Hidden Dangers of Cookware

Most people are aware of air pollution, water pollution and the dangers of household chemicals. Studies are now showing that certain cookware can also be polluting our bodies. Below are just some examples of how "traditional" cookware can be hazardous to you and your family's health.

Did you know 304, 18/8 & 18/10 stainless steel leach chromium and nickel, this leeching accelerates when heated over 120º farenheight - 49ºC.

**STAINLESS STEEL**
There are many grades of stainless steel. Regular stainless steel cookware is made from different alloys including scrap metal. "Most stainless steel sold in stores is of such a nature to allow chrome and nickel to bleed into the foods as the salts and acids of the food react with the pot." Dr. Shelton. For cleanliness and safety reasons, you food should be cooked on only high grade surgical stainless steel.

**CAST IRON**
Most porous of all metals. Grease can turn rancid in pores. Some people believe that they can get iron from a cast iron pot. The reality is that iron comes in a ferrous and a ferric form. Your body cannot assimilate the iron (ferric) from a cast iron pan.

**GLASS / ENAMEL COATED**
Poor heat distribution. Foods stick and burn. Contains lead. Lead can cause reproductive harm and learning disabilities. Prop. 65 If gas is unleaded, shouldn't our cookware also be free of lead?

**NON-STICK COATED / TEFLON**
Can scratch, chip and flake. "Exposure to Teflon resins at temperatures above 393ºF may produce a condition termed polymer fume fever characterized by flu-like symptoms such as chills, fever, body aches, nausea and occasional vomiting."

A chemical, C-8, used to make non-stick coated pans has been linked to birth
defects in humans to cancer in laboratory animals. The chemical is also present in
the blood for up to 4 years and can show up in breast milk. **ALUMINUM**

Very soft metal. Extreme chemical reaction between food and pan. "All Vegetables
cooked in Aluminum produce hydroxide poison which neutralizes digestive juices,
producing stomach and gastrointestinal trouble, such as stomach ulcers and
colitis." Dr. A. McGuigan's Report on Findings for the Federal Trade Comm. In
Docet Case No. 540 Washington, D.C.

**MICROWAVES**

**STAINLESS STEEL:**

Regarding the metal, most cookware sold in stores is an 18/10 grade of steel at
best. Because of the softness of this grade of metal, when heated, it expands and
the food sticks to the pan. You are then forced to cook with oil and the pan
becomes difficult to clean. In addition the natural acids and salts contained in our
foods can create a chemical reaction with ordinary cooking surfaces.

The cooking surface of Salamander® cookware is a 316L surgical stainless steel.
It is the highest grade of steel used in the cookware industry. It is perfect heating,
meaning you can cook without oil and its much easier to clean than regular
stainless steel. 316L is safe as it does not react with the natural salts and acids of
your food.

“The kind of steel used in most stainless steel cookware is not the best metal in
which to prepare foods. Most stainless steel cookware sold in stores is of such a
nature as to allow chrome and nickel to bleed out into foods as water and food
chemicals react with the walls of the vessels as they are heated. The chrome and
nickel salts are retained when ingested. They cannot be eliminated. They build up
and in time can create troublesome conditions”.

– Dr. Shelton’s Hygienic Review

Division of Science, Engineering and Technology, The Pennsylvania State
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Stainless steels are widely used materials in food preparation and in home and
commercial cookware. Stainless is readily attacked by organic acids, particularly
at cooking temperatures; hence iron, chromium, and nickel should be released
from the material into the food. Nickel is implicated in numerous health problems,
notably allergic contact dermatitis. Conversely, chromium and iron are essential
nutrients for which stainless could be a useful source. Home cookware was
examined by atomic absorption spectroscopy: seven different stainless utensils as
well as cast iron, mild steel, aluminum and enameled steel. The materials were
exposed to mildly acidic conditions at boiling temperature. Nickel was a major
corrosion product from stainless steel utensils; chromium and iron were also
detected. It is recommended that nickel sensitive patients switch to a material
other than stainless, and that the stainless steel cookware industry seriously
consider switching to a non-nickel formulation.

