

HIDDEN HAZARDS OF MICROWAVE COOKING ~~~~~

Dr. Lita Lee of Hawaii reported in the December 9, 1989 *Lancet*:

"Microwaving baby formulas converted certain trans-amino acids into their synthetic cis-isomers.

Synthetic isomers, whether cis-amino acids or trans-fatty acids, are NOT biologically active.

Further, one of the amino acids, **L-proline, was converted to its d-isomer, which is known to be neurotoxic (poisonous to the nervous system) and nephrotoxic (poisonous to the kidneys).**

It's bad enough that many babies are NOT nursed, but now they are given fake milk (baby formula) made even more toxic via microwaving."

Carcinogens in microwaved food

In Dr. Lita Lee's book, *Health Effects of Microwave Radiation - Microwave Ovens*, and in the March and September 1991 issues of *Earthletter*, she stated that every microwave oven leaks electro-magnetic radiation, harms food, and converts substances cooked in it to dangerous organ-toxic and carcinogenic products. Further research summarized in this article reveal that microwave ovens are far more harmful than previously imagined.

From the conclusions of the Swiss, Russian and German scientific clinical studies, we can no longer ignore the microwave oven sitting in our kitchens. Based on this research, we will conclude this article with the following:

- 1). Continually eating food processed from a microwave oven causes long term - permanent - brain damage by "shorting out" electrical impulses in the brain [de-polarizing or de-magnetizing the brain tissue].**
- 2). The human body cannot metabolize [break down] the unknown by-products created in microwaved food.**
- 3). Male and female hormone production is shut down and/or altered by continually eating microwaved foods.**
- 4). The effects of microwaved food by-products are residual [long term, permanent] within the human body.**
- 5). Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.**

6). The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.

7). Microwaved foods cause stomach and intestinal cancerous growths [tumors]. This may explain the rapidly increased rate of colon cancer in America.

8). The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.

9). Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and blood serum alterations.

10). Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

THE HIDDEN HAZARDS OF MICROWAVE COOKING

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The following information is copied from a recent article. Is it possible that millions of people are ignorantly sacrificing their health in exchange for the convenience of microwave ovens? Why did the Soviet Union ban the use of microwave ovens in 1976? Who invented microwave ovens, and why? The answers to these questions may shock you into throwing your microwave oven in the trash.

Over 90% of American homes have microwave ovens used for meal preparation. Because microwave ovens are so convenient and energy efficient, as compared to conventional ovens, very few homes or restaurants are without them. In general, people believe that whatever a microwave oven does to foods cooked in it doesn't have any negative effect on either the food or them. Of course, if microwave ovens were really harmful, our government would never allow them on the market, would they? Would they? Regardless of what has been "officially" released concerning microwave ovens, we have personally stopped using ours based on the research facts outlined in this article.

The purpose of this report is to show proof - evidence – that microwave cooking is not natural, nor healthy, and is far more dangerous to the human body than anyone could imagine. However, the microwave oven manufacturers, Washington City politics, and plain old human nature are suppressing the facts and evidence. Because of this, people are continuing to microwave their food - in blissful ignorance - without knowing the effects and danger of doing so.