



# HEALTH DEPARTMENT

The World Foundation for Natural Science™

## Fact Sheet

### ***Not Only Does Microwaved Food Cause Cancer, but It also Makes You Fat!***

#### Editorial

Microwave radiation causes cancer. We have said so twenty years ago, and we still stand by it today. There is a good reason why microwave devices were banned in Russia before the days of Glasnost. There is a good reason why they were never deployed to the front lines during World War II. Today, the military uses the destructive force of technological microwaves as weaponry instead. This should tell us something.

Every food has its own natural molecular structure, and every molecule has its own natural charge (+ / -). Microwaves enter food with a frequency of about 2,5 billion oscillations per second. The food molecules start to vibrate because of the extremely high alternating current frequency and the resulting constant repolarisation of the electromagnetic field in a microwave oven. This causes frictional heat from the inside out, while at the same time this depolarisation deforms the natural molecular structures. Harmony collapses, and so does the well-balanced acid-alkaline ratio. The body's own immune system responds to damaged molecular structures with defensive action just like it would to a foreign invader.

In this Fact Sheet you will read why today's microwave technology destroys the foundations of life, why our bodies fight unnatural microwave radiation so vehemently, and why microwave radiation doesn't only make you sick, but it also makes you fat!



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**“Cooking with microwaves? The kiss of death!! ... or rather, a proven and GUARANTEED RECIPE FOR CANCER!!” This is a pointed statement that can be found on the cover page of our offprint of the Journal of Natural Science, published as early as 1998, in which the research results of Dr. Hans U. Hertel on the detrimental effects of microwaved food on the human organism are presented. This research was conducted in Switzerland in the early 1990s, in cooperation with Pr. Dr. Bernard H. Blanc, at a time when nobody suspected that two decades later we would all sit in a global microwave oven created by a world-encompassing network of mobile communications, satellites, etc. This global exposure to technological microwaves is a lethal threat to all life.**

#### **Everything Is Consciousness and Vibration—Electromagnetism**

Natural electromagnetic fields are the requirement for and background of all life. All life in the universe exists because of the interplay of these two prime forces; yin and yang, female and male, electric and magnetic. When these two forces are in interaction a conscious process of creation happens ... and intelligent life is created. It is this most delicate energy transfer that forms the base of all constructive, restorative, and reductive processes. But at the same time life also makes use of these same forces to transfer information ... and this is most particularly relevant for the processes in our bodies, in particular for cellular communication which is essential to all bodily functions.

The human body has 600 trillion cells communicating through complex low-frequency electromagnetic signals. This is how information that leads to biochemical reactions in the cells is transported.

If a body is constantly exposed to artificial electromagnetic radiation this cellular communication may be severely affected or interrupted, leading to an impaired metabolism and finally to disease.

Just imagine the chaos that occurs if communication lines in a big city col-

lapse. A similar chaos occurs for the cells if the body's information pathways no longer work, which causes an impairment of biochemical processes. The cells' work deteriorates, the cell membrane hardens, the nutrients can no longer get into the cells, and the toxins cannot be transported out anymore: the breakdown of healthy cellular processes leads to biological chaos in our bodies.

#### **Chaos Instead of Harmony**

It is important to realise that all life is connected through natural electromagnetic fields ... and in its naturalness, everything in the universe is in harmony. “Interference” through unnatural technological radiation creates chaos. All forms of life getting in touch with technological microwaves are immediately unnaturally altered, which often triggers a chain reaction in living organisms.

The tremendous destructive force of technological microwaves to our bodies is becoming particularly evident if we examine more closely their use in cooking.

It has been known for decades that microwave ovens and the food cooked in them are hazardous to health. When used regularly they are responsible for many diseases. **Just recently, nearly twenty years after Dr.**



**Hertel’s research, scientific facts have emerged confirming that food cooked in microwave ovens is detrimental to one’s health and showing a connection between microwaved food and obesity.**

It has always been clear to science that those who are overweight get the wrong diet, that they eat too much and move too little. But we are beginning to realise that it is obviously not that simple. The body’s metabolism is not only affected by the function of the organs or by one’s diet, but in a significant way also by whatever else we feed the body. And this is where the connection with microwaved food becomes evident. For food that has a molecular structure which is depolarised and deformed due to high-frequency microwave radiation no longer has natural harmony; instead new and chaotic and therefore toxic molecular connections are formed.

