

Ok, she warned you...
I have touched on this topic briefly,
but seeing that many of you are benefiting from good healthy choices, I thought
I would dive into this topic, MICROWAVES.

David and I had been in class 1 week in Nutrition, when we attended a lecture on microwaves
the very next day we got rid of it! And we don't miss it at all...OK, truthfully, we did the first week.

Like many of you I think we purchased our first microwave in the late 70's they were
huge then...Through the years as the more efficient and less expensive models
came out, we would get a new one and shell out the older models to the kids...

Stop using a microwave, you will lose weight!

We were asked to do this experiment...Take 2 little plants with new soil and add 2 seeds
to each one...One, you will water with tap water, the other with microwave
water that you boiled and cooled..

Results are the one with the tap water will germinate the seed, the other nothing...
Even though H₂O is made up of 1 Hydrogen and 2 Oxygen bonds, they are easily broken
and destroyed by some micro waves....mmmmmm

What does this do to all the food we eat? **Simple**, it destroys all nutritional content,
minerals, vitamins, chains of amino acids, destroyed completely.

Let's dive into this a little deeper now...Since our body requires nutrients
to build and repair tissue, and we do not get those nutrients as they are destroyed
in microwaves....mmmmm let's see now...we will continue to have bouts
of hunger pains to the point where we can starve ourselves to death....

Did you know that obese people are doing just that, and guess where most
of their meals are eaten?

Our complex bodies will keep craving food till it obtains the necessary nutrients
to function at an optimal balance...If you are not eating raw and whole foods
the enzymes that you require to digest food will keep you craving endlessly...

That is another reason why we have such an obesity epidemic today..
The majority of fast food chains and restaurants microwave their food
and within an hour, we are hungry again....NO nutritional content
hence, cycle behaviour all over again..Blood sugars rise, fall, rise fall...

Still with me...?

mmmm

Before I touch on the rest of my research and studies... HOW ABOUT THIS?

Microwaving babies milk and formulas destroys the nutritional content
but also puts your babies at risk...Foods and milk do not heat up evenly,
you can shake some milk on your wrist and it seems fine, but you give
your baby the bottle and the milk is heated unevenly, and can scald
their oesophagus!...

Do what we did years ago...put bottle in boiling water and set aside
for a few minutes...MILK will still have it's vital nutrients in tact and less concern for injury...

I know, when you know better you do better~

These are notes right from our class, this is when both David and I
felt the time had come to rid our microwave for good..

We both lost 8-10 lbs within 3 months..~

Continually eating food processed from a microwave oven causes long term,
permanent, brain damage by 'shorting out" electrical impulses in the brain
(de-polarizing or de-magnetizing the brain tissue). There are over 131 studies to this effect ~

The human body cannot metabolize (breakdown) the
unknown by-products created in microwave food.
using any plastic in the microwaves leaches out estrogen causing estrogen
dominance which causes many unwanted side effects for men and women.

Male and female hormone production is shut down
and/or altered by continually eating microwave foods.

The effects of microwave food by-products are residual
(long term, permanent) within the human body.

Minerals, vitamins, and nutrients of all microwave food is reduced or altered
so that the human body gets little or no benefit, or the human
body absorbs altered compounds that cannot be broken down.

The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.

Microwave foods cause stomach and intestinal cancerous growths (tumors).

This may explain the rapid increased rate of colon cancer in America.

(take a look at the statistics on this one...we have never seen so many healthy YOUNG people being diagnosed with this cancer)

The prolonged eating of microwave foods causes cancerous cells to increase in human blood.


Continual ingestion of microwave food causes immune system deficiencies through lymph gland and serum alterations.

Eating microwave food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

MOST important.....

Decrease In Food Value — Microwave exposure caused significant decreases in the nutritive value of all foods researched. There was a decrease in bioavailability of B-complex vitamins, vitamin C, vitamin E, essential minerals and lipotropics in all foods, a loss of 60 to 90% of the vital energy field of all tested foods, and a marked acceleration of structural disintegration in all foods.

Final note, once we rid our home of microwaves we noticed immediately

two things...How to use our stove again  YES and foods tasted better, we had been eating microwave foods for so long, we forgot what a great egg, stew, popcorn...oh yes popcorn tasted like...I cook popcorn on the stove now, and it takes less time than the microwave and it is lower in calories...the other thing we noticed immediately was we seldom snack /..... Less cravings for the things we use to love to eat but knew was not good for us....

See that was not so bad was it? ...Helloooooooooooooo Stop using the microwave.

Author of I Want it all
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"DO WHAT YOU LOVE AND
PEOPLE WILL LOVE WHAT YOU DO"