**NON STICK COOKWARE**
Hundreds of Toxic Chemicals Measured in Newborn Babies

Environmental Working Group (EWG) commissioned laboratory tests of 10 American Red Cross cord blood samples for the most extensive array of industrial chemicals, pesticides and other pollutants ever studied. The group found that the babies averaged 200 contaminants in their blood. The pollutants included mercury, fire retardants, pesticides and the Teflon chemical PFOA. In total, the babies' blood had 287 chemicals, including 209 never before detected in cord blood. (read article)

Criminal Probe for DuPont on Teflon Chemical?

19 MAY 2005 | DuPont was served Thursday with a subpoena from the Justice Department's environmental crimes unit requesting documents on a key Teflon chemical. DuPont has already agreed to pay up to $340 million in a civil settlement for Teflon pollution and is the subject of an EPA investigation into its coverup of studies of the chemical's health effects.

"This development gives some hope that DuPont will be held accountable for its contamination of virtually every American's bloodstream with this toxic Teflon chemical. A federal criminal probe should not be required to find out what a company knew and when it knew it regarding a product's contamination of people and the environment. It's a dramatic example of why we need a complete overhaul of the regulatory system for this industry."— EWG President Ken Cook

Manufacturers could alert consumers with a warning label

WARNING: At normal heating temperatures, Teflon and other non-stick coatings emit toxic gases and particles that can result in severe lung damage and death in birds, and can result in "flu-like" symptoms in humans, including sore throat, fever, chills, shortness of breath, tightness of the chest, malaise, headache, and cough.

Learn More about Teflon Dangers at EWG (click above)
Dangers of Teflon

The insidious dangers of non-stick coatings such as Teflon are now widely recognized in the Western world. Teflon is a member of a family of chemicals called Perfluorochemicals (PFCs). According to the Environmental Working Group, the nonprofit advocacy organization, which initiated the breaking of the Teflon story, “PFCs or C-8 virtually never break down in the environment and have been found to contaminate most of the U.S. population, including 92 percent of children tested to date.” Teflon itself is not PFOA, but PFOA is used to manufacture Teflon and is released into the air, along with other PFCs, when Teflon cookware is heated to cooking temperatures. DuPont and 3M have not been required by law to monitor or report emissions of PFOA, PFOS or other PFCs into air, water or landfills because the chemicals are completely unregulated so all emissions are legal. DuPont, 3M and other PFC manufacturers had ample indications decades ago that PFOA and other Perfluorochemicals contaminate the blood of the general U.S. population. Among the many chemicals that have been measured in the air when nonstick pans are heated are PFOA and other gases that scientists consider highly toxic. Although most people assume that chemicals in consumer products are thoroughly tested before they are sold, there is no legal requirement to test most chemicals for health effects at any stage of production, marketing, and use. Because of this, basic toxicology studies on Teflon and related chemicals are being conducted only now, fifty years after these chemicals went on the market. Under the Toxic Substances Control Act, chemical companies can continue making chemicals and putting new compounds on the market without conducting any studies of their effects on people or the environment. The federal Environmental Protection Agency announced June 2004 that it expects to take action soon against DuPont for failing to notify the agency of the chemical's potential risks to human health. The charge relates to a document that dates from the early 1980s, when the company found high levels of PFCs - C-8 in the blood of eight women who had recently given birth. Birth defects were reported in two of the babies.

The Government Fails to Study Teflon

The government has never rigorously studied the safety of Teflon pans. The Food and Drug Administration approved Teflon as a Food Contact Substance in 1960 after reviewing a hamburger frying study in which elevated levels of fluorinated compounds were found in the hamburger fried on Teflon. FDA judged these levels to be of little health significance. After a prominent Midwestern paper reported on cases of bird deaths and human polymer fume fever, the Consumer Product Safety Commission stated that the Commission would investigate only upon receiving a formal complaint with underlying data. CPSC failed to ban Teflon-coated drip pans, which can reach 1000°F, even after well-publicized poisoning incidences.

