

It was already in 1991 that the EU Commissioner for Consumer Policy in Brussels, Karl van Miert, warned against the use of microwave ovens. He pointed out that food irradiated in microwave ovens can have harmful effects on human beings.

This summary of relevant scientific findings quoted here shows the risk to which you and your family are exposed when using microwave ovens, and it explains why they are dangerous - even when not in use.

Microwave ovens were originally developed during World War II at the Humboldt University in Berlin. It was the intention to provide soldiers with hot food at any time and anywhere. The results of their research, however, showed the severe health risks involved when preparing food in such a way. Consequently, the manufacture and use of microwave ovens was prohibited throughout Germany.

After the war, the Russians repeated the German research with the same results, leading to the fact that microwave ovens were also legally banned in the Soviet Union.

New scientific studies performed in Switzerland in the late 1980s confirmed the great hazards caused by microwave ovens, independent and without knowledge of the German and Russian research.

The research showed:

- ▶ The nutritional value of the food was destroyed.
- ▶ Direct radiation damage was caused merely by using microwave ovens.
- ▶ Food and drink, heated or defrosted in microwave ovens, is detrimental to a person's health.

Destruction of the nutritional value of food

Microwave radiation significantly diminishes the nutritional value of food.

This means that:

- ▶ The bio-availability of nutrients such as fats, fat-like substances, proteins, carbohydrates, vitamins and minerals is reduced (these substances can no longer be assimilated and processed by the body).
- ▶ Up to 90 % of the vital energy in all tested food is lost.
- ▶ The structural disintegration of all food is noticeably accelerated.
- ▶ The food becomes over-acidic.

Direct radiation damage was caused merely by using microwave ovens

The radiation produced in a microwave oven is unnatural as well as absolutely lethal. This is why only closed and shielded ovens may be used. It is, however, technically impossible to completely seal such a device; hence, threshold values concerning leakage emissions have been established.

However:

- ▶ The threshold values for leakage radiation do not comply with the tolerance of individual users.
- ▶ The threshold values for leakage radiation are not based on scientific facts and long-term studies.
- ▶ The threshold values for leakage radiation only comply with the manufacturers' technological and financial considerations.

- ▶ When repeatedly using a microwave oven, the legally permitted leakage radiation alone is sufficient to harm consumers in the long term. Microwave ovens installed at breast height are a particular hazard to the eyes, the heart, and the genitals.
- ▶ Anyone who opens the oven to take out food is directly affected by radiation.

In addition to that, every oven continues to emit radiation even after it is switched off, albeit with a declining intensity.

Damage to health from food and drink heated or defrosted in microwave ovens

The dissemination of the relevant scientific studies is still being obstructed by the industry, supported by authorities and the media, and the results of such studies are being negated, although there is proof that shows beyond the shadow of doubt that technical microwaves, as they are being used today, are a cause of cancer.

When a living being is directly or indirectly exposed to technical radiation, its organism becomes carcinogenic.

(Direct radiation: Leakage radiation from microwave ovens, but also radiation from mobile phones, radar equipment and television sets. Indirect radiation: Ingestion of irradiated food.)

Technical microwaves create heat through continuous high-frequency polarity reversals of the substances subjected to them (2.5 billion times a second). This produces frictional heat which deforms food structures in an unnatural way and thus destroys the nutrients. The harmony disintegrates, as well as the balanced acid ratio.

A car involved in a serious accident can no longer be driven, even though its bodywork has undergone no chemical change. Similarly, a deformed molecule can no longer be used by the body.

The body's immune system reacts to damaged molecular structures in exactly the same way as it would react to a poison, namely with defence. As a result of this, the blood count changes as if in a cancerous process (see figs. 1 to 3).

Before this becomes visible, the danger of microwave ovens is widely underestimated.

As opposed to microwave ovens, food cooked in the conventional way (in a cooker, in the oven or in a steamer) is heated in a natural way, namely from the outside in, without any friction.

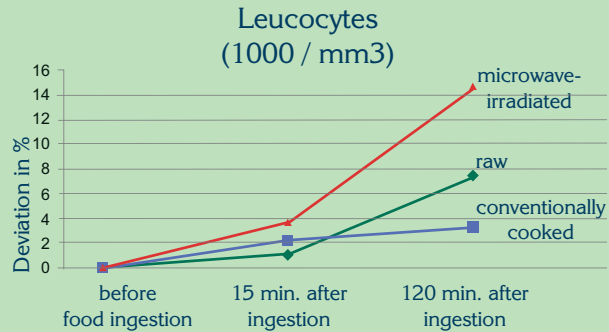


Fig. 1: The increase of leucocytes (white blood cells) shows an intensified defence reaction of the body. This occurs most commonly when infections and tumours are present. The diagram shows the increase in leucocytes after the ingestion of conventionally cooked food, raw food and microwave-irradiated food. The greatest increase is found after the consumption of food from a microwave oven.

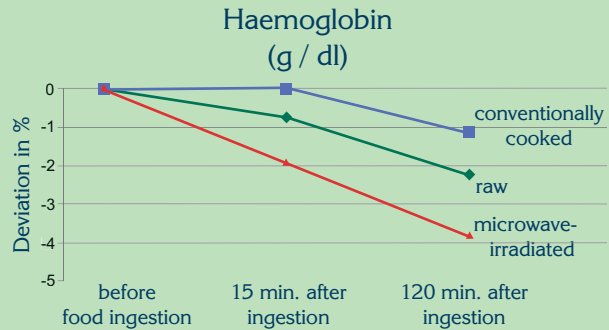


Fig. 2: The haemoglobin count indicates the blood's ability to transport oxygen. The more haemoglobin we have, the more oxygen is available to the cells. A significant decline in the haemoglobin count occurs after the ingestion of conventionally cooked food, raw food and microwave-irradiated food. The greatest decrease is found after the consumption of food from a microwave oven.

Haematocrit (Vol.% erythrocytes / dl blood)

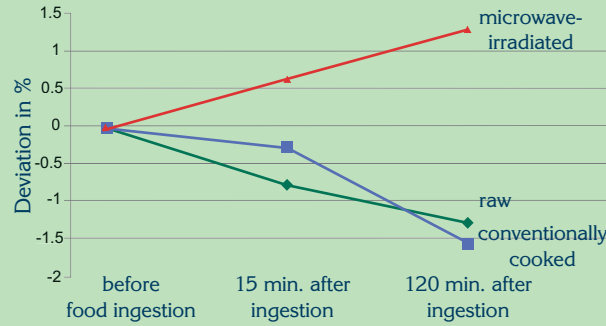


Fig. 3: The haematocrit count indicates an increase in the clotting of the red blood cells (as a consequence of depolarisation), and thus an increased danger of embolisms. This change is significantly higher after the ingestion of microwave-irradiated food.

Every human being is responsible for his or her own health, as well as for the health of the children yet unable to make their own decisions. This is why you are urged to abandon the use of microwave ovens.

Further information is available from:



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CANCER FROM MICROWAVE OVENS



Protect yourself and your family from the harmful effects of microwave ovens!