

The Dangers of Microwaving

BIBLE:

3 John 2 – Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.

SOP:

“It is a duty to know how to preserve the body in the very best condition of health, and it is a sacred duty to live up to the light which God has graciously given.” (CD 45.1)

“I must become acquainted with myself, I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health...” CD 302.3}

“The question of how to preserve health is one of primary importance. When we study this question in the fear of God we shall learn that it is best, for both our physical and our spiritual advancement...Let us patiently study this question. We need knowledge and judgment in order to move wisely in this matter...” (CCh 233.4)

MEDICAL SCIENCE:

Microwaving Facts:

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!” 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, hemoglobin levels decreased. “These results show anemic tendencies. The situation became even more pronounced during the second month of the study.” 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.

According to Powerwatch, a non-profit independent organization with a central role in the microwave radiation debate: “Even when the microwave oven is working correctly, the microwave levels within the kitchen are likely to be significantly higher than those from any nearby cellular phone base-stations. Remember also that microwaves will travel through walls if the microwave oven is against an inside wall.”

The Nazis are credited with inventing the first microwaves. Known first as radiomissors, they were used for preparation of meals on a mass scale during the invasion of Russia -- thus eliminating the logistical problem of cooking fuels. After the war, the Russians had retrieved some of these microwave ovens and conducted thorough research on their biological effects. So alarmed by what they learned, the Russians banned microwave ovens in 1976. 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 a well-known cancer-causing agent called “d-Nitrosodiethanolamine.”

*Destabilization of active protein bimolecular compounds.

*Creation of a binding effect to radioactivity in the atmosphere.

*Creation of cancer-causing agents within protein hydrolysate 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:

10. A decrease in the bioavailability of B-complex vitamins, vitamin C, vitamin E, essential minerals and lipotrophics.

11. Destruction of the nutritional value of nucleoproteins in meats.

12. 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.

MICROWAVING DOES THE FOLLOWING TO FOOD:

- Alters protein chemistry
- Causes a loss of about 97% of anti-oxidants in the food
- Causes a reduction in vitamins
- Destroys the disease fighting ingredients found in breast milk
- Inactivates the allinase in garlic in as little as 60 seconds

MICROWAVING CAUSES THE FOLLOWING MEDICAL CONDITIONS:

- Anemia
- Cancer
- Decreased HDL (good cholesterol)
- Decreased red blood cells
- Decreased white blood cells
- Depression
- Dizziness
- Headaches
- Heart problems
- Increased LDL (bad cholesterol)
- Irritability
- Nausea
- Night sweats
- Radiation poisoning to the body
- Swollen lymph nodes
- Vision problems
- And much more

LEARN MORE ABOUT THE DANGERS OF MICROWAVING:

http://health101.org/art_microwaving.htm

<http://www.relife.com/microwave.html>

<http://articles.mercola.com/sites/articles/archive/2010/05/18/microwave-hazards.aspx>

Blog Links:

<https://ravishingrecipesandhealthfacts.blogspot.com/2017/12/the-dangers-of-microwaving.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2018/09/the-dangers-of-microwaving.html>

<https://ravishingrecipesandhealthfacts.blogspot.com/2019/03/the-dangers-of-microwaving.html>