

## Induction Hobs

Induction hobs are very popular today, as the steep rise in sales figures shows. However, in comparison to electric or gas cookers, induction cookers have a serious disadvantage: **the strong magnetic fields generated during cooking are harmful to the health of the cook and destroy the internal order of the food.**

### How it works

Visually, the induction hob is hardly distinguishable from a conventional electric hob – both have a glass ceramic cover. With the induction hob, however, a strong, medium-frequency magnetic field in the range of 20 kHz is generated under the cooking zone, which causes eddy currents in the pan base. As a result, the bottom of the pan is heated directly, whereas the cooking zone is only heated indirectly via the pan. Thanks to this technology, the cooking zone reacts quickly and energy consumption is somewhat lower compared to an electric stove.

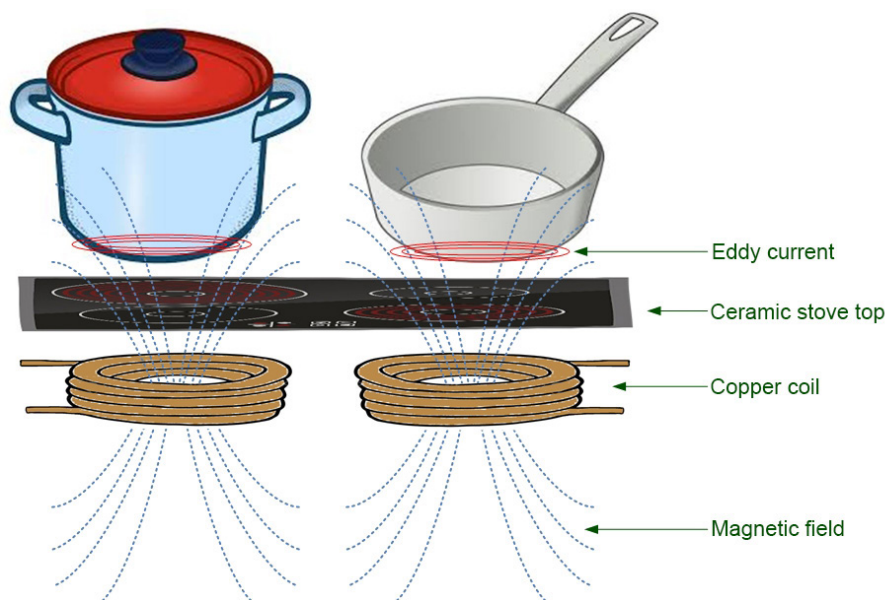


Fig. 1: An induction cooking stove essentially consists of a glass ceramic cover, under which a copper coil is located. Electric current flows through the coil and creates an alternating magnetic field, which generates eddy currents in the bottom of the pan. This heats up the pan and with it the food to be cooked.

## Health effects

**All life and every communication process in nature works by means of fine electrical and magnetic impulses.** The central nervous system, for example, controls the body's functions by transmitting extremely subtle electromagnetic signals. **Technically generated electromagnetic fields superimpose and interfere with these precise signals: information is distorted or does not reach its destination at all.** Every tiny change in this information triggers malfunctions and stress, and even disease. This is why the World Health Organization (WHO) has classified magnetic fields as potentially carcinogenic for humans.

Many studies prove the connection between magnetic fields and diseases:

- Children have an increased risk of developing leukemia. Women are more likely to get breast cancer.
- The brain's natural protective mechanisms (e.g. melatonin levels, blood-brain barrier) are weakened and diseases such as Alzheimer's or amyotrophic lateral sclerosis (ALS) are promoted.
- The radiation damages the genetic material of the DNA and can cause strand breaks.
- The result is oxidative cell stress, which generally weakens the immune system.

### Inner order is destroyed

Our own experiments and investigations clearly show **that the induction cooker damages, if not destroys, the internal order of the cooked food.** As a result, the information inherent in the cooked food is lost – as if the music stored on a compact disc was deleted.

