

~ Ask Granny Earth ~

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Microwave ovens

## Ask Granny Earth

**Do you think there's any connection between microwave oven use, and the increase of IBS (Irritable Bowel Syndrome)? What do you suggest for IBS?**

You raise an interesting question- one I hadn't thought of before. I gave away my microwave oven in 1992 and haven't used one since. Back then I had no scientific evidence to support my decision that microwave ovens were harmful- just my 'gut feeling'. But now there's plenty of research available about the harmful effects of using a micro-wave oven. As to the IBS connection, I think you just might be on to something. Has IBS increased since the wide spread use of microwave ovens? It's my guess that it has. A good book that you might want to read is, The Body Electric, by Robert O. Becker. He describes what he calls- "**Microwave Sickness**" and cites changes in the human system caused by microwave use: lymphatic disorders, increased cancer cell formation, increased stomach and intestinal cancer, higher "digestive disorders" and a gradual breakdown of the systems of elimination processes.

Microwaves overwhelmed the market in the early 1970's, because of our 'need' for convenience and speed. We were not told of the possible hazards

to this new way of cooking. If microwave ovens were advertised as *Radio Active Ovens*, would their sales have taken off like they did? And just how does a microwave oven work? Heat is generated by friction (from the violence of the alternating current of the microwave) within the water molecules of a particular food. Structures of molecules are torn apart, forcefully deformed, thus becoming impaired in quality; unrecognizable to the human body. The food is heated from the inside out, as opposed to conventional cooking where heat transfers convectionally, from without to within. Cooking by microwaves begins within the molecules, where water is and energy is transformed into frictional heat.

Scientific studies now show that the introduction into the human body of molecules and energies, to which it isn't accustomed, causes harm. Microwave cooked food contains molecules and energies not present in food cooked in the traditional way. Artificially produced microwaves (such as those in microwave ovens) are produced from alternating current (AC), which create frictional heat (as opposed to microwaves from the sun, which are based on principles of pulsed direct current; DC that doesn't create frictional heat), and force polarity reversals (short waves of electromagnetic energy traveling at the speed of light: 186,282 miles per second) into every food molecule they hit, causing unnatural molecules. The microwave oven produces a spiked wavelength of energy, with all the power going into only one narrow frequency of the energy spectrum, whereas, energy from the sun operates in a wide-frequency spectrum.

Naturally occurring amino acids have been observed to undergo isomeric changes (changes in shape morphing) as well as transformation into toxic forms, under the impact of microwaves produced in these ovens. In simpler terms: microwave ovens change the molecular structure of food by radiation.

A 1991 study done by Dr. Hans Ulrich Hertel and Dr. Bernard H. Blanc of Switzerland, showed that microwave cooking changed the nutrients in the food, and that changes took place in participants' blood that could cause deterioration in the human system. These changes were: decrease in hemoglobin and cholesterol, decreases in Lymphocytes, and an increase of leukocytes, indicating cell damage. These indicators pointed to degeneration.

In addition to the violent frictional heat effects called thermic effects, there are also athermic effects, which deform the structures of molecules. For example: the weakening of cell membranes by microwaves and the force involved, causes the cells to be broken, thereby neutralizing the electrical potentials (the very life of the cells) between the outer and inner side of the cell membranes. Impaired cells become easy prey for viruses, fungi and other micro-organisms. The natural repair mechanisms are suppressed and cells are forced to adapt to a state of energy emergency; they switch from aerobic to anaerobic respiration. Instead of giving off water and carbon dioxide, the cell exudes the poisons, hydrogen peroxide and carbon monoxide.

As to your second question: What do I suggest for IBS? Stop taking drugs that are supposed to ease the symptoms, and do research on herbal healing as to what will heal your condition.