Teflon toxicosis is deadly to pet birds are we at risk? In two to five minutes on a conventional stovetop, cookware coated with Teflon and other non-stick surfaces can exceed
TEFLON has been hugely successful for DuPont, which over the last half century has made the material almost ubiquitous, putting it not just on the frying pans but also on carpets, fast food packaging, clothing, eyeglasses and electrical wires – even the fabric roofs covering football stadiums.

Now DuPont has to worry that Teflon and the materials used to make it have perhaps become a bit too ubiquitous. Teflon constituents have found their way into rivers, soil, wild animals and humans, the company, government environmental officials and others say. Evidence suggests that some of the materials, known to cause cancer and other problems in animals, may be making people sick.

While it remains one of DuPonts most valuable assets, Teflon has also become a potentially huge liability. The Environmental Protection Agency filed a complaint last month charging the company with withholding evidence of its own health and environmental concerns about an important chemical used to manufacture Teflon.

That would be a violation of federal environmental law, compounded by the possibility that DuPont covered up the evidence for two decades. DuPont contends that it met its legal reporting obligations, and said that it plans to file a formal response this week.

If an E.P.A. administrative judge does not agree, the agency could fine the company up to $25,000 a day from the time DuPont learned of potential problems with the chemical two decades ago until Jan 30, 1997, when the agency's fines were raised, and $27,500 a day since then. The total penalty could reach $300 million. The agency is also investigating whether the suspect chemical, a detergent like substance called perfluorooctanoic acid, is harmful to human health, and how it has become so pervasive in the environment. The chemical which is more commonly known as PFOA or C-8, for the number of carbon atoms in its molecular structure has turned up in the blood of more than 90 percent of Americans, according to samples taken from blood banks by the 3M Company beginning in the mid-90's. Until it got out of the business in 2000, 3M was the biggest supplier of PFOA. DuPont promptly announced it would begin making the substance itself.

The E.P.A. is auditing 3M to determine if there were any civil violations of environmental law involving its chemically related products, Cynthia Bergman, a spokeswoman for the agency, said. The E.P.A.'s action on July 8 prompted the Chinese government to begin its own study on the safety of Teflon, and some stores there pulled Teflon coated pans from their shelves, the government run China Daily newspaper reported.

SOME people who live in or near Parkersburg, W.Va., where DuPont has manufactured Teflon for 50 years, are not waiting for some studies. Thousands of
them have joined in a class action suit filed in Wood County, W.Va., Circuit Court against the chemical maker, which they charge knowingly contaminated the air, land and water around the plant for decades without informing the community. The chemical has been found in the public drinking water at levels exceeding a longtime internal guideline considered safe by DuPont. The trial is scheduled to begin next month.

Can Teflon make you sick?

Teflon, one of the most popular non-stick pan products, can emit fumes that make you sick if it is allowed to get hot enough. According to ABC News, the makers of Teflon have known about the problems for years. To learn about the health problem, ABC News went to the kitchen with members of the Environmental Working Group. They say that when a Teflon coated pan reaches 554 degrees, ultra fine particles start coming off the pan. The particles can imbed in the lungs and lead to "Teflon Flu."

The illness causes flu like symptoms, including headache, backache, and a temperature between 100 and 104 degrees. The hotter a Teflon pan gets, the more chemicals are released and at 680 degrees, six toxic gases can begin to come off of heated Teflon. The Teflon flu is something DuPont has known about for years and with normal cooking, pans don't get hot enough to present a problem.

In a test done by ABC News, a piece of bacon was just beginning to get crisp when a Teflon pan went past the initial danger point of 500 degrees -- the temperature DuPont says is never exceeded under normal cooking conditions at home. The federal government is now conducting an urgent review of the chemical involved in making Teflon for possible long term harm.

