



combination of the same foods cooked different ways. All foods that were processed through the microwave ovens caused changes in the blood of the volunteers. Hemoglobin levels decreased and over all white cell levels and cholesterol levels increased. Lymphocytes decreased. Significant increases in bacteria were found.

- Other studies done by Hans Hertel, a Swiss scientist, showed that foods eaten after being cooked in microwaves affected the ratio of HDL to LDL Cholesterol.

Because the body is electromagnetic in nature, any force that disrupts or changes human electromagnetic events will affect the physiology of the body. This is further described in Robert Becker's book, *The Body Electric* and in Ellen Sugarman's book, *Warning, The Electricity Around You May Be Hazardous To Your Health*.

Microwave oven manufacturers will tell you that microwaved and irradiated foods do not have any significantly higher radiolytic compounds than do broiled, baked or other conventionally cooked foods. The scientific clinical evidence shows that this is a lie!

In America, neither universities nor the federal government have conducted tests concerning the effects on our bodies from eating microwaved foods. Isn't that a bit odd? They are more concerned with what happens if the door on the oven doesn't close properly.

The fact is that when people eat altered food, it is going to alter the structure of their blood because all foods affects the blood chemistry differently. Decayed microwave molecules affect our own human biological cell structure.

Dr. Lita Lee's book, *Health Effects of Microwave Radiation* states:

- Changes are observed in the blood chemistries and the rates of certain diseases.
- Lymphatic disorders were observed leading to decreased ability to prevent certain types of cancers.
- An increased rate of cancer cell formation was observed in the blood
- Increased rates of stomach and intestinal cancers were observed
- Higher rates of digestive disorders and a gradual breakdown of the systems of elimination were observed.

I will finish blabbing on this topic with the following information from a summary of Russian investigations published by the *Atlantis Raising Educational Center in Portland, Oregon*:

- Carcinogens were formed in virtually all foods tested.
- Microwaved meats caused formation of a well known carcinogen
- Milk and cereal grains converted some of their amino acids into carcinogens
- Thawing frozen fruits converted their glucoside and galactoside containing fractions into carcinogenic substances
- Extremely short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens
- Of course there was decreased nutritional value (60-90%).

There is much more information on this topic which you can research to help you decide whether you even risk using