Obesity, considered as a metabolic disorder, is therefore not only connected with the actual diet and its content in carbohydrates, fats, proteins, and vital substances but also with the inner quality of the food and its potential toxicity that contaminates the organism.

**Cellular Metabolism Influenced by Hyperacidity and Free Radicals**

All materials and substances ingested into our bodies (nutrition, drinks, remedies, environmental toxins, drugs, etc.) are broken down into smaller parts, then distributed, perhaps deposited, reassembled, or processed by the metabolism so that these substances (e.g. amino acids, fatty acids, sugars, vitamins, or even mineral substances) may be used by the body cells for their internal tasks.

Intracellular processes such as formation, regeneration, detoxification, protection, cellular rejuvenation and communication can, amongst other things, only be performed based on a balanced supply of various nutritional contents. However, all of these processes have now been severely affected by environmental chemicals (heavy metals, aerosol residues, industrial emissions, air pollution) as well as by increasing technological microwave radiation during the past ten years and more.

Because of all these environmental influences and the increasingly acid diet of our society, the acid-base balance of the organs and tissue are severely disturbed,

which contributes to the emergence of most of the known diseases of civilisation.

Basically, the balance between the supply of beneficial substances and the capacity to dispose of detrimental substances must be positive to maintain the equilibrium of the acid-alkaline balance. If this acid-alkaline balance is no longer ensured, the environment of our 600 trillion cells (i.e. the body’s connective, supporting and fatty tissues) slowly becomes a dangerous, acidic, toxic milieu. Acids entering the body cells that cannot be proportionately buffered by alkaline substances start to damage the interior of the cells and to negatively affect the cellular metabolism. This creates the need for additional vitamins, mineral substances, and other cellular nutrients which are then used up correspondingly.

In addition, the formation of so-called “free radicals” in the cells through irradiation by technologically created electromagnetic fields is an all-pervasive situation in our day and age. These free radicals are unsaturated atoms or molecules ... they are missing one or several electrons in their structure. This means that they are aggressive and harmful metabolic byproducts with the tendency to connect with other stable atoms and molecules and to steal from them the missing electron to re-establish a healthy state of saturation.

The atoms and molecules attacked by these free radicals in turn become free radicals on their own, which means that they now need a foreign electron for saturation, creating a vicious circle. The more harmful oxidative processes (oxidative stress, colloquially called rusting) are created by free radicals in the cells, the more the function and regeneration of the singular cells is restricted. In high concentrations, free radicals may even attack body proteins, the cell membrane, and even the genetic substance or DNA. Impairment of various body cells can happen. This has particularly grave consequences when immune cells are affected and the immune defence of foreign invaders and harmful substances is weakened.

The mitochondria, which are responsible for the energy build-up in the cells, are particularly damaged by these oxidation processes. The cell’s breathing is severely affected until the metabolism has to change over from healthy breathing to pathological fermentation. This alone may cause a series of health problems to emerge in organs and in the tissue.



Fig. 1: Our offprint, “Cooking with Microwaves? The Kiss of Death!”, has caused a world-wide stir for years. It contains further detailed information on this subject and is available from the European Headquarters of The World Foundation for Natural Science.

**In summary, it may be said that such cell metabolism disorders are created above all by three main factors, the interplay of which is particularly dramatic today. These three factors are: microwaved food, technologically created electromagnetic microwave radiation of mobile communications, and the different chemical-toxic environmental pollutants (e.g. heavy metals). They all play a crucial role in the hyperacidity of the body and in the forming of free radicals in cells,** which in turn leads to an accumulation of waste products of tissue and organs. In such tissue, the body cells are becoming more and more isolated and contaminated. Even the lymphatic system which is responsible for the removal of such accumulations consequently reaches the limits of its capabilities. Finally the body feels compelled to bloat the tissue with water. These processes play a decisive role in the creation of overweight, obesity, and many other diseases, as we are about to explain below.

**Our Fatty Tissue Is a Storage Place for Toxins**

The detoxicating organs such as the liver, kidneys, intestine or skin often find it difficult, too, to deal with the prevailing and constantly supplied amounts of metabolic waste products, acids, and environmental toxins, making it more and more necessary for the body to keep



these toxins in the tissue, hoping that it will later have the possibility to dispose of these “garbage dumps.” As our bodies are most intelligent, they always look for the “best” possible solution for the entire organism at any given time. If toxins and waste products were deposited in important parts of the tissue and the organs, e.g. in the liver, the muscles, the glands, the neural tissue, or in the skin, this would immediately cause functional impairment and disorders. So the body looks for another storage place, therefore using the fatty and connective tissue.

