**Microwave Cooking Affects Your Blood!**

By Tom Valentine

 Is it possible that millions upon millions of people are ignorantly sacrificing robust health, vitality and longevity on an alter of convenience? Like the moth to the flame are we being inexorably drawn to our own destructive by “the quick and the easy?”

 I sense that we have an attitude problem in America.

 For example, microwave ovens are so convenient, so energy efficient, that few homes, or restaurants are without them. It’s quite apparent that people generally believe whatever microwave ovens do to the foods cooled in them doesn’t really” hurt.

 Or does it?

 But all those microwave ovens sold during the past several years have been good for the economy. And, after all, if microwave opens are were “really” harmful, our government would not allow them on the market—now would they?

 Wouldn’t they?

 The evidence says government does what big business wants. The point of this feature is to produce the evidence that microwave cooking is not natural and not healthful and is most likely more harmful than we might imagine. However, the evidence is being suppressed by the powers inherent in modern economy, modern politics, and plain old human nature. People are microwaving along in blissful ignorance. Yes, we do have an attitude problem.

For instance, consider the plight of this person who is in charge of a health food cooperative delicatessen. That’s right, a “health food” store deli, This is a modern store with organic produce, vitamin and mineral supplements galore, bulk seeds and grains etcetera—all the trappings of better health and vitality. **This health food co-op is very much opposed to the irradiation of foods**, and politically they are environmental extremists—cognizant that even a tiny amount of toxic wasted can be harmful to people and their planet. However, when it came to the purchase of a microwave oven for this health food counter—the deli manager wrote the following:

 “I know this is a controversial, personal issue for some of us and therefore I am addressing the concerns here as best as I can...

 “The microwave oven was purchased to replace the large Lincoln Impinger oven that originally resided in the deli. This oven was a huge electrical energy waste. For the amount of energy and time it took just to heat up one sandwich, it wasn’t cost effective to use it. It also made too much noise, to the point of not being able to hear customer’s requests across the counter. Therefore, we sold it.”

 She then rationalized in detail the cost and energy use reasons that the co-op even considered buying the controversial oven, and she agonized over how difficult it was to turn to the microwave as the only practical solution. Finally she wrote, and you must forgive the unedited writing in the name of accuracy: “Microwave is not the same irradiating food. They use completely different waves of energy and at different intensities. No studies have proven proper microwaving techniques to be harmful, but we all know that the validity and intentions of studies can be limiting, and later proven inaccurate. Therefore, who are we to believe and what criteria do we sue to decide? Being that facts indicate that microwave doesn’t leak into the environment when properly used by inspected equipment, the decision falls into your lap as a consumer as to whether or not you choose to buy a sandwich heated by a microwave.”

 Yes, indeed: who are we to believe?

 And so it is, in one American health food store an important decision is dumped in the laps of the consumers. Ironically, even the McDonald’s fast junk outlets had refused for years to go to microwave ovens. Unfortunately, McDonald’s did not reject microwave ovens because they are aware of any potential for health and digestive problems, but because the microwaves do not cook evenly enough for certain products. In fact, McDonalds is now suggesting that they will have a product that can be prepared in a microwave and is lifting their self-imposed ban on them.

 What are the facts about microwave cooking?

 Years ago, when I was still in the common fog of majority American opinion and thought, Carole rejected the notion of cooking with microwaves simply because to her the end result—the nutrition of the food being cooked—is the only thing that’s important, and she intuitively distrusted the “inside out” cooking that was not said to be “suitable” for certain foods. That wonderful “woman’s intuition,” bolstered by common sense, told her that there was no way microwave cooking could be natural and excellent—convenient maybe—but never excellent—convenient maybe—but never excellent nor natural.

 Others felt the same way, but they were a pitiful minority back in the era when microwaves first overwhelmed the market. Being a man who had come to respect his wife’s wisdom, I joined he minority who believed that microwave cooking was nothing more than **another additive to our denatured nutrition**. Call it conviction without evidence.

 After all, no clinical studies had been had been done on what microwaved food might do to human metabolism. In fact there has only been one serous study of the effects of microwaved nutrients on the physiology of the eaters and that’s teh eventual point of this feature. The study has caused a minor tempest in Switzerland—the “establishment” did not like the results one bit. But, we get ahead of ourselves.

 Back in May of 1989, after we had first moved to St. Paul Minnesota, I heard on the car radio a short announcement that bolted me upright in the driver’s seat.

