



Why Russians Ban Microwave Ovens

By Joseph Mercola

By now, you probably know that what you eat has a profound impact on your health. The mantra, “You are what you eat” is really true. But you need to consider not only WHAT you buy, but *how you cook it*.

When it comes to microwave ovens, the price for convenience is to compromise your health. Microwaves heat food by causing water molecules in it to resonate at very high frequencies and eventually turn to steam which heats your food. While this can rapidly heat your food, what most people fail to realize is that it also causes a change in your food’s chemical structure. Microwaving distorts and deforms the molecules of whatever food or other substance you subject to it. An example of this is blood products.

Blood is normally warmed before being transfused into a person. Now we know that microwaving blood products damages the blood components. In fact, one woman died after receiving a transfusion of microwaved blood in 1991, which resulted in a well-publicized lawsuit.

“Hot spots” caused by microwaving means NOT using the microwave to heat up baby bottles, since babies can be burned by super-heated formula that went undetected.

Another problem with microwave ovens is that carcinogenic toxins can leach out of your plastic and paper containers/covers, and into your food. In addition, the January/February 1990 issue of *Nutrition Action Newsletter* reported the leakage of numerous toxic chemicals from the packaging of common microwavable foods, including pizzas, chips and popcorn. Chemicals included polyethylene terphthalate (PET), benzene, toluene, and xylene. Microwaving fatty foods in plastic containers leads to the release of dioxins (known carcinogens) and other toxins into your food.

One of the worst contaminants is BPA, or bisphenol A, an estrogen-like compound used widely in plastic products. In fact, dishes made specifically for the microwave often contain BPA, but many other plastic products contain it as well.

Make sure that, if you are going to use your microwave for cleaning sponges or for any use at all, regularly examine the door and hinges to make sure they are sealing properly. If the door doesn’t close correctly, or if it’s warped, bent, or otherwise damaged, don’t use it at all!

Since your eyes are known to be particularly susceptible to microwave radiation (high microwave exposures are known to cause cataracts), I recommend stepping away from your microwave while it’s in use.

A recent study examining the effects 2.4 GHz radiation (which is the frequency of radiation emitted by Wifi routers and microwave ovens) on the heart was just completed. The study found “unequivocal evidence”

that microwave frequency radiation affects the heart at non-thermal levels that are well below federal safety guidelines, according to Dr. Magda Havas of Trent University.

Dr. Havas says: *“This is the first study that documents immediate and dramatic changes in both heart rate and heart rate variability caused by an approved device that generates microwaves at levels well below (0.3 percent) federal guidelines in both Canada and the United States.”*

No longer can skeptics claim that microwaves produce no immediate biological effects at ordinary household levels! The study will be appearing in a peer-reviewed journal sometime during the summer of 2010.

There is also evidence that this same frequency of radiation causes blood sugar to spike in susceptible individuals and may actually be the cause of one type of diabetes.