

*Body Harmony Chiropractic*  
*Dr. Amelie Biskup*  
*940-594-0795*

# Is The Convenience of Your Microwave Worth Your Health??

## Food for Thought:

### Did you know...

- There was a lawsuit in 1991 in Oklahoma. A woman named Norma Levitt had hip surgery, but was **killed by a simple blood transfusion** when a nurse "warmed the blood for the transfusion in a microwave oven!"
- The Russians, who have done the most diligent research into the biological effects of microwave ovens, have **outlawed their use and issued an international warning** about the biological and environmental damage that can result from the use of the microwave oven.
- This speaks for itself: Below are photos of a simple science fair project. One plant was watered with boiled water from the stove, and the other plant was watered with microwaved water. Here are the results after just nine days!



*Are you ready to give up your microwave yet??*

## Body Harmony Chiropractic

2653 Sagebrush Drive,  
Ste. 230 Flower Mound,  
TX 75028

Phone:  
940-594-0795

E-Mail:  
dramelie@bodyharmonyc  
hiro.com

**“Back To  
Natural  
Health!”**

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## How Does The Microwave Oven Work?

“Microwaves are electromagnetic energy that travel at the speed of light. The magnetron in the microwave oven produces wave energy. This wave energy converts polarity of molecules from positive to negative. This polarity changes millions of times every second in the microwave oven. These microwaves bombard the food molecules and makes the polarized molecules to radiate at the same frequency millions of times every second. This friction heats up the food and also causes 'structural isomerism', that is, structural damage of the food molecules.”

-Batul Nafisa Baxamusa

## What Does That Mean?

In short, this means that the microwave oven is not only killing the nutrients in your food, but creates food that is now cancer causing. **Here are the top 10 reasons why you should throw out your microwave:**

-(written by: Anthony Wayne and Lawrence Newell)

- 1). 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].
- 2). The human body cannot metabolize [break down] 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 rapidly 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 blood serum alterations.
- 10). Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.