U.S. Urged to Put Warning Labels on Teflon Cookware

Source: Reuters, Published: May 15, 2003 — The Environmental Working Group asked the Consumer Product Safety Commission to require manufacturers of cookware to place warning labels on their products that caution consumers of the potential health risks of the non-stick coating. According to a study by the advocacy group, pots and pans coated with Teflon could reach 700 degrees Fahrenheit (370 C) in 3-5 minutes, releasing 15 harmful gases and chemicals, including two carcinogens.

The advocacy group also said that internal documents from DuPont Co., which produces Teflon, indicated that toxic particles that can kill birds are produced at temperatures as low as 464 degrees (240 C).

"If Teflon fumes kill birds, what do they do to people?" said Jane Houlihan, a vice president with the Environmental Working Group who said consumers often exceed 500 degrees Fahrenheit (260 C) when they cook. To this day there have been no studies conducted that investigate the long term impact on humans. Teflon and other nonstick chemicals can produce flu like symptoms such as fever or shortness of breath, a condition called polymer fume fever.

"We know of no adverse conditions or long term affects associated with polymer fume fever, and if that were the case, we would have known about it and would
have reported it," said Cliff Web, a spokesman for DuPont. DuPont has acknowledged that cookware heated below 500 degrees is harmful to birds. Also company officials have said that it is not safe to use cookware in temperatures above 500 degrees.

Bird Death Diaries
Personal accounts from bird owners

Killed: Wild birds

Implicated in death: Fumes from cookware coating facility

In August 1996 the Canadian Cooperative Wildlife Health Centre (CCWHC) in Ontario, a collaboration of four university veterinarian colleges, investigated a report from the City of Scarborough Department of Public Health alleging an unusual number of wild bird deaths in an area bordering a cookware coating facility. Between July and October the CCWHC collected dead house sparrows, yellow-bellied sapsuckers, starlings, and mourning doves. They found a consistent pattern of lung congestion, edema and occasional hemorrhage among the dead birds, consistent with death from inhalation of PTFE fumes. The Department of Public Health attributed the bird deaths to fumes the factory, and negotiated a plan for emission reductions [16].

Killed: 80 to 100 wild birds

Implicated in death: Fumes from non-stick manufacturing facility

In 1997 scientists in England reported that 80 to 100 wild birds were found dead in a four-hour time span approximately 700 feet from an industrial plant in western England that coated sheet metal with non-stick paint containing PTFE. On the afternoon of the bird deaths, the plant had some problems that resulted in oven temperatures raised up to 880 degF (470 degC) to improve the coating of the sheet metal with the PTFE-containing paint. Wind direction was consistent with fumes travelling from the plant to where the dead birds were found. The authors write, "Most of the birds were found dead, but some were alive, gasping for breath, and died shortly afterwards" [15].

Killed: 14 pet birds

Implicated in death: Teflon-coated stovetop burner drip pans

A Chicago-area woman lost 14 birds within 15 minutes of preheating four burners on her electric stove while preparing Thanksgiving dinner. A local avian veterinarian found lung damage (necrotizing pneumonitis) in a post mortem
investigation, and upon questioning the bird owner in detail, attributed the deaths to fumes from new, Teflon-coated drip pans installed two weeks earlier [7][8]. Neither the Food and Drug Administration nor the Consumer Product Safety Commission has banned the use of PTFE coatings on drip pans, which DuPont studies show can approach 1000 degF during routine use. [17,18]

Killed: 107 chicks

Implicated in death: Teflon cookie sheet under over broiler

Chicago-area bird specialist Dr. Peter Sakas documented a case in which 107 chicks died after their owner put a Teflon cookie sheet under a broiler to catch drippings. [18].