Fatty tissue can be found at different places of the body and is a special form of connective tissue, a sort of “inactive tissue,” as it were, with just a few functions and tasks. First of all, fat cells are here to be used for fat storage, just like a warehouse. This is why they can bloat at all times, but at the same time, they are also able to activate and release fat quickly. Depending on the size of its cells, the fatty tissue can amount from 10 % in extremely slim persons to more than 50 % of the body weight in obese people.

These characteristics make the fatty tissue the most suitable place for intermediate storage of toxins and waste products. Firstly, those harmful substances can barely affect body functions in a negative way from within the fatty tissue, and secondly, they may quickly be transported out of this tissue again.

**However, if the environment within the fat cells changes in such a way that, due to the stored acids and toxins, the cells themselves are impaired the body must resort to an emergency solution; additional water is deposited into the fat cells to reduce the toxicity within the cell by means of dilution. This is how the fatty tissue becomes additionally bloated, and thus we have an additional weight gain through increased expansion of the fat cell volume!**

### **Bisphenol A—Something Else That Comes from Your Microwave Which Makes You Fat**

An impressive example showing the hazardousness and the senselessness of the use of microwave ovens can be found in the current research of the toxicologist Frederick vom Saal of the University of Missouri. His laboratory had already conducted research on the chemical substance of Bisphenol A in the past.

BPA—as this substance is also called—of which more than 400 000 tons are put on the market every year in Germany alone, can be found in hard plastic objects such as baby bottles or food packaging, and also in the lining of food tins. BPA belongs to the group of so-called xenoestrogens, which are synthetically produced substances emulating the effect of the body’s own hormone estrogen and which can cause grave cellular damage and cell modifications at very low quantities.

As a toxin, BPA is known to cause developmental and neurological disorders. Unborn children may subside with significant, irreparable defects that might later manifest in behavioural disorders or abnormal development. In adults, there seems to be a connection with diabetes, cancer, cardiovascular diseases, and liver function disorders.

In the past, it was found that BPA leaches out of plastic containers with acid food or normal food heating, and it was noticed that this was how it got into our food and drinks. **Frederick vom Saal was able to attest that BPA leaches out of plastic containers and dishes in large quantities, even when put empty into a running microwave oven.** An impressive seventeen out of twenty-one peer-reviewed studies say that BPA levels, leached because of microwave irradiation, as established by Frederick vom Saal, are harmful. But how is this connected with obesity?

In one of his earlier studies, vom Saal could substantiate that women with high levels of certain chemical substances in their bloodstream are, on average, more overweight than others who are largely uncontaminated, and also the children of the contaminated women were more obese than normal. Even if vom Saal was not yet able to explain in detail how this substance makes it possible for the fat to grow, there is more and more evidence that Bisphenol A is indeed responsible. Mice given BPA-containing food gained more weight than the control group. The American biologist Retha Newbold was able to substantiate that animals exposed to harmful chemicals as a fetus would later become particularly obese.

Scientists have noticed that enhanced levels of BPA and many other chemical substances apparently cause the body to be particularly effective in storing excess calories as fat. **In fact, many plastic compounds resemble the body’s own hormones regulating the feel-**

**ing of hunger and satiety. When these plastic substances are in our food, it seems that the finely tuned metabolic regulatory system is confused to such a degree that the circuit is always signalling the sensation of “hunger,” causing people to eat more than would be beneficial for their body and figure.**

So today, obesity is connected with much more than just overeating. This has been confirmed by medical professor Achim Peters from Lübeck/Germany, who is a specialist for adiposity (or obesity).

### **What Else Do Microwaves Do to Food?**

That these devices were problematic was a known fact even before the first microwave ovens produced for private homes were sold in 1952 by the US company Raytheon. Microwave ovens were originally developed by the Berlin Humboldt University during World War II. Soon thereafter they realised that food heated in microwave ovens had a drastic effect on the human body, so their harmfulness was well-known at that time. But even earlier, in the 1930s, Russian scientists had already examined the effect of low-level microwave radiation on the central nervous system of humans and animals. However, their most stringent safety standards derived from these tests were not taken seriously by their western colleagues and were exceeded in the 1960s a thousandfold. In 1976, microwave ovens were banned in the former USSR. This ban was not lifted until the years of “Glasnost.”

