

The article below has been published for years at infonu.nl but at a certain moment it was taken off because it would not be consistent with the facts. However, I have only used facts to write this article.

# SCIENTIFIC EVIDENCE SHOWS MICROWAVE FOOD IS UNHEALTHY

The microwave is in the majority of western or wsternized households. Almost every restaurant uses it. You might think that it is in full use, so it will be well researched. That assumption turns out to be disappointing. The microwave was only examined by microwave manufacturers until a few years ago. They have an interest in telling a positive story about the microwave; this is a conflict of interest. All investigations by microwave manufacturers must be thrown in the trash. Only independent research counts. Independent examination wipes the floor with the microwave.

*Dr Hertel: There are more leukocytes in the blood of people who have eaten food that has been in the microwave.*



## Food quality falls drastically

Scientific research shows that B12 in meat, milk and cheese is changed into inactive B12 by microwave radiation. In other words, the nutritional value of the food decreases. Another method to use the microwave is to heat takeaway meals. It turns out that plastic 'delivers' from the boxes and ends up in the food. Plastic is a toxin for humans. Microwave food is poisoned in this way. People who eat a lot of microwave food get angry faster and suffer from hot flashes. They are restless, more in stress; that is because the structure of the food changes and the vibrational frequency of the molecules is increased by the microwave process; that is worrisome in the body.

## Do not heat up baby milk!

In the package leaflet of a microwave you can read that you definitely can not use it to give a baby the bottle. The reason is that the microwave heats up very unevenly. The reality is that in the early days of the microwave, babies died or became seriously ill with a baby bottle that had been warmed up in the microwave. In these researches it is assumed that the mothers didn't check the heat of the milk, which seems almost impossible to many people. It looks more like the milk is changed in molecular structure so that some substances change into a toxic substance. People do not die like that, but infants do. Remember that if it is fatal for a baby, it is not good for the adult.

## Ban on microwaves

In 1976 the microwave was banned in the Soviet Union. There were only medical reasons for this prohibition. One of the reasons was that microwave foods cause degeneration in the human brain. Another reason was that 'life energy' from people and animals eating microwave foods fell sharply. In addition, hormone production in women and men decreased significantly after a microwave meal. During the perestroika time the ban was lifted, as a welcome to the west and its industries. Perestroika means in this case: to allow dubious cooking methods within the Russian borders.

## Microwave, failed invention of the nazis

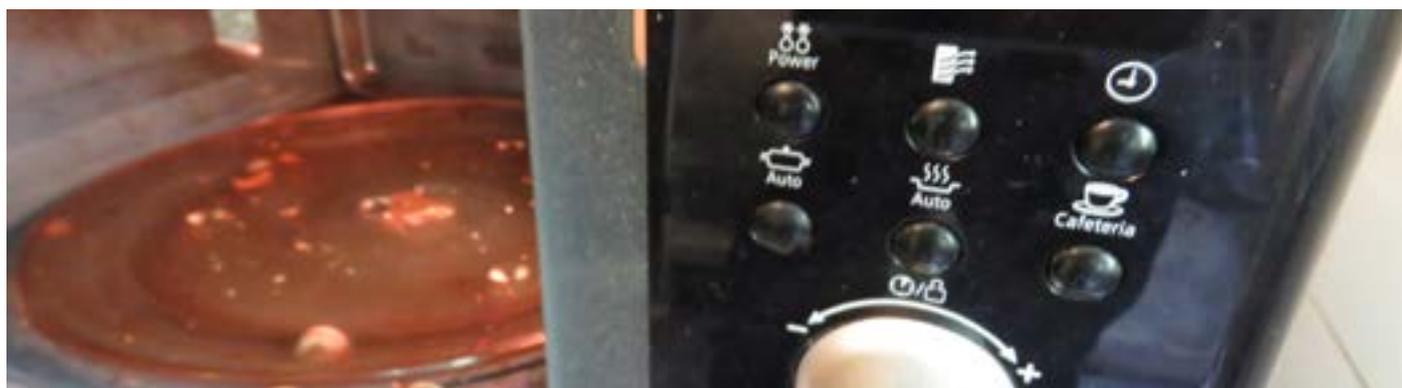
The nazis invented the microwave. They were looking for a quick way to warm up the food. The microwave is set in the eastern front, where the Germans had major problems. Perhaps, consuming microwave food was partly responsible for the failure of the German army to invade Russia. The professional German army was defeated by healthy eating Russian patriots. The German army stopped using the microwave after they left Russia.

