

# MICROWAVES

USING MICROWAVES CAN BE INCREDIBLY CONVENIENT, BUT THEIR SAFETY IS QUESTIONABLE. THE DECISION TO USE A MICROWAVE OR NOT IS ULTIMATELY UP TO YOU. IT'S THOUGHT BY SOME THAT MICROWAVES CAUSE PLASTIC CONTAINERS AND FOOD WRAP TO RELEASE TOXIC, CANCER-CAUSING CHEMICALS KNOWN AS CARCINOGENS.



## CONSIDER THE FOLLOWING WHEN CHOOSING WHETHER OR NOT TO USE A MICROWAVE:

- It's been proven that plastic releases endocrine disrupters when heated, possibly causing infertility, birth defects, and cancer.<sup>2</sup>
- It may be especially dangerous to cook fatty foods at high temperatures in plastic. Chemicals from the plastic easily migrate to oily, receptive foods.
- Some believe that microwaves lead to nutritional deficiency, a widespread condition in the Western world. The molecular friction that microwaves employ to heat food kills vitamins and phytonutrients. One study showed that cooking vegetables in the microwave destroys up to 97% of their nutrients.<sup>3</sup>
- Eastern theory says that microwaving disrupts the natural harmony of water molecules in food, leading to a disordered molecular pattern and disturbed internal balance.
- If you do choose to use a microwave, consider heating food in glass or ceramic dishes with lids – and always make sure they're labeled "microwave safe."

## THE BOTTOM LINE IS THAT MICROWAVES MAY CONTRIBUTE TO THE WIDESPREAD EPIDEMIC OF OVERFED, UNDER-NOURISHED PEOPLE.

Microwaving may destroy nutritional content of food while maintaining calories, leading to rampant deficiencies in many macro and micronutrients. Some believe that microwaves increase the risk of liver problems, depression, kidney failure, cancer, and heart disease. Weigh out your own personal pros and cons and make a choice for yourself.

Some quick alternatives to microwaving include reheating your food in the toaster or regular oven and on the stovetop in a pan with a little olive oil and/or water to prevent sticking. Remember, eating nutritious food cooked in the microwave is better than not eating nutritious food at all!

1. *The Hidden Hazards of Microwave Cooking* <http://geti.in/1ucheX2>
2. *Does Plastic in Microwave Pose Health Problems?* <http://geti.in/1fZoqkl>
3. *Microwave Ovens Destroy the Nutritional Value of Your Food* <http://geti.in/SQNzqC>