Further Russian experiments showed facts that were just as alarming: **Microwaves cause numerous food components such as proteins and glucosides to unnaturally disintegrate.** The vital energy of the food examined decreased by sixty to ninety percent. New carcinogenic compounds were created in milk and grain, and an increased amount of free radicals was created in other plant products. These chemical modifications caused indigestion, functional disorders of the lymphatic system, and an increase in cancerous cells in the blood serum of the test subjects.

In the United States, P. Czerski and W. M. Leach were able to confirm the Russian research results in 1973, and in their animal experiments they could attest that microwaves cause breast cancer. The U.S. National Council on Radiation



Protection and Measurements (NCRP) declared in the late 1980s that children of women operating microwave devices had an increased rate of deformity.

In the late 1970s the U.S. were in possession of a forensic research document showing alarming results. It showed the destruction of the nutritional value in food, confirming the creation of carcinogenic substances and the existence of direct biological effects of microwaves on humans.

There is no doubt that the works of Dr. Hans U. Hertel and Prof. Bernard Blanc, conducted in the early 1990s in Switzerland, are a landmark in research into the dangers of microwave oven use. In an endeavour to limit the hazards to the participating test subjects and to keep the body stress at a relatively low and short-term level, the study participants were given as few microwaved meals as possible. The results, which were significant nevertheless, showed unequivocal evidence that food cooked with microwaves has a detrimental effect on the blood and its components and therefore on the human organism as a whole. The blood, which forms a part of the immune system, responds very quickly and sensitively to both psychological and physical stress.

The effects of microwaved food on human organisms, as compared to food prepared with conventional methods, measured by this study showed alterations in the blood of the test subjects, indicating the beginning of a disease process similar to the onset of cancerous conditions.

For example, the stress-dependent blood parameters such as HDL cholesterol and leucocytes (white blood cells) were greatly increased after a single intake of microwaved food. This happened even after the intake of vegetables, which, as we know, contains almost no cholesterol at all. The haemoglobin count (the oxygen-transporting protein in red blood cells) however decreased greatly after the intake of microwaved food, whereas a thickening of the blood due to elevated haematocrit (the proportion of blood volume that is occupied by blood cells) could be observed.

Aside from the destruction of the food and the resulting health strain for the organism, Dr. Hertel and Prof. Blanc were also able to substantiate that the microwave energy stored in the

food passes on to the patient's blood. Using the luminescence of photogenic bacteria, it was possible to measure and confirm this transfer of microwave energy into the blood of the test subjects by way of food intake. To this end, a photogenic bacteria suspension was added to milk, vegetable juice, and serum samples, and every stimulation respectively hampering these bacteria's luminescence was measured.

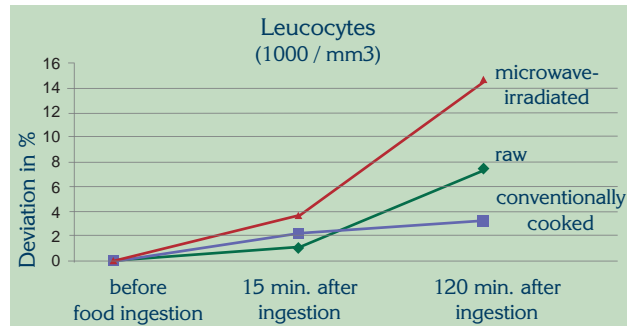


Fig. 2: An increase in leucocytes (white blood cells) signifies an elevated immune reaction of the body. The most frequent occurrence for this is with tumours and infections. The picture shows the increase in leucocytes after ingestion of conventionally cooked food, raw food, and microwaved food. We find the strongest increase after eating food from a microwave oven.

In the course of this research, Dr. Hertel and Dr. Blanc also tested the direct biochemical alterations in microwaved milk. It showed that after irradiation, the protein structure was disturbed. The milk was denaturated and coagulated in such a way that it could no longer be properly digested. However, not only is microwaved milk worthless, it is even toxic as is shown by an elevated acidic content and a decreased folic acid count (which is essential for blood formation among other things).

