
HOME PAGE	SUBS INFO	BACK ISSUES	PRODUCTS LIST	ORDER FORM
-----------	-----------	-------------	---------------	------------

The Hidden Hazards of Microwave Cooking

Recent research shows that microwave oven-cooked food suffers severe molecular damage. When eaten, it causes abnormal changes in human blood and immune systems.

Not surprisingly, the public has been denied details on these significant health dangers.

Extracted from NEXUS Magazine, *Volume 2, #25* (April-May '95).
PO Box 30, Mapleton Qld 4560 Australia. nexus@peg.apc.org
Telephone: +61 (0)7 5442 9280; Fax: +61 (0)7 5442 9381
From our web page at: <http://www.peg.apc.org/~nexus/>

Originally printed from the April 1994 edition of *Acres, USA*.
PO Box 8800, Metairie, Louisiana, 70011 USA
Telephone: (504) 889 2100; Fax: (504) 889 2777

Back in May of 1989, after Tom Valentine first moved to St Paul, Minnesota, he heard on the car radio a short announcement that bolted him upright in the driver's seat. The announcement was sponsored by Young Families, the Minnesota Extension Service of the University of Minnesota: "Although microwaves heat food quickly, they are not recommended for heating a baby's bottle," the announcement said. The bottle may seem cool to the touch, but the liquid inside may become extremely hot and could burn the baby's mouth and throat. Also, the buildup of steam in a closed container such as a baby's bottle could cause it to explode. "Heating the bottle in a microwave can cause slight changes in the milk. In infant formulas, there may be a loss of some vitamins. In expressed breast milk, some protective properties may be destroyed." The report went on. "Warming a bottle by holding it under tap water or by setting it in a bowl of warm water, then testing it on your wrist before feeding, may take a few minutes longer, but it is much safer." Valentine asked himself: If an established institution like the University of Minnesota can warn about the loss of particular nutrient qualities in microwaved baby formula or mother's milk, then somebody must know something about microwaving they are not telling everybody.

A LAWSUIT

In early 1991, word leaked out about a lawsuit in Oklahoma. A woman named Norma Levitt had hip surgery, only to be killed by a simple blood transfusion when a nurse "warmed the blood for the transfusion in a microwave oven"! Logic suggests that if heating or cooking is all there is to it, then it doesn't matter what mode of heating technology one uses. However, it is quite apparent that there is more to 'heating' with microwaves than we've been led to believe.