Killed: All birds in a breeding operation

Implicated in death: Overheated Teflon pan

Dr. Robert Eckroade, director of the poultry pathology laboratory at New Bolton Center of the University of Pennsylvania School of Veterinary Medicine, reported a case he oversaw in which all the birds in two rooms of a breeding operation died after a Teflon pan in a home was overheated [17].

Killed: $2,000 pet bird

Implicated in death: Self-cleaning oven

Bird specialist Dr. Richard Nye of the Midwest Bird and Exotic Animal Hospital in west suburban Westchester oversaw a case in which a $2,000 bird died when the bird owner used the self-cleaning feature on a home oven. [17].

Killed: two pet birds

Implicated in death: non-stick pizza pan

Dr. Peter Sakas, a Chicago area veterinarian and bird expert, recounted a case in which an area woman lost a cockatiel and one other bird (species unnamed) while she heated pizza on a non-stick pan [17].

Killed: 14 pet birds

Implicated in death: Teflon cookie sheet used to bake bread

Dr. Sam Vaughn, an avian veterinarian specialist in Louisville, Kentucky, investigated a case in which 14 birds died within 30 minutes of their owner cooking bread on a Teflon cookie sheet and barely burning the bottom of the bread. The cookie sheets had been used before without incident. Dr. Vaughn’s autopsy of two of the 14 birds confirmed lung lesions that are a hallmark effect of PTFE toxicosis [19].
Scientists have found abnormally high amounts of aluminum, zinc, and other metals in brain tissue of people having Alzheimer’s. Many of the symptoms of aluminum toxicity mimic those of Alzheimer's disease and osteoporosis. Colic, rickets, gastrointestinal problems, interference with the metabolism of calcium, extreme nervousness, anemia, headaches, decreased liver and kidney function, memory loss, speech problems, softening of the bones, and aching muscles can all be caused by aluminum toxicity.

**Good advice:**

1. Do not cook or store food in aluminum containers.
2. Do not use aluminum foil in the process of cooking or storing food.
3. Don't use anti-perspirants because it almost always contains some form a aluminum (aluminum chlorohydrate, Aluminum Zirconium Tetrachlorohydrex, etc.). Use a natural deodorant instead. Remember, odor is caused primarily by bacteria. If you kill the bacteria, you eliminate the odor. I use a Tea Tree oil based deodorant and it works great.
4. Don't cook with food containing Aluminum. Check the ingredient list. Many grain based foods have aluminum added. Check cookies and cookie mixes, breads and bread mixes, baking power/soda, etc. I have even found aluminum in certain brands of coffee creamers (usually the dry powdered type).
5. Several medications contain high amounts of aluminum. Check "milk of magnesia" and other stomach/digestive related medications such as tums & rolaid.

**Warning – REPORT OF FINDINGS OF DR. H.A.MCGUIGAN FOR THE FEDERAL TRADE COMMISSION IN DOCKET CASE NO. 540, WASHINGTON, D.C.**

- Boiling water in aluminum produces hydroxide poison.
- Boiling an egg in aluminum produces phosphate.
- Boiling meat in aluminum produces chloride.
- Frying bacon in aluminum produces a powerful narcotic acid, which in large doses causes comas, or in excessive doses causes death.
- All vegetables cooked in aluminum produce hydroxide poison, which neutralizes the digestive juices, robbing them of their value to digest food, producing stomach and gastrointestinal trouble, such as stomach ulcers, and colitis.
- Aluminum poison will produce acidosis, which destroys the red cells producing a condition similar to anemia.
- The sale of aluminum cooking utensils is prohibited in Germany, France, Belgium, Great Britain, Switzerland, Hungary and Brazil.