Another milk study made in Vienna also showed amino acid alterations caused by microwave irradiation, which were not present with conventional heating. Milk proteins were split by microwaves into amino acids that do not naturally occur, and D-proline and cis-D-hydroxyproline counts were elevated in particular. In biological material, it is laevorotatory L-proline that normally occurs. Lubec et al. warned in 1989 in the scientific journal *The Lancet* that these two isomers could be incorporated into endogenic peptides and proteins, thus leading to structural, functional, and immunological changes. In animal experiments, D-proline was described as a neurotoxin.

In 1991, the Hungarian scientist Dr. Andras Varga compared cow's milk heated in a microwave oven to cow's milk heated conventionally on a hotplate. It did not matter whether he looked at vita-

mins, proteins, or protein-building amino acids—the microwaved milk showed a clear loss of quality and substance alterations. The dextrorotatory amino acids that do not normally occur anywhere in nature and which can cause liver and nerve damage when ingested repeatedly were particularly increased, up to four times their normal count.

The surprising thing here is that, without exception, all proteins that occur in plants and animals, from the simplest to the most complex of organisms, are based on laevorotatory amino acids, but if only one single dextrorotatory amino acid attaches itself to a protein, it becomes unusable entirely. And what do our bodies do with “special waste proteins” in general? They are deposited in tissue, where once more they contribute to hyperacidity and waste product accumulation.

A group of scientists at Stanford University School of Medicine in California discovered that microwaving breast milk at high temperatures (72°C to 98°C / 161° to 208° F) caused a marked decrease in activity of all the tested anti-infective factors. Growth of *Escherichia coli*, an acidogenic sepsis bacterium, at temperatures greater than 98°C was 18 times that of control human milk.

At the LAPATS laboratory, another telling study was conducted. Using a specific crystallisation method, unmistakable conclusions as to the nature and origin of food could be drawn, such as whether it was grown organically or conventionally, or how it was heated. **During the tests, this crystallisation method showed that microwaved food has a significant decrease in quality. Microwaved milk proved to be so “denaturated” that its consumption had to be discouraged.**

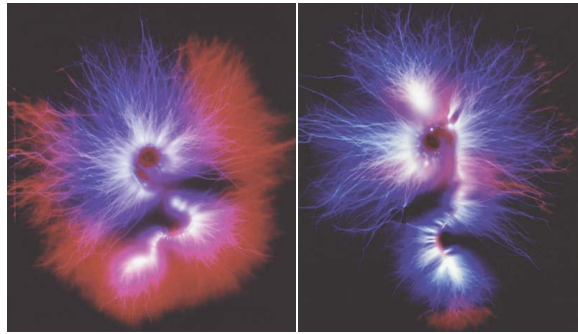
Significant effects of microwave irradiation could also be established using the method of Kirlian photography. This method, developed by Semion D. Kirlian, enables us to make visible on photographic pictures the electrical energy flowing around the examined object, thus making it possible to assess both this light and the object with regard to quality. Applying the Kirlian method, the effects of microwaves on organically grown plants was examined by a group led by Christopher Wodtke, president of the Kirlian Network of Fort Wayne, Indiana. The tests showed that the food's



life-giving and healing energy was destroyed when blanched in a microwave oven, even if this was done at low temperatures and for a few seconds only.

It became even more alarming when the effect of microwaved food on the human blood was tested. The test subjects were given meat heated in a microwave oven. Blood samples taken one hour before ingestion of this food were compared to samples taken one hour after food consumption. The test was repeated, using different kinds of meat, and the results were consistently similar and reproducible. The Kirlian pictures taken after the meat ingestion showed a significant decrease in the test subjects' blood energy level.

Based on the findings of the Kirlian method, there is no doubt that there was not only a chemical, but also an energetic alteration of the food, thus showing a significant change in quality.



*Fig. 3: Kirlian photography of a lentil seedling before (left side) and after (right side) irradiation with microwaves. The non-irradiated seedling shows pulsating and fully formed energy fields in deep red and blue/purple colours. However, the irradiated seedling lacks life energy which can be seen clearly from the black holes in the energy field and the lack of vitality around the seedling.*

### Cells in Distress!

On the one hand, all of these alarming results are due to the so-called thermic effects of microwaves; these effects are also taken into account by scientists today when they evaluate the harmfulness of radio transmission radiation. On the other hand, what must also be taken into consideration are the non-thermic effects of microwave radiation which cannot be attributed to frictional heat caused by the fact that the molecules in the cooked food are repolarised billions of times. As it has been described at length, this extreme shaking deforms the molecular structure of food up to the point of destruction of cell walls, and even the formation of unknown, unnatural and potentially toxic substances cannot be excluded.

