

## **Hello from Cyndi at Changing Habits**

I've just arrived back from America, I had ten days visiting the Midwest, where I went to Book Expo America 2004 in Chicago. If you are an avid reader I recommend this Expo. Every publisher from around the world was there giving away their latest releases. If I'd had a larger suitcase I would have picked up so much more. I was fortunate to be in the audience when Past US President Bill Clinton addressed the Book Expo about his memoirs. Apart from the excitement of the expo I had a close look at the diet and food of the people. We are fortunate to live in a country with so much good food, organic produce and real food.

The week I was in the US, Time Magazine produced a special report on obesity in America. The conclusion was that the problem had to be tackled from all levels; individual, school, community and government. While I agree entirely I don't think that it would be prudent to wait for all these departments to get their act together, which means that the problem at present lies with the individual and the family.

The newsletter this month reflects another change that can be made in order to not only tackle the problem with obesity but with our health. In my opinion it is our health that we need to be more concerned with and once we have our health, there is no weight to be seen.

## **Happy Changing Habits**

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### ***Microwaves – to use or not to use?***

Modern day technology has changed the world our grandparents knew. We have so many things in our lives that save time: washing machines, dishwashers, cars, ovens, microwaves and this list goes on.

I have to ask, if all these time saving devices are in use why is it that everyone is so busy, and we don't have the time of day to stop and chat or help out a friend? People are so busy that they accept information as fact and don't question the authorities on matters such as technology, safe fuels, safe foods, and safe medicines.

The use of microwaves and their safety is one area where complacency is rampant.

I have never felt good about microwaves, although I have used them on occasion but with trepidation. I'd heard rumours of the dangers of microwave ovens but it

wasn't until I read the research that I knew my instincts were right. Here is some of the information I discovered. I hope it will make you think twice about using your microwave.

In general, people believe that a microwave oven doesn't have a negative effect on them or the food they cook. Of course, if microwave ovens were really harmful, our authorities and government would never allow them on the market, would they?

### **How does a microwave oven work?**

Microwaves are a form of electromagnetic energy, like light waves or radio waves. In our modern world, microwaves are used to relay long distance telephone signals, television programs, and computer information across the earth or to a satellite in space. But the microwave is most familiar to us as a way of cooking food.

Every microwave oven contains a magnetron, a tube in which electrons (particles of matter) are affected by magnetic and electric fields producing micro wavelength radiation. This microwave radiation interacts with the molecules in food.

All wave energy changes polarity from positive to negative with each cycle of the wave. In microwaves, these polarity changes happen millions of times every second. As the microwaves generated from the magnetron bombard the food, they cause the molecules to rotate at the same frequency, millions of times a second.

Put simply, all this agitation creates molecular "friction", which heats up the food. This unusual type of heating also causes substantial damage to the surrounding molecules, often tearing them apart or forcefully deforming them.

Let's look at some of the damaging evidence regarding the microwave oven. Heating a baby's bottle in a microwave can cause slight changes in the milk while there may be a loss of some vitamins in infant formulas. In expressed breast milk, some protective properties may be destroyed.

Microwaving baby formulas converted certain trans-amino acids into their synthetic cis-isomers, which in plain English means that it makes the amino acids biologically inactive, therefore unavailable to the body.

Furthermore; the amino acid proline is converted into a poison that is toxic to the baby's nervous system and kidneys. It's bad enough that many babies are not breast fed, but now they are given man-made milk (baby formula) made even more toxic by microwaving.

In 1991, there was a lawsuit in the US concerning the hospital use of a microwave oven to warm blood needed in a transfusion. The case involved a hip surgery patient who died from a simple blood transfusion.

It seems the nurse had warmed the blood in a microwave oven. Blood for transfusions is routinely warmed, but not in microwave ovens. In this case the microwaving altered the blood and it killed the patient.

Dr Hans Hertel, a food scientist, along with Dr Bernard Blanc, studied the effects of food heated in a microwave on blood components of individuals. Significant

changes were discovered in the blood samples. There was a decrease in all hemoglobin and a change in cholesterol values, especially the ratio of HDL and LDL values and lymphocytes (part of the immune system) showed a distinct short-term decrease following the intake of microwaved food. In other words, heating food with a microwave oven compromises the immune system.

By the way, Dr Hertels was so vocal about this experiment that in 1993 there was a gag order put on him by the association of manufacturers of microwave ovens to stop him revealing more information about the dangers of microwaves. The gag order was lifted in 1998.

**Put simply, microwaves change food.**

By using plastic in a microwave you compound the negative effects of microwave cooked food with the toxins from the plastic, including; xeno-estrogens being leached out into the food from the plastic.

I may be old fashioned in my thoughts on diet and technology, but it seems in the long run those old fashioned actions may just be the saving of human health. Now that you have this information, it is up to you to change your microwave habit.