



Microwave Sickness

In Robert O. Becker's book, "The Body Electric" he described Russian research on the health effects of microwave radiation, which they called "microwave sickness". On page 314, Becker states: "It's (Microwave sickness) first signs are low blood pressure and slow pulse. The latest and most common manifestations are chronic excitation of the sympathetic nervous system (stress syndrome) and high blood pressure.

This phase also often includes headaches, dizziness, eye pain, sleeplessness, irritability, anxiety, stomach pain, nervous tension, inability to concentrate, hair loss, plus an increased incidence of appendicitis, cataracts, reproductive problems and cancer.

The chronic symptoms are eventually succeeded by crisis of adrenal exhaustion and ischemic heart disease (blockage of coronary arteries and heart attacks).

According to Dr Lee, changes are observed in blood chemistry and the rates of certain diseases among consumers of microwaved foods. The symptoms above can be caused by the observations shown below. The following is a sample of these changes:

- Lymphatic disorders were observed, leading to decreased ability to prevent certain types of cancers.
- An increased rate of cancer cell formation was observed in the blood.
- Increased rates of stomach and intestinal cancers were observed.
- Higher rates of digestive disorders and a gradual breakdown of the systems of elimination were observed.

References: Dr. Joseph Mercola – Author of [Total Health Program](#)

10 REASONS TO THROW OUT YOUR MICROWAVE OVEN

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 demagnetizing 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. 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.