**Q: I HAVE HEARD THAT ALUMINUM COULD BE HAZARDOUS TO YOUR HEALTH. Why do they make cookware that permits food to come in contact with aluminum?**

**A: THERE IS A LOT OF SPECULATION THAT ALUMINUM CAUSES VARIOUS HEALTH AILMENTS. The jury is still out on this one. The FDA also forbids the use of aluminum utensils to store dairy products.**

Aluminum is quite porous an the chemical reactions that take place while cooking
make it more pitted with age. In addition, all vegetables cooked in aluminum produce hydroxide poison, which neutralizes the digestive juices, robbing them of their value to digest food, producing stomach and gastrointestinal trouble, such as stomach ulcers and colitis. Foods cooked in Anodized aluminum (hardened aluminum) have the same result.

Source experts are now stating that the way you cook your food and what you cook your food on CAN and is just as important as what you eat. More than half (52 percent) of all cookware sold today is made of Aluminum, according to Cookware Manufacturers Association executive vice President Paul Uetzmann. But most of these aluminum pots and pans are coated with nonstick finishes or treated using a process that alters and hardens the structure of the metal. In the 1970s, Canadian researchers reported that the brains of Alzheimer’s disease victims contained abnormally high levels of aluminum. The studies stirred a controversy about whether aluminum is the cause or result of the disease. At the same time, many concerned consumers discarded their natural aluminum cookware. Stephen Levick, M.D., from Yale University School of Medicine in Newhaven, Conn., wrote in a letter to the editor of the New England Journal of Medicine, out with my corroded aluminum pots. Dr. Levick has thrown away his pots and pans. Researchers still are investigating the connection between aluminum and Alzheimer’s disease. But according to Creighton Phelps, Ph.D., director of medical and scientific affairs at the Alzheimer’s Association, much recent data support the theory that brains already damaged by Alzheimer’s disease may permit entry of abnormally high levels of aluminum.

Q: IS CAST IRON COOKWARE SUPERIOR TO OTHER TYPES OF COOKWARE?

A: Cast Iron is the most Porous of all cookware full of carcinogenic heated oils. Also there is some concern about the excess of iron leaching into the food. Some iron is essential for carrying oxygen in the blood to organs and tissues, but too much is toxic. Excess iron accumulates in organs such as the heart, liver, joints, pancreas, and pituitary gland. If untreated, this accumulation can cause organ damage, and diseases such as heart attack, diabetes, cirrhosis of the liver, liver cancer, arthritis, and depression, and can even lead to premature death. People with iron overloads are misdiagnosed 67% of the time as having other disorders, including arthritis, diabetes, heart problems, liver/gallbladder disease, or various stomach disorders. Iron can not be excreted and, overtime, the metal accumulates to toxic levels in vital organs such as the liver, heart, brain and joints. Persons with high iron levels are at risk. Iron overload symptoms include the following:

* Chronic fatigue (the most common symptom)
* Joint pain/arthritis
* Loss of sex drive
* Impotence or early menopause
* Irregular heartbeat or heart problems
* Abdominal pain
* Weight loss
* Depression
* Change in skin color (i.e., jaundice, reddish, or gray olive)
* Elevated blood sugar

In Africa, the Bantus use iron pots and because the excess iron, it gets into their food and as a consequence it overloads the liver.

This overload leads to death from cirrhosis of the liver, which is the same pathology as the alcoholic builds, but without the alcohol.

This iron creates poisoning of the body just as too much of the everyday foods that overload and poison the body. The red blood cell constitutes 5% iron in the blood. Some folks believe that cast iron pots are a reliable and safe source of iron, but this is misinformation. Our red blood cell is renewed and built from the elements of the earth through the roots of the plant kingdom and salt water, among reliable ones.

Excessive iron is toxic to humans, because excess ferrous iron reacts with peroxides in the body, producing free radicals. Iron becomes toxic when it exceeds the amount of transferrin needed to bind free iron. In excess, uncontrollable quantities of free radicals are produced.

Iron uptake is tightly regulated by the human body, which has no physiologic means of excreting iron and regulates iron solely by regulating uptake. However, too much ingested iron can damage the cells of the gastrointestinal tract directly, and may enter the bloodstream by damaging the cells that would otherwise regulate its entry. Once there, it causes damage to cells in the heart, liver and elsewhere. This can cause serious problems, including the potential of death from overdose, and long-term organ damage in survivors.

