**Induction Hobs**

Induction hobs have recently become very popular and their sales figures have rapidly increased. But compared to traditional stoves such as electric, gas or wood they have one major disadvantage: The heat required for cooking is generated by strong magnetic fields which cause damage to the health of the cook and change the internal structure of the food being cooked.

**Mode of Operation**

Induction cooking looks very similar to cooking on a conventional electric hob - both have a cover made of ceramic glass. When using the induction cooker a strong, medium-frequency magnetic field under the cooking area induces eddy currents in the base of the pan, which heats it up. The cooking area is heated indirectly via the bottom of the pan. Therefore, the hob reacts relatively quickly and the energy consumption compared to an electric stove is less.

**Health Effects**

All life and every communication process in nature works with the help of fine electric and magnetic pulses. The central nervous system controls the functions of the body by transferring the smallest electromagnetic signals. Body currents generated by magnetic fields from the induction hob disturb these signals. The information is corrupted or does not even reach its destination. Even the smallest change of this information causes malfunctions and stress, even diseases. Epidemiological studies confirm the suspicion that even weak magnetic alternating fields lead to an increased risk of leukemia in children. Therefore, the World Health Organization (WHO) classified magnetic fields as potentially carcinogenic to humans. There are also indications from cell experiments that low-frequency magnetic fields can increase the effects of known carcinogenic substances. Further investigations show significantly increased risk of Alzheimer’s disease and other forms of dementing diseases. There is also numerous scientific evidence that magnetic fields can lead to changes in the genetic material, to an increase of the production of cell stress proteins and to impairment of certain cell functions.

Studies show the relationship between magnetic fields and disease:
- The risk of childhood leukaemia and breast cancer is greatly increased.
- The natural protection mechanisms (e.g. melatonin mirror, the blood/brain barrier) in the brain are weakened and the risk of diseases such as Alzheimer’s or amyotrophic lateral sclerosis (ALS) is heightened.
- The radiation damages the genes (DNA) of the cook.
- There are cell processes triggered that lead to permanent chronic stress.

There are changes to the cooked food itself. This chemically detectable change can even be toxic in nature (e.g. changes to proteins; destruction of vitamins). The negative influence of technical radiation on the energy level of any living material is also known because of the water crystal images of the Japanese researcher, Dr. Masaru Emoto.

**Safety Limits**

The official safety limit for non-ionizing, electromagnetic radiation in most countries is based on the pure thermal and short-term irritant effects. Long-term effects already occurring at a very low radiation intensity and proven by many studies\(^2\), are ignored and are therefore not taken into account in defining the safety limit values. This willful ignorance is absolutely scandalous and is harshly criticized by many scientists\(^3\). The official limit for magnetic fields is 6.25 µT; but harmful biological effects are already demonstrated from as low as 0.02 µT!\(^4\)

Ironically, the Swiss Federal Office for Public Health (FOPH) published the following tips to help people to reduce their magnetic field exposure to below the safety limit:
- The pan must cover the whole cooking field and must not be defective (no buckled bases), in order to prevent the generation of stray large fields.
Use the rear cooking fields or the front cooking fields at reduced power.

Specially made pans must be used.

Don’t use metal cooking spoons in order to prevent leakage currents from flowing through your body.

People with a cardiac pacemaker or an implanted defibrillator should talk to their doctor before using an induction stove.

In addition pregnant women should not stand close to the stove when cooking because the magnetic fields can harm the foetus.

The Solution

A healthy mind needs a healthy body and a healthy body depends on a healthy mind! Natural food is a basic requirement and fundamentally essential for life, well-being and productivity. Pollutant-free cultivation, natural maturation and careful harvest, careful storage, short transportation routes as well as consciously loving food preparation should be a matter of course for us.

The induction stove does not belong in the food chain! The microwave oven is absolutely not an alternative because the effects of microwaved food are even more serious. Therefore, either a glass ceramic electric stove, gas or wood stove should be used for cooking. The magnetic field is much lower, and is zero for the wood stove.

It is important that the knowledge of the harm caused by induction stoves is rapidly and widely spread. Please help!

References

1. ALS is a rapidly progressing, degenerative disease of the central and peripheral nervous system.

2. For instance under www.bioinitiative.org

3. www.emfscientist.org


5. The World Foundation for Natural Science: “Not Only Does Microwaved Food Cause Cancer, but It also Makes You Fat!”, 2011

We are always happy to answer more questions!

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