all foods tested. Among the changes observed were:

Decreased bioavailability of vitamin B complex, vitamin C, vitamin E, essential minerals and lipotropic factors in all foods tested.

Various kinds of damage to many plant substances, such as alkaloids, glucosides, galactosides and nitrilosides.

The degradation of nucleoproteins in meats.

Leakage of Chemicals from the Package into the Food

The January/February 1990 *Nutrition Action Newsletter* reported on the leakage of numerous toxic chemicals from the heat-susceptor packaging of common microwavable foods, including pizzas, French fries, popcorn, and anything requiring a crispy crust or a crunchy taste. Microwave ovens cannot make foods brown and crisp or crunchy. No problem! Heat susceptors are visible thin, gray strips or disks of metallized plastic that absorb microwave energy and turn the surface of the package into a very hot little frying pan, which does the trick!

There are many chemicals that can be used in heat-susceptor packages, all approved of by the FDA (whew, I was worried!). What was not recognized, however, was that susceptors could reach temperatures of 300 to 500 degrees F in the microwave. When they do, the chemicals in the plastic migrate from the susceptors into your food. The FDA tested susceptor packages in 1988. Every package tested released chemicals into the food. Among these were PET (polyethylene terphthalate, a petroleum-derived product), and other known or suspected carcinogens, such as benzene, toluene and xylene.

Industry says, "No sweat, no health hazard." *Nutrition Action Newsletter* reports, "The FDA has asked packaging manufacturers to identify the chemicals and to submit data on how much they migrate and the health hazards they pose." What a comfort!

Pathogenic Changes Observed in Consumers of Microwaved Food

Changes were observed in the blood chemistries and the rates of certain diseases among consumers of microwaved foods. The following is a sample of these changes:

- Lymphatic disorders were observed, leading to decreased ability to prevent certain types of cancer.
- An increased rate of cancer cell formation was observed in the blood.
- Increased rates of stomach and intestinal cancers were observed.
- Higher rates of digestive disorders and a gradual breakdown of the systems of elimination were observed.

Death from Microwaved Blood

In 1991 there was a lawsuit in Oklahoma concerning the death of Norma Levitt, who died following hip surgery from a simple transfusion. The nurse who gave her the transfusion warmed the blood in a microwave oven. The woman died when she received the transfusion. Blood for transfusions is routinely warmed, but not in microwave ovens. This tragedy reveals that the blood was altered during microwaving into a lethal substance. Since the body is electrochemical in nature, any force that changes human electrochemistry will also change the physiology of the body.

Other Sources of Microwave Radiation

Microwave Sickness

The Russians did research on thousands of workers who had been exposed to microwaves during the development of radar in the 1950's. Their research showed health problems so serious that the Russians set strict limits of 10 microwatts for workers and one microwatt for lay people. In the above-mentioned book, Becker described research of the Russians on the health effects of microwave radiation, which they called microwave sickness. He says (page 314) *"Its first signs are low blood pressure and slow pulse. The later and most common manifestations are chronic excitation of the sympathetic nervous system (stress syndrome) and high blood pressure. This phase also often includes headache, dizziness, eye pain, sleeplessness, irritability, anxiety, stomach pain, nervous tension, inability to concentrate, hair loss, plus an increased incidence of appendicitis, cataracts, reproductive problems, and cancer. The chronic symptoms are eventually succeeded by crises of adrenal exhaustion and ischemic heart disease (blockage of coronary arteries and heart attack)."*

General Effects of Magnetic (60 Hz) fields from all Electronic Devices

These effects have been widely studied by the Russians and other European scientists and over 300 U.S. scientists.

In addition to microwave ovens, other commonly used devices may be dangerous because people use them daily, sleep near them (within field range) or work near them. The most common of these are electric stoves, TV's, VDT's (the display monitors of computers), cellular telephones, portable telephones, clock radios (usually placed closed to the head of the bed), electric hair dryers, radar gun

speed-detectors, and ham radios. The list also includes residential magnetic fields from power transmission lines, distribution lines and incorrect wiring configurations in the home.

The effect has to do with the source of magnetic radiation as well as the part of the body it strikes. For example, the cellular telephone and the portable radiophones both emit high magnetic fields. When in use, they are held next to the head where the radiation strikes the pineal gland, inhibiting its production of melatonin. Melatonin is a hormone that inhibits breast cancer, among other functions.

Some Recent Personal Experiences

Since 1986, I lived in a California house, which had been wired incorrectly resulting in a low level magnetic field almost throughout the house. In August 1992, my family moved to a country home near Eugene, Oregon. I excitedly ran around our new home with my Trifield Meter on the magnetic detector mode. To my delight, it registered zero everywhere! Settling down in our new home, the first thing I noticed was that I was sleeping quite well for the first time in six years! I believe that my sleeplessness was not all due to everyday stress, but also to electromagnetic pollution in my California home! If you are an insomniac, do not assume it is solely because of your financial or personal problems! It may be electronic smog, an apt term.

One day, when the weather turned colder, I noticed that my feet felt warm in the kitchen, even though I was barefoot. *The floor. It's electrically heated and the heat was not on when I first measured it during the hot season!* The entire kitchen and recreation room read high levels of magnetic radiation on my meter (over 10 milligauss). The dangerous thing about electrically heated floors is that they are a *planar source* of radiation, which does not fall off rapidly. My meter read high magnetic field radiation from my feet to my eyeballs! Common appliances are *point sources* of radiation, which fall off rapidly, dropping to zero at around three feet. It was an easy solution to turn off the fuses that controlled the heating of the electric floors. Better cold feet than magnetic sickness! Beware! Test the magnetic field effects in your home when the power is on and at peak times of power output! Otherwise, you may not detect high magnetic field conditions. I recommend a Trifield meter or similar measuring device to everyone. It can save you a lot of health problems!

Protect Yourself!

How do you know if you are being zapped? Don't wait for the health effects. Instead, measure the levels of electromagnetic radiation in your house with a Trifield Meter or similar device. The following publications will give you hints on what to do when you find dangerous emissions.

References

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- Brodeur, Paul, *Currents of Death*, Simon and Schuster, New York, 1989.
- Sources of Trifield Meter: Cutting Edge Catalog, POB 2143, Southampton, New York 11969, (800) 497-9516; (516) 287- 3813 (NY Metro). Has excellent catalog.

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