Humans experience iron toxicity above 20 milligrams of iron for every kilogram of weight, and 60 milligrams per kilogram is a lethal dose. If iron intake is excessive iron overload disorders can sometimes result, such as hemochromatosis. Iron overload disorders require a genetic inability to regulate iron uptake; however, many people have a genetic susceptibility to iron overload without realizing it and without knowing a family history of the problem. For this reason, people should not take iron supplements unless they suffer from iron deficiency and have consulted a doctor. Blood donors are at special risk of low iron levels and are often recommended to supplement their iron intake.

Do You Microwave Your Food?

You're Zapping Away Nutrients and Risking Your Health.

* Cancer Causing Effects — Creation of a ‘binding effect’ to radioactivity in the atmosphere, creation of cancer-causing agents within protein hydrolysate
compounds, malfunctions within the lymphatic systems, higher percentage of cancerous cells within the blood serum, cancer-causing free radicals, stomach and intestinal cancerous growths, with a gradual breakdown of the function of the digestive and excretive systems.

* 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.

* Biological Effects of Exposure — Breakdown of the human “life-energy field,” degeneration and circuit breakdowns within the front portion of the brain where thought and higher functions reside, loss of balance, long term cumulative loss of vital energy and long-lasting residual effects.

In America, neither universities nor the federal government have conducted any tests concerning the effects on our bodies from eating microwaved foods. Isn’t that odd?

Ten reasons to throw out your Microwave oven (taken from research):

1. Continually eating food processed from a microwave oven causes long term, permanent, brain damage by ‘shorting out” electrical impulses in the brain (depolarizing or de-magnetizing the brain tissue).
2. The human body cannot metabolize (breakdown) the unknown by-products created in microwaved food.
3. Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
4. The effects of microwaved food by-products are residual (long term, permanent) within the human body.
5. Minerals, vitamins, and nutrients of all microwaved 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.
6. The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.
7. Microwaved foods cause stomach and intestinal cancerous growths (tumors). This may explain the rapid increased rate of colon cancer in America.
8. The prolonged eating of microwaved foods causes cancerous cells to increase in human blood.
9. Continual ingestion of microwaved food causes immune system deficiencies through lymph gland and serum alterations.
10. Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

{Health Freedom Resources, Public Awareness Announcement #1, June 2000, Radiation Ovens, The Proven Dangers of Microwaves.” Also information from the
Forensic Research Document, prepared by William P. Kopp, A.R.E.C. Research Operations. TO61-7R10/10-77F05. Written by Anthony Wayne and Lawrence Newell. healthfree.com, Apr. 2003) Editor's comment: The use of artificial microwave transmissions for subliminal psychological control, ‘brainwashing,’ has also been proven. Clinical experiments have been written up by Drs. Luria and Perov.

Over 90% of American homes have microwave ovens used for meal preparation. Very few homes or restaurants and Fast food Chains are without them. In general, people believe that whatever a microwave oven does to foods cooked in it doesn't have any negative effect on either the food or them.

Why did the Soviet Union ban the use of microwave ovens in 1976? RUSSIANS BAN MICROWAVE OVENS

After the World War II, the Russians also experimented with microwave ovens. From 1957 up to recently, their research has been carried out mainly at the Institute of Radio Technology at Klinsk, Byelorussia. According to US researcher William Kopp, who gathered much of the results of Russian and German research - and was apparently prosecuted for doing so (J. Nat. Sci, 1998; 1:42-3) - the following effects were observed by Russian forensic teams:

