

MICROWAVE OVENS

from: Maintaining Our Temples



Microwave ovens are as common now as gas or electric ovens. It is rare to go into a kitchen that does not have one. Many of the newer homes have built-in microwave ovens. We expect to find a microwave oven in the kitchen when we rent an apartment.

The big selling point with microwave ovens is the time and money we can save when we use them to prepare our food. Why spend an hour preparing a meal when we can put the food in the microwave and “nuke it” for 10 or 15 minutes?

When we decide to maintain our temples, we become more aware of how items we use everyday affect our health.

There are discs or strips in the microwave oven called “heat susceptors” that brown or heat the food. These susceptors are a source of unsafe chemicals. Toxins are created because the materials around the susceptors break down in the intense heat. These chemicals and toxins get into the food as it is being “nuked.”

Plastic wrap that is made for use in microwave ovens contains an additive called diadipate (2-ethylhexyl), or DEHA. This chemical is known to leak into

foods at room temperature and to show up in foods that have been cooked in the microwave oven even when the plastic wrap does not touch the food.

In a small Swiss study, eight volunteers were fed a variety of raw and cooked foods. The foods were cooked by microwave or standard methods. The meals were eaten in the morning on an empty stomach. Blood samples were taken just before, 15 minutes after, and two hours after the meal.

Those who ate microwaved food had significant changes in their blood which indicated a tendency toward anemia. They also had higher blood cholesterol levels.

The study lasted two months. The negative blood results were more pronounced during the second month of the study than they had been in the first.

The Swiss Association of Dealers of Electroapparatuses for Households and Industry was able to get a gag order to prevent the researchers from publishing the results of the study.

When we use fire to heat food, the molecules of the food move around and rub against one another. As the molecules rub against one another, the food is heated by the friction created. The more the molecules move, the hotter the food gets.

When food is heated in the microwave, the electromagnetic field of the atoms is altered. The positive pole is made negative then positive again thousands of times each second. The food's energy field is weakened.

We would like to think that the different heating methods would not have any effect on whatever is being heated. That is not true. Parents are warned not to heat baby's milk in microwave ovens because of the way microwaves alter the milk. Hospitals do not heat blood for transfusions in microwave ovens because the microwaves alter the blood such that it will kill the person it is given to.

It has been revealed that food cooked in a microwave oven should not be eaten while it is hot. It continues to cook inside the body. It has been cited as a major cause in the deterioration of our digestive systems.

Microwave cooking alters food enough so that when the food is eaten it causes immunological, structural, and functional changes in the body. In addition, microwaves transform the amino acid L-proline into D-proline, a proven toxin

to the nervous system, liver, and kidneys.

AIDS and lupus are examples of immunological change. Cancer is an example of structural change. Diabetes is an example of functional change.

In our community, the number of cases of all these dis-eases keeps growing. It would be interesting to know how many of the folk with these dis-eases regularly eat food that had been cooked in microwave ovens. How many of them have the dis-ease as a result of eating foods that were cooked in microwave ovens? How many of them have been told by their doctors that eating food that has been cooked in microwave ovens can cause dis-ease?

The number of folk in our community who are on kidney dialysis machines also keeps growing. How many of those folk have kidney dis-ease as a result of eating foods that were cooked in microwave ovens? How many of them have been told by their doctors that eating food that has been cooked in microwave ovens can cause kidney dis-eases?

Microwaves are a form of radiation. When we eat foods that have been cooked in a microwave oven we are giving ourselves radiation poisoning.

Our bodies are subjected to radiation poisoning from so many things in our environment: radio, x-ray, television, cell phones, and computers. Just one more thing can be “the straw that breaks the camel’s back.” Since we do not need to use microwave ovens to prepare our food we can avoid at least one source of radiation.

Everything we do to maintain our temples helps reverse the damage that has been done to the body by microwaved foods.

In addition, kelp can be added to a diet of organic vegetables, grains, nuts, seeds, and fruits to help the body get rid of radiation. Eating mushrooms is also helpful.

It does not matter how long we have been eating foods cooked in microwave ovens; it is not too late to stop and reverse the damage that has been done to our bodies.

In addition to thinking about the effect microwaves have when we use them to prepare our food, we must also be aware that ELF – or extremely low frequency – microwaves are used as a weapon.

“Project Slammer,” an operation of the Central Intelligence Agency (CIA) and the Federal Bureau of Investigation (FBI) behavioral modification unit, uses microwave signals as “non-conventional” weapons. These weapons can be used to cause victims to “hear voices,” to produce amnesia, cause nausea and vomiting, and cause a victim to feel disoriented.

Every dis-ease vibrates at its on frequency. Stress weakens the immune system. By manipulating frequencies, the immune system is destroyed which allows “opportunistic” dis-eases to multiply within the body until death occurs.