In the experiment, organic

carrots were prepared on various cooking stoves (gas, electric, induction) and then the cooking water was examined under a microscope. The following pictures were taken with the drop image method in the dark field at 25x magnification. While the structure (information) of the dried water droplet is similar and clearly recognizable on gas and electric cookers, it was destroyed on the induction cooker (bottom picture).

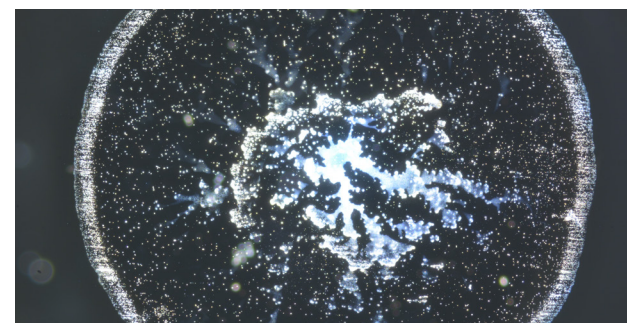


Fig. 2: Water drop image with gas stove

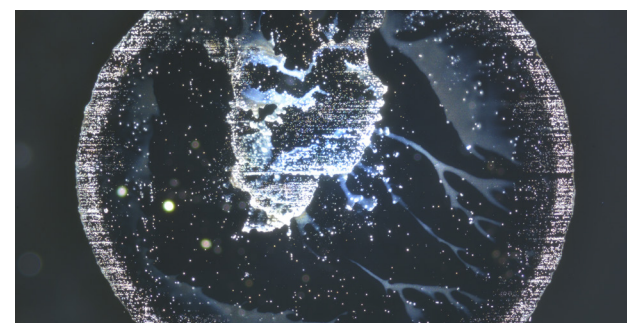


Fig. 3: Water drop image with electric cooker



Fig. 4: Water drop image with induction hob



This loss of information very probably means a reduced quality of the food prepared on the induction hob. Therefore, from this point of view as well, we strongly advise against using an induction hob!

*Most induction hobs even exceed the maximum limits set by the International Commission on Non-Ionizing Radiation Protection (ICNIRP), for example when a person is standing close to the induction hob.*

### Limit values

- The official limit values of most countries are based on purely thermal and short-term irritant effects. Long-term effects, which already occur at very low radiation intensity and are proven by numerous studies (see e.g. [www.bioinitiative.org](http://www.bioinitiative.org)), are not considered to be reliable and are therefore **explicitly not taken into account when setting the limit values**. This approach is scandalous and is strongly criticized by many scientists. The official limit values for magnetic fields are 6.25  $\mu\text{T}$  (microtesla); biological effects, however, are already proven starting at 0.02  $\mu\text{T}$ ! Interestingly enough, even official bodies such as the Swiss Federal Office of Public Health (BAG) provide the following advice on how to handle induction hobs:
- Pans should cover the entire hob and must not be defective (no crooked bottoms) so that no large stray fields can occur.
- Mainly the rear hobs should be used and the front ones only with low power.
- Metal cooking spoons should not be used, so that no leakage currents flow through the body.

- People with a pacemaker or implanted defibrillator should discuss the use of an induction hob with their doctor in advance.
- Finally, pregnant women should not stand too close to the stove, as the magnetic fields can damage the foetus.

### The solution

Natural, wholesome food is an essential building block for life, well-being and performance. Pollutant-free cultivation, natural ripening and gentle harvesting, short transport routes as well as the conscious and loving preparation of food should therefore be a matter of course.

It makes little sense to use a cooking device that destroys the food and damages the body, as is the case with the induction hob. The microwave is also absolutely no alternative because its effects on the food are just as serious. (Read our Factsheet "Not Only Does Microwaved Food Cause Cancer, but It also Makes You Fat!") Consequently, either an electric, gas or wood stove should be used for cooking. The electromagnetic exposure is much lower here or does not even exist with the latter two.

It is important that knowledge about the hazardous nature of induction hobs is spread rapidly and widely. This brochure is intended to contribute to this. Please lend a hand!

*We are always happy to answer any further questions!*  
The World Foundation for Natural Science

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