1. Heating prepared meats in a microwave sufficiently for human consumption created:
   2. d-Nitrosodiethanolamine (a well known cancer causing agent)
      o Destabilization of active protein bimolecular compounds
      o Creation of a binding effect to radioactivity in the atmosphere
      o Creation of cancer causing agents within protein-hydrosylate compounds in milk and cereal grains;
   3. Microwave emissions also caused alteration in the catabolic (breakdown) behavior of glucoside - and galactoside - elements within frozen fruits when thawed in this way;
   4. Microwaves altered catabolic behavior of plant alkaloids when raw, cooked or frozen vegetables were exposed for even very short periods;
   5. Cancer causing free radicals were formed within certain trace mineral molecular formations in plant substances, especially in raw root vegetables;
   6. Ingestion of micro waved foods caused a higher percentage of cancerous cells in blood;
   7. Due to chemical alterations within food substances, malfunctions occurred in the lymphatic system, causing degeneration of the immune systems capacity to protect itself against cancerous growth;
   8. The unstable catabolism of micro waved foods altered their elemental food substances, leading to disorders in the digestive system;
   9. Those ingesting micro waved foods showed a statistically higher incidence of stomach and intestinal cancers, plus a general degeneration of peripheral cellular tissues with a gradual breakdown of digestive and excretory system function;
  10. Microwave exposure caused significant decreases in the nutritional value of all foods studied, particularly:
      o A decrease in the bioavailability of B-complex vitamins, vitamin C, vitamin E, essential minerals and lipotrophics
      o Destruction of the nutritional value of nucleoproteins in meats
Lowering of the metabolic activity of alkaloids, glucosides, galactosides and nitrilosides (all basic plant substances in fruits and vegetables)
Marked acceleration of structural disintegration in all foods.
As a result microwave ovens were banned in Russia in 1976; the ban was lifted after Perestroika.

MICROWAVED BLOOD KILLS!
In 1991, word leaked out about a lawsuit in Oklahoma. A woman named Norma Levitt had hip surgery, only to be killed by a simple blood transfusion when a nurse "warmed the blood for the transfusion in a microwave oven"! (J. Nat. Sci, 1998; 1:2-7). Logic suggests that if heating or cooking is all there is to it, then it doesn't matter what mode of heating technology one uses. However, it is quite apparent that there is more to 'heating' with microwaves than we've been led to believe. Blood for transfusions is routinely warmed but not in microwave ovens! In the case of Mrs. Levitt, the micro waving altered the blood and it killed her. Perhaps the most concrete evidence of the dangers of microwaves comes from Dr. Hans Hertel, a Swiss food scientist, who carried out a small but high quality study on the effects of microwaved food on humans. His conclusions were clear and alarming: microwave cooking significantly altered the foods nutrients enough so that changes occurred in the participants’ blood changes that suggested deterioration. The changes included:

- Increased cholesterol levels
- More leukocytes, or white blood cells, which can suggest poisoning
- Decreased numbers of red blood cells
- Production of radiolytic compounds (compounds unknown in nature)
- Decreased hemoglobin levels, which could indicate anemic tendencies

Dr. Hertel and his team published the results in 1992, but a Swiss trade organization, the Swiss Association of Dealers for Electro-apparatuses for Households and Industry, had a gag order issued, which prohibited Dr. Hertel from declaring that microwaves were dangerous to health. The gag order was later removed in 1998, after the Swiss court ruled that the gag order violated the right to freedom of expression. Switzerland was ordered to pay Dr. Hertel compensation as well.

Pollution Test
If you'd like to test the level of chemicals or metals leaching from your cookware you can do a simple pollution test as follows:

* Take a sample of each of the different types of cookware you are using and add 1 cup of water
* Adjust the water with 1 tbsp of baking soda (sodium bicarbonate is used to simulate a similar PH level often realized in cooking conditions).
* Bring water to a boil for 5-10 min (your food is usually exposed to the pan for at least 10 min.)
* Add 1 tbsp sodium bicarbonate to a glass of warm water & taste (your control should taste salty)
* Taste water in each of the other pans (taste will range from very bitter to metallic to… yuck?)
Toxins in the Kitchen
Micowaves and our Health

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