The depolarisation of cells, atoms, and molecules form an excessive amount of free radicals in the cells and the surrounding tissue, as we have mentioned above. Due to their propensity to react, they can easily enter into connections with other molecules. Free radicals even destroy other cellular structures and substances by removing from them and attaching to themselves the electrons they are missing. This is how free radicals interfere with regulatory, metabolic and managing processes in manifold ways. Their aggressive behaviour affects and disrupts directly the enzymatic and hormonal body processes

which, in the end, will cause various maladjustments of important biological processes. Indeed, because of the ingestion of microwaved food and because we are permanently exposed to mobile communications radiation, free radicals have now gained an even greater significance, and it is with good reason that they are viewed as contributory factors in most known civilisation diseases.

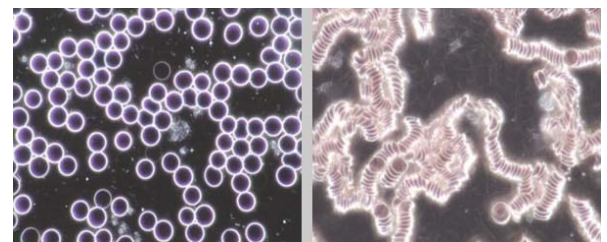
The manifold functions of the blood as the carrier of our vital energy are also affected in a negative way immediately after ingesting microwaved food. The studies of Dr. Hertel and Dr. Blanc showed that microwave energy stored in the food by heating it in a microwave oven is also transferred to human blood. Today, we also know that microwave radiation and other technologically created electromagnetic fields have a negative effect on the nature of the blood's flow, particularly concerning the erythrocytes, the red blood cells. Normally, due to their natural polarisation, erythrocytes move freely and actively within the blood stream. They repel each other just the way identical magnetic poles do. This enables them to carry out their primary task, which is the transport of oxygen and prana to our cells.

The activity and state of these red blood cells can nicely be demonstrated using the method of dark-field microscopy. A short exposition to technologically created microwaves is enough to radically change the optimal blood picture just described. The erythrocytes agglutinate and start to stick together, like rolls of coins, due to the depolarisation caused by microwaves. Aside from the progressive danger of blood vessel clogging, the vital oxy-

gen supply of our body cells is distinctly hampered. The bearers of the air that we breathe for the benefit of our cells are literally stuck in a traffic congestion. If such a condition continues for a longer time, the cells are very much threatened with dyspnoea, a state which equals a blocking of the metabolism.

The long-time exposition to technologically created radiation energy was also heavily investigated by Dr. George Carlo who since the early 1990s has intensively looked into the effects of technologically created microwaves on living organisms, and he brought forth some remarkable findings regarding the effects on the cell membrane, which is the skin of our cells.

Dr. Carlo was able to substantiate that certain receptors on the cell surface can resonate with technologically created microwaves, thus triggering a dangerous chain reaction. The cell membrane contracts, which causes a narrowing of the ion channels serving as "supply tunnels." The cell's ability to get its supply of nutrients or to dispose of pollutants through these channels or, in other words, to detoxify is therefore severely restricted. This causes the cell energy to decrease, and free radicals can form in the cells, and lastly the cell metabolism and the cellular respiration will collapse. Because of this, cells are no longer able to function as tissue, as organs or as organ systems. Furthermore, Dr. Carlo's findings show that the regulatory and maintenance ability of the cells is hampered so much that this may lead to the formation of tumours.



*Erythrocytes (red blood cells) under a dark-field microscope; to the left in their normal, healthy state before a mobile telephone conversation, and to the right what happens after a three-minute phone call. The clogging of the blood cells, the so-called "rolls-of-coins effect," is created by the depolarisation of erythrocytes by microwave irradiation. As this effect is still observable at a distance of 2 meters (6.5 feet) from the mobile phone and thermic effects can be ruled out, it is safe to assume that radiation leakage from microwave ovens will cause the same blood clogging. In the long term, such clogging has far-reaching effects on the function and health of the blood and thus on every single cell of our bodies.*