 The announcement was sponsored by Yound Families, the Minnesoat Extension Servie of the Univerisity of Minnesota: “Although mivrowaves heat food quickly, they are not recommended for heating a baby’s bottle.

 “The bottle may seem cool to the touch, but the liquid inside may become extremely hot and could burn thebaby’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 infanct formulas, there may be a loss of some vitamins. In expressed breast milk some protective properties may be destroyed. (emphasis mine)

 “Warming a bottle by holding in under tap water or by settingit 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.”

 What was that? My reasoning on the spot went as follows: If and established instituation 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.

 Then in early 1991 wod leaked out about a lawsuit in Okhahoma where a woman named Norma Levitt had hip surgery only to be killed by a simple blood transfusion when a nurse “warmed ther blood for the transfusion in a microwave oven!”

 Logic tells us 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. Blood for transfusionsis routinely warmed. But not in microwave ovens! In the case of Mrs. Levitt, the microwaving altered the blood and it killed her.

 Does it not therfore follow that thisfrom of heating does, indeed, do “something different” to the substances it heats? Well, then, it it not prudent to determine what that “something different” to the substances might do to humans ingesting the substances heated or cooked in a mircrowave? A funnyu thing happened on the way to the bank with all that microwave oven revenue—nobody thought about the obvious. Well, nobody who had any clout thought about it. Only “health nuts” who are constantly aware of the value of quality nutrition, and the wide-spread “denaturing” of your sustencance.

 Enters Hans Hertel, a scientist whose mircowae experiement helped encourage me to make a detailed investigative trip to germany and Switzerland in 1992. Dr. Hertel lives in the tiny town of Wattenwil, near Basel in Switzerland.

 He is a scientist who is alarmed at the lack of purity and naturalness in the many pursuits of modern manking. He worked as a food scientist for many years with one of the many major Swiss food companies that do business on a global csale. A few years ago he was fired from his job for questioning certain processing procedures tha tdenatured the food.

 “The world needs our help,” Hertel told me as we shared a fine mean at a resort hotel in the tiny alpine village of Todtomoos, Germany. “We scientsis, carry the main responsiblity for the present unacceptable conditions. It is, therefore, our job to correct the situation and bring the remedy to the world. I am striving to bring man and techniques back into harmony with nature. We can have wonderful technologies without violating nature.”

 Heertel is an intesnse man-driven by personal knowledge of violations of naute by corporated man and his state supported monopolies on science, technology and education. At the same time., as we talked his intensity shattered into a warm smile when he spoke of the ways things could be if manking’s immense talent were to work with nature and not against it.

 Dr Hertel is the first scientist to conceive and carry out a quality clinical study on the efects of microwaved nutrients on the blood and physiology of humans beings. This small, but well controlled study, pointed a firm finger of degenerative force at microwave ovens and the food produced in them. The conclusion was clear: microwave cooking changed the nutrients so that changes took place in the participants blood that were not healthy changes, but were changes that could cause deterioration in the human systems.

 Working with Dr. Bernard H. Blanc of the Swiss Federal Institute of Technology and the University Institute of Biochemisty, Hertel not only conceived of the study and carried it out, he was one of the eight participants.

 To control as many variables as possible, we selected eight individuals who were strict macrobiotic diet participants from the Macrobiotic Institute at Kientel, Seitzerland, “ Hertel explained. “We were all housed in the same hotel environment for eight weeks. There was no smoking, no alcohol and no sex.”

 One can readily see that this use of individuals on a macrobiotic diet protocol makes sense. After all, how could you tell about subtle changes in a human’s blood from eating microwaved food if smoking, booze, junk food pollution, pesticides, hormones, antibiotics and everything else in the common environment were also present?

 “We had one American, one Canadian and six Europeans in the group. I was the oldest at 64 years, the others were in their 20’s and 30’s,” Dr. Hertel added.

 In intervals of two to five days the volunteers in the study received one of the food variants on an empty stomach. The food variants were: (1) raw milk from a bio farm; (2) the same milk conventionally cooked; (3) pasteurized milk from Intermilk Berne; (4) the same raw milk cooked in a microwave oven; (5)raw vegetables from an organic farm; (6) the same vegetables cooked conventionally; (7) the same vegetables frozen and defrosted in the microwave; and (8) the same vegetables cooked in a microwave oven.

 Once the volunteers were isolated at the resort hotel the test began.