



**You might want to avoid cooking with this!**

### Microwave cooking

...which means to cook food by heating using radiation heat generated by a special oven to penetrate the food; the radiation agitates water molecules in the food.



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If you like cooking and want to stay healthy, don't use a microwave oven if you can avoid it. Microwave ovens use radio frequency radiation(RFR) to cook food. It is the same RFR your cell phone uses, but it is much stronger and doesn't pulse. When using the microwave oven, RFR is emitted throughout the surrounding area as far away as 15 feet.

During many of the home radiation assessments that the Center for Safer Wireless has conducted, the microwave oven seals were compromised and leaking an unsafe amount of radiation. You can do this simple test to check your microwave oven. Turn on a cell phone. Put it in the microwave oven and close the door.

Call the cell phone. If it rings, the seal is leaking between the door and the oven. If your seal is compromised, clean the seals around the door and redo the test. If the cell phone still rings, do as the instructional manual states when the seal is compromised - "Don't use it".

Most people know not to warm breast milk in a

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microwave oven because it affects the quality of the milk. In a 1992 Stanford Medical School study, researchers reported a "marked decrease" in immune-boosting factors in microwaved human breast milk. What people often don't know is there are also a lot of studies showing that using the microwave oven to cook any food impacts the quality of the food. Japanese research, reported in *Science News* in 1998, found that as little as six minutes of microwave cooking destroyed half of the vitamin B-12 in dairy foods and meat, a much higher rate of destruction than other cooking techniques.

In the late 1980's, Swiss scientists reported decreases in hemoglobin and white blood cells in rats that had eaten microwaved food. Russian studies from the 1950's showed that people who ate microwaved foods had a statistically higher incidence of stomach and intestinal cancers, a general degeneration of peripheral cellular tissues, and a gradual breakdown of the digestive and excretory systems. The chemical alterations within the food caused their immune systems to weaken. Microwaved milk and cereal grains converted some of their amino acids into carcinogens, thawing frozen fruits converted their glucoside and galactoside containing fractions into carcinogenic substances, and carcinogenic free radicals were formed in microwaved plants, especially root vegetables. There were also less B, C, E vitamins and essential minerals at a rate of 60 to 90 percent in all foods tested.

The healthiest way to cook your food is to use your stove. It doesn't really take much longer to cook your food this way. The big difference is you have to clean a pot or pan afterwards. The health benefit more than makes up for the extra time spent cooking and cleaning the "old fashioned" way.

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Center for Safer Wireless is now on [Pinterest](#). Link to us to see what we are pinning daily.

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## Other news

We have GREAT news for every customer of Georgia Power!

Thanks

to [www.stopsmartmetersGeorgia.Org](http://www.stopsmartmetersGeorgia.Org) you can now CHOOSE to have a Smart Meter or CHOOSE to Opt-Out of the program, even asking for your old analog meter to be installed and your (Not-so)-Smart Meter REMOVED! [Click here to read about it](#)

### DC Superior Court Allows Lawsuit

Twenty-nine high-profile lawsuits brought by people whose brain tumors were caused by their cell phones are finally moving toward trial. For over 10 years federal and state courts have been debating whether the plaintiff's claims were preempted by the Telecommunications Act of 1996. Six of these cases were originally filed in 2001 and 2002. Many of the plaintiffs are no longer alive.

On August 8, 2014, Judge Frederick H. Weisberg, in the D.C. Superior Court, admitted the testimony of five expert witness for the plaintiffs, and the 12 and 13-year-old cases will now move into the discovery phase.

In allowing the experts to testify, Judge Weisberg wrote:

"Federal law is the supreme law of the land, but there is no constitutional provision that says

federal facts are the supreme facts of the land. Federal law can preempt state law, but it cannot preempt scientific fact. The scientific truth, whatever it may be, lies outside of the FCC's regulations about what is "safe" or "unsafe."

#### Another Lawsuit

Just over two years ago Edna and Marshall Pettipas of Afton, Nova Scotia, having lost their health and their home, filed a lawsuit for personal injuries against Bell Aliant Regional Communications for operation of a cell tower on their land. [Read about it here](#)

#### Use cell phones safely

[Consumer report issues caution with cell phone use](#)

[Cell phones and driving don't mix- click here for video](#)

#### Please consider signing these petitions

[Petition to stop cell towers on school properties in Prince Georges County, Maryland](#)

[Petition to use wired internet connections instead of WiFi in Montgomery County, Maryland schools](#)

#### Contact Information

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