Dr. rer. nat. Ulrich Warnke from the German Saarland University also knows about the effects of microwaves on the organism. He found that technological radiation reverses the electron spin (the rotation) in the cells, which causes mo-



## “Cooking With Love”

Natural food cooked with love and eaten in gratitude in many respects has an incomparably higher “nutritional value” than fast food that is prepared hastily and without any care and then gobbled up in a great hurry. Foodstuffs are, in the true sense of the word, “viands” [from Latin, vivenda, things to live on]. They were created in love by nature to “impart life” and to provide us with all the essential energies and substances our bodies need to be healthy and vital. Water research has shown that water has a “memory,” which means that it can store information. All of our thoughts and feelings emanated during the cooking process inform the water molecules of the corresponding foodstuffs. This information is stored in so-called water clusters, therefore imminently characterising the quality and digestibility of the food destined for our bodies. This is why it is so important to let love flow during the cooking process—for love is the basic law of the universe—and also during the subsequent eating of the food, because it is only food prepared with love that nourishes our bodies optimally. By the way, saying Grace, filled with gratitude, supports and furthers this effect even more.

The only reason why many people still use microwave devices for cooking today is that food can be heated in a very short time and virtually without any help from us. However, what is thoroughly missing here is love!

Add to that the fact that the body gets food the natural molecular structure of which has been destroyed using lethal technology beforehand, and so it cannot even be labelled food anymore. Bodies that have to ingest microwaved food on a regular basis simply lack the sustaining and healing light of food. It might be that after such a meal we may have had enough in terms of quantity and calories, but this was not really nourishing for the body. This is why such bodies which are “undernourished” in terms of quality develop another sensation of hunger shortly after eating, in the hope of receiving a meal full in nutrients and energy to cover its needs. This additionally ingested food is also a decisive factor in the development of obesity.

Love, gratitude, and appreciation for food and also for the daily service of our bodies is the best recipe for the preparation of our food. And our health as well as the health of our families should be worth the small amount of additional time and a gentle way of cooking.

lecular structure alterations, just the same as what is done to food in microwave ovens. The subsequent formation of free radicals in cells and the resulting permanent damage to mitochondria (the cells’ power plants) literally suffocates the cells. Based on such processes within cells, Otto Heinrich Warburg, Nobel laureate for physiology in 1931, was already able to demonstrate the interconnection between disordered cellular breathing and many ensuing diseases. Today, Warburg’s groundbreaking findings on cancer formation are also factored in the treatment of diseases such as AIDS and other immune system disorders.

## The Facts Speak for Themselves

One single meal heated in a microwave oven won’t kill us, but after increased ingestion the altered food will cause so many blockages in the body that it will begin to rebel.

**In summary it may be said that the ingestion of microwaved food and the absorption of corresponding microwave energy**

**sooner or later derails the entire metabolism. Cells, organs, and tissue become acidic due to the effect of technologically created radiation which causes them to clog up gradually. Thus it becomes increasingly difficult for them to protect themselves from free radicals and to have an optimal supply of nutrients and water. Obesity and a multitude of other civilisation diseases will result.**

In June of 2009 American scientists reported that more and more younger people get colon cancer. Until now cancers of the bowels were considered a disorder occurring at an older age. Analysing thirteen U.S. cancer indexes the scientists however discovered that an increasing number of men and women between the ages of 20 and 49 are getting cancer of the bowels. The most significant increase occurred in the age group of 20 to 29, where the incidence in men increased by 5.2%, and in women by 5.6%. The scientists assume that the cause of this is a change in eating habits during the past few decades (in-

creased fast food consumption) and obesity. It is reported that the consumption of fast food among adults in the U.S. had tripled, and even quintupled among children, between the late 1970s and the mid-1990s.

We all know how frequently fast food is cooked in microwaves. The accumulation of colon cancer diseases unfortunately is a sad but logical consequence of this, even though the scientists mentioned above have yet to establish this direct connection.

Many renowned scientists such as Dr. Vini Khurana and Dr. Magda Havas have now found that the dangers of microwave radiation through mobile communications will have a far greater effect on public health than smoking. Let’s not forget that we are exposed to the very same radiation both directly when using microwave ovens and indirectly through ingestion of microwaved food.

The facts are in plain sight...if you eat microwaved food, you are headed for a slow death. There is no cure that can prevent this as long as we continue to use these devices. **The time has come to ban microwave ovens...it should have been done years ago!**

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