



Life Enhancement

Energy is the Breath of Life

Microwaves

This information is to create awareness and knowledge. Hopefully more people will understand the effects of the 'quick cooking' and see the benefits in keeping the nutritional value of food and health.

Suggested usage of the Microwave: Do not use it for yourself, your children or your dogs, even to thaw out your meals. Why?...

The Basics on Microwaves:

- It heats up by vibrating molecules at 2.5 million times per second causing serious damage in the breaking up of the molecules.
- The body considers them foreign objects because the food has been altered.
- The pancreas doesn't even recognize the substance as food and does not know what enzymes to produce to digest these foods.

Some results from Microwave usage over time:

- Anemia, high cholesterol levels, high radiation levels of light-emitting bacteria, and a major decline in lymphocytes due to the body responding as if the food were an infectious agent.
- Studies have shown that babies have died from consistently having their bottles and/or baby food warmed in a microwave.

Simple Example: Look at the page called [Microwave Water](#) as an experiment done with the microwave and see what is created when food is cooked.

Blessings,

Nancy Kroner

'The Energy Woman'

Lifenhancement101.com

661.298.7473