

10TH **FATTENING** HABIT

TOXIC COOKING



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Why Microwave Ovens Make You Fat

By Angela Buhri



Source: Global Healing Center

I'm sure that most of my readers are firmly convinced that cooking with microwave ovens is safe, healthy and figure-friendly. After all, some weight loss companies sell menus that need to be microwaved. Isn't that a sign that microwaved foods support weight loss?

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For the last six decades we've all been told that microwave ovens are safe and healthy. But is this really all true?

For several years it was my job to measure the electromagnetic pollution people are exposed to in their own homes. My biggest shock was discovering just how much electromagnetic pollution microwave ovens create! So I started to investigate that topic a little further and deeper, and I was shocked even more. What I found out is material fit for a crime book or movie.

When I tell people that microwave ovens are not good for their health, many answer that they eventually have to die of something anyway. But how about if I tell you that microwave ovens actually **make you fat**? Would that be okay?

There's a lot I could say about the dangers of microwave ovens. In this eBook, however, I'm only going to talk about the fact that microwave ovens make us fat—and not just a little bit, but **actually real obese**.

“New scientific findings actually show that microwaved food makes us fat—no matter

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whether we're talking about a figure-friendly carrot or a lasagna dripping in calories," says Benjamin Seiler, the owner of the magazine Facts-Are-Facts at <http://www.facts-are-facts.com>.

Let me explain why.

Why Microwaved Food Makes You Fat

Obesity happens when your metabolism gets massively out of balance. This is exactly the condition that microwaved food produces in your body. The fact is, microwaves created by apparatuses, such as microwave ovens, distort the cell communication in our body. The molecular structure of the food becomes depolarized and deformed, creating toxic substances. Thus, food becomes toxic what is an enormous stress factor for our body. Eating microwaved food once or twice a year does not mean big harm, but when you consume defrosted or heated foods and water on a regular basis, the body can't deal with the toxic burden anymore. The consequences are that we become sick when

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we are repeatedly exposed to such unnatural radiation, and after a while the body develops cancer.

These facts have been known for a long time. They are the reason why microwave ovens were prohibited in the former Soviet Union. But, influenced by the lifestyles of wealthy Western countries, this prohibition against microwaves disappeared when the Soviet Union did. Since then, obesity and cancer among Russians have dramatically increased.

The cells are distorted by microwave radiation, thus derailing metabolism. Without the proper functioning of our metabolism, nutrients can't enter the cells and waste material can't exit. That means that the cells are constantly under-nourished while being literally flooded by waste. The acid-alkaline balance of the organs and tissues is significantly disrupted. The body becomes an acid waste dump. As we know by now, **acidity** is responsible for pretty much all known diseases of civilization.

This is not a small problem, since acids can actually kill a body as soon as the pH level in the

blood gets too low. Hence the body starts its own **life-saving program**, or plan B if you like. The only means our body has to buffer acids is with alkaline substances. This process creates pH neutral salts that are known as slag. But after a while, the body becomes alkaline deficient, and the acids can no longer be buffered. This creates serious damage inside the cells.

Next, inflammation sets in, and the cells swell up, leading to swollen extremities and abdomen. In his article “Microwaves Make Fat,” Seiler writes: *“The energetic potential of weakened cells usually falls to about 30 mV. In that condition, the cell can no longer absorb any nutrients and in desperation is forced to use its own waste products. This in turn creates large amounts of acid, the cells degenerate, and a cancer-forming process begins.”*

That’s why experts call microwaves “the kiss of death.”



I'm sure you have heard from the microwave industry that there was no scientific evidence of the dangers of microwave ovens. Well, how about over 70,000 independent studies? Doesn't that say everything? If over 70,000 studies are not enough to prove the dangers, how much more do we need to wake up?

One scientist who has intensively studied the dangers of microwaves for 20 years is Dr. George Carlo. He was able to prove that certain receptors on the cell surface resonate with the microwave radiation, triggering a dangerous chain reaction into motion. The microwaves created by technology (whether created by the

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microwave oven or by your cell phone) lead the body to build up free radicals and thus create oxidative stress in our body. The mitochondria, which are the “lungs” of the cell, are the most heavily affected, causing the cell to literally suffocate and die off. But how does this affect your weight?

The body begins to retain water to neutralize the acids before they can harm it, and the body becomes bloated. This is simply a safety reaction by the body to keep the toxins and acid away from the blood stream and the vital organs. At the same time, the body needs to find temporary storage for the toxins and the acids where they can do the least harm. The best place to do that relatively safely is fatty tissue because it doesn't have any vital functions. Besides, fatty tissue can keep expanding almost endlessly...until the body can't carry that extra burden any longer. This is the weight gain that you see on your scale and in people like on the picture below.

The cruel and sad truth is that you can become real fat and obese without ever over-eating, even by eating healthily, when you use your microwave oven regularly.

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But that's not all. There is another connection between microwaves and weight gain. What has already been known for over half a century, but what hardly anyone tells you, is that microwave radiation breaks down our food in a very unnatural way. Russian experiments showed that the vital energy of the tested food dropped by 60-90%. In addition, there was a strong increase in the acidity of the food. Food altered in such a manner is **unusable** for the body and mainly provides empty calories. This leads to serious nutrition **deficiency** in short order, even if you eat enough calories. The body then reacts with more hunger, thus forcing you to eat increasingly more without ever really being satiated.

Now, let me ask you a question. Do you really find it desirable to save a little bit of time by using microwave ovens if this means that you force the body to retain water and create layers upon layers of fat to store excess acids what then can shorten your life for decades? What did you win? Only you know how much you're willing to sacrifice for a little bit of "convenience."

Another question is of course, are you really willing to shorten your life just to save a little bit of time now.

Heating your food in a steamer is as convenient as microwave ovens and much healthier. Besides, food heated in a steamer tastes much, much better than any food that has been heated in a microwave oven.

Now, this wasn't a pleasant topic to write about and it's probably not very pleasant for you to hear how much you have been lied to in the past. But you need to know that because microwaves have a bigger impact on your weight than eating too much.

If you want to learn more about the dangers of MWO, just ask Google.

Using a microwave oven is by leap and bounds the worst fattening habit. Sometimes all that is needed is a little bit of common sense. And common sense is to eat food that is as natural as possible.

When I talk to my clients about the dangers of microwave ovens, they often say things like, “I never had a good feeling about them, but I didn’t understand why, especially since everybody told me they were harmless.” Therefore, I want to encourage you to listen to your gut feeling and trust it, even if you don’t understand it now.

You and your loved ones deserve to eat healthy food and to remain as healthy as possible!

The world needs you. Please stay healthy!



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