

Microwave ovens destroy the nutritional value of your food

The rise of widespread nutritional deficiencies in the western world correlates almost perfectly with the introduction of the microwave oven. This is no coincidence. Microwave ovens heat food through a process of creating molecular friction, but this same molecular friction quickly destroys the delicate molecules of vitamins and phytonutrients (plant medicines) naturally found in foods. One study showed that microwaving vegetables destroys up to 97% of the nutritional content (vitamins and other plant-based nutrients that prevent disease, boost immune function and enhance health).

In other words, eating raw broccoli provides you with natural anti-cancer medicine that's extremely effective at halting the growth of cancer tumors. But microwaving that broccoli destroys the anti-cancer nutrients, rendering the food "dead" and nutritionally depleted. There's even some evidence to suggest that microwaving destroys the natural harmony in water molecules, creating an energetic pattern of chaos in the water found in all foods. In fact, the common term of "nuking" your food is coincidentally appropriate: Using a microwave is a bit like dropping a nuclear bomb on your food, then eating the fallout. (You don't actually get radiation from eating microwaved foods, however. But you don't get much nutrition, either.)

Why microwave users are so unhealthy

Consumers are dying today in part because they continue to eat dead foods that are killed in the microwave. They take a perfectly

healthy piece of raw [food](#), loaded with vitamins and natural medicines, then nuke it in the microwave and destroy most of its nutrition. **Humans are the only animals on the planet who destroy the nutritional value of their food before eating it.** All other animals consume food in its natural, unprocessed state, but humans actually go out of their way to render food nutritionally worthless before eating it. No wonder humans are the least healthy mammals on the planet.

The invention of the [microwave](#) and its mass adoption by the population coincides with the onset of obesity in developed nations around the world. Not only did the microwave make it convenient to eat more obesity-promoting foods, it also destroyed much of the nutritional content of those foods, leaving consumers in an ongoing state of malnourished overfeeding. In other words, **people eat too many calories but not enough real [nutrition](#).** The result is, of course, what we see today: Epidemic rates of diabetes, cancer, heart disease, depression, kidney failure, liver disorders and much more. These diseases are all caused by a combination of malnutrition and exposure to toxic chemicals (plus other factors such as emotional trauma, lack of exercise, etc.). Microwaves make malnutrition virtually automatic, and being exposed to toxic chemicals is easy to accomplish by simply eating processed foods (which are universally manufactured with the addition of toxic chemicals that act as preservatives, colorings, flavor enhancers and so on).

Microwaving is, technically, a form of food irradiation. I find it interesting that people who say that would never eat "irradiated" food have no hesitation about microwaving their food. It's the same thing (just a different wavelength of radiation). In fact, [microwaves](#) were originally called "radar ranges." Sounds strange today, doesn't

it? But when microwaves were first introduced in the 1970's, they were proudly advertised as radar ranges. You blast your food with high-intensity radar and it gets hot. This was seen as some sort of space-age miracle in the 1970's. Perhaps someday an inventor will create a food heating device that does not radically alter the nutritional value of the foods in the process, but *I'm not holding my breath on this one*. Probably the best way to heat foods right now is to simply use a countertop toaster oven, and keep the heat as low as possible.

The microwave does work as advertised, by the way. It makes your food hot. But the mechanism by which heat is produced causes internal damage to the delicate molecular structures of vitamins and phytonutrients. Minerals are largely unaffected, however, so you'll still get the same magnesium, calcium and zinc in microwaved foods as you would in non-microwaved foods, but the all-important B vitamins, anthocyanins, flavonoids and other nutritional elements are easily destroyed by [microwave ovens](#).

The microwave is the appliance of the living dead. People who use the microwave on a regular basis are walking down a path towards degenerative disease and a lifelong battle with obesity. The more you use the microwave, the worse your nutritional state gets, and the more likely you are to be diagnosed with various diseases and put on pharmaceuticals which, of course, will create other health problems that lead to a grand spiraling nosedive of health.

Do yourself a favor: **Toss your microwave**, or donate it to some charity. It's much easier to avoid using the microwave if you don't have one around. It will clear up counter space, save you electricity and greatly enhance your dietary habits. When you need to heat

something, heat it in a toaster oven or a stovetop pan (avoid Teflon and non-stick surfaces, of course). Better yet, strive to eat more of a raw, unprocessed diet. That where you'll get the best nutrition anyway. Buy yourself a Vita-Mix and blend up some smoothies. It's faster than microwaving foods are far healthier. (See my book [Superfood Smoothies](#) for recipes).

I drink a superfood smoothie every morning, and I haven't used a microwave in years. Protecting health is our own responsibility, and it's up to us all to make informed decisions about how we buy, prepare and consume our foods. **You have to save yourself.** [Click here to see my CounterThink cartoon on this topic.](#)