

WHY ARE WE ALL IN SUCH A HURRY TO DIE?

by

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You may find the information I am about to share with you alarming, even ridiculous. How can it be that a practice as ordinary as microwaving foods and beverages could pose significant health risks? If this were the case, wouldn't we all be aware of it? Wouldn't there at least be a warning label attached to every model, similar to those on cigarette packages and wine bottles, letting us know that we are assuming responsibility for any risk that might be involved?

In truth, while relatively few studies have been conducted regarding how the process of microwaving our food changes it and, in so doing, changes us, the ones that have been done are significant, international in scope, and will most likely end your microwaving days in a... "flash."

I quote Larry Cook (no pun intended) in *Microwaving Your Food isn't Safe*:

"Microwave ovens 'cook' food by forcing the atoms, molecules and cells within the food to reverse polarity billions of times per second, causing friction; the more the friction, the more the heat. This oscillation tears and deforms the molecular structure of food. New compounds are formed, called radiolytic compounds, which are not found in nature. Interestingly, microwaves are actually used in gene-altering technology to deliberately break cells and neutralize their "life-force" so they can be manipulated. Microwaves destroy the life-force that gives food its vitality and nourishment. When this life-force dissipates, microorganisms start breaking food down and it begins to rot."

"In 1989, Swiss biologist and food scientist Dr. Hans Hertel studied the effects of microwaved food. Eight people participated in the study. For eight weeks, they lived in a controlled environment and intermittently ate raw foods, conventionally cooked foods and microwaved foods. Blood samples were tested after each meal. They discovered that eating microwaved food, over time, causes significant changes in blood chemistry: a decrease in hemoglobin and cholesterol values; in the HDL (good cholesterol) versus LDL (bad cholesterol) ratio; and in white blood cells, weakening the immune system; and an increase in leukocyte levels, which tends to indicate poisoning and cell damage.

Hertel stated, "...blood cholesterol levels are less influenced by cholesterol content of food than by stress factors. Such stress-causing factors can apparently consist of foods which contain virtually no cholesterol - the microwaved vegetables."

Russia actually banned the use of microwave ovens when their research revealed, among other disturbing findings, that heating prepared meats in a microwave sufficiently for human consumption created:

- D – nitrosodiethanolamine, a well-known cancer-causing agent
- Destabilization of active protein biomolecular 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. (J. Nat. Sci, 1998; 1:42-3)

As if using the microwave to cook or heat food doesn't pose enough of a health risk in and of itself, our use of soft plastics in the microwave causes the danger level to skyrocket.

In the article *Microwave Cooking is Killing You!* Stephanie Relfe, B. Sc. (Sydney) writes: "As a seventh grade student, Claire Nelson learned that di(ethylhexyl)adipate (DEHA), considered a carcinogen, is found in plastic wrap. She also learned that the FDA had never studied the effect of microwave cooking on plastic-wrapped food. Three years later, with encouragement from her high school science teacher, Claire set out to test what the FDA had not.

Although she had an idea for studying the effect of microwave radiation on plastic-wrapped food, she did not have the equipment. Eventually, Dr. Jon Wilkes at the National Center for Toxicological Research agreed to help her. The research center, which is affiliated with the FDA, let her use its facilities to perform her experiments, which involved microwaving plastic wrap in virgin olive oil.

Claire tested four different plastic wraps and "found not just the carcinogens but also xenoestrogen was migrating [into the oil]...." Xenoestrogens are linked to low sperm counts in men and to breast cancer in women. Throughout her junior and senior years, Claire made a couple of trips each week to the research center, which was 25 miles from her home, to work on her experiment. An article in *Options* reported "her analysis found that DEHA was migrating into the oil at between 200 parts and 500 parts per million. The FDA standard is 0.05 parts per billion."

Her summarized results have been published in science journals. Claire Nelson received the American Chemical Society's top science prize for students during her junior year and fourth place at the International Science and Engineering Fair (Fort Worth, Texas) as a senior. "Carcinogens --At 10,000,000 Times FDA Limits" *Options*, May 2000. Published by People Against Cancer, 515-972-4444"

As a footnote to that information, xenoestrogens – also known as organochlorines – are present in our environment everywhere, thanks to the widespread use of agricultural pesticides, industrial pollution, the addition of hormones to our meat and dairy supply, and our addiction to the convenience of soft plastics. I believe this is why girls are reaching puberty at ridiculously young ages, that it is an explanation of one of the hidden factors in the epidemic of obesity we are all talking about lately (the hormone progesterone supervises and regulates the action of the hormone insulin, and progesterone opposes and balances estrogen). Further, when insulin is dysregulated, the supply of glucose – the brain's only fuel – is interrupted, leading to decreased attention and brain power.

Lots of people I know do not regularly use their microwave ovens to cook food but often will use them for reheating. Try this instead: put the plate of food on top of a pot of simmering water and cover the food with the lid of a saucepan. The food will heat nicely without drying it out, and then you can enjoy it with all of its intended nutrients and, better yet, a peaceful mind! Hey, look at it this way: the no-nuke policy is a simple lifestyle change that costs NOTHING and promises huge rewards in the areas of achieving and maintaining vibrant health, as well as in preventing the modern, all-too-common downward spiral into degenerative disease and – ultimately – death.