## Microwave and blood transfusion

Another fact that shows microwave ovens are bad occurred in 1991. A patient in a hospital in Oklahoma needed blood transfusion. A blood transfusion is a simple procedure that happens millions of times a year. This time Mrs. Levitt died of the transfusion. Later it turned out that a nurse has put a bag of frozen blood in the microwave. That was enough to change the blood cells so that the body sees it as a toxin. Blood heating is normally done in a device other than a microwave.

## Dr. Hertel

Dr. Hertel is a Swiss doctor who did an independent scientific research on microwave ovens. He published his results in 1991. There are more leukocytes in the blood of people who have eaten food that has been in the microwave. Leukocytes are white blood cells that play a role in the immune system. In other words, the body



triggers the immune system to apparently eliminate toxins. Dr. Hertel saw that the cells switch to a different way of breathing; a sort of emergency mechanism. Normally, a cell produces water and carbon dioxide but after eating microwave foods it produces hydrogen peroxide and carbon monoxide, two toxic substances. No wonder that at the same time the immune system is activated to combat these pathogenic substances.

Dr. Hertel was by no means greatly welcomed for publishing his research; he was blackened and even ended up in jail for five years. He threatened to become a martyr and was finally released by the European Commission of Human Rights. In Switzerland too, you can not lock up in a scientist forever, for researching facts that are difficult to accept.

### **Reverse direction of rotation of molecules**

Some studies have been carried out on doors that have been closed badly, old microwave ovens that would leak more, and other unsafe use of microwave ovens. These studies completely ignore the dangers of the heating method itself. Microwaves change the direction of rotation of molecules. That is the main reason that food from microwave ovens loses its vitality value. The direction of rotation of molecules brings us to a plane where science has rarely done research. From quantum mechanics we know that every particle has its own rotation which contributes to the properties of the particle. Changing these rotations and giving the result to the public without examining the effect seems to be creating a major risk for consumers, if not, a crime against humanity. All substances vibrate, and especially living matter. By changing the direction of rotation of molecules, living food changes its vitality and can be considered "dead food". The energy value is immediately destroyed. It is time that more research is done in this area, especially when this research might lead to acknowledging the dangers of the microwave.

### **Lack of research**

No fundamental research is being done that elaborates on Professor Hertel's discoveries. Comparative studies are carried out looking at how many nutrients in different forms of heating. However, it is not so much about the amount of nutrients but about their quality.

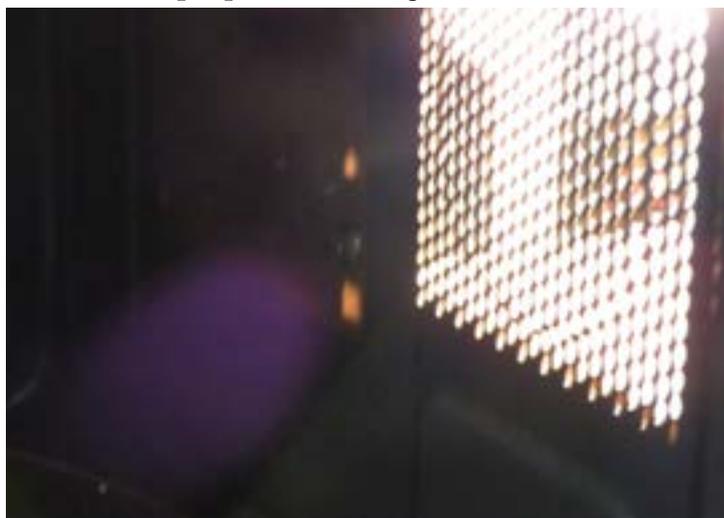
### **How do we assimilate food?**

The bottom line is that no research has been done into the biochemical effect of different forms of heated food on humans. You could think of a research setup in which vitamins and minerals are measured in the blood before and afterwards. Then science gets an idea about how nutrients assimilate. Other research shows that synthetic vitamins and natural vitamins are assessed, treated and assimilated by the body in a very different ways. In fact, synthetic substances like vitamin C are a lot worse to assimilate than the natural original substances, which carry the same names. The same could be the case with microwave foods. It could be that a microwave meal shows a different intake of vitamins and minerals.

### **To future scientists**

Science should be performed independently and without bias. It could be that the properties of the blood are greatly changed by microwave foods. That can be measured scientifically. You, new scientists, should measure leukocytes in the blood, after consuming a microwave meal. Also, people have the right to know what kind of health improvements or deceptions there are when people eat microwave food on a regular base, over a long period of time. Unfortunately, scientific research is not yet that far reaching. Still in 2019, there is no general picture of how food types and methods of preparation affect humans, body cells, and their organs. Therefore, there is no rational way of knowing how food can be offered most efficiently and healthily.

After 200 years of modern science we might notice that the emphasis of science and inventions lies outside of us, maybe we should research ourselves more.



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