

“Microwave Ovens Will Kill You” – An Internet Hoax!



I am blessed to have a friend who is a scientist, a university professor, *and* a Bible believing Christian, a [brother in Jesus Christ](#) who I can trust! His name is [John Gideon Hartnett](#). On the evening of July 26, 2016, I read a post on Facebook warning of the dangers of consuming microwaved food. This is something I have heard about for years now and have believed. But because the article said that even drinking microwaved water is bad for you, I started to have doubts. The study of inorganic chemistry was my favorite subject in high school. I could see no scientific reasoning how microwaving water could possibly change it into something bad. It merely heats it. So decided to take the matter to my friend Dr. Hartnett and this is what he said:

It is not bad. There is no difference to boiling with a flame. It is plain crazy. The wavelength of the radiation is about 10 cm so that is the minimum length scale it could slice and dice. Water molecules are very small and are just heated by absorbing the radiation but as water not as molecules. The real safety concern is leakage. You don't want them leaking when you are standing there.

In other words, Dr. John G. Hartnett rejects the notion that eating food warmed or cooked in a microwave is bad.

My friends, it's been a long journey for me to find the truth about issues and avoiding sidetracks such as [flat earth theory](#). I used to regularly visit alternate news sites only to find out later that a lot of what I was reading is trash! I learned I can't even trust alternate media, let alone mainstream media. I've been guilty of forwarding false information and am now trying to be more discerning. The lesson for me is to check out the story and confirm it with reliable sources. The most trustworthy sources for me are individuals who I know are believers in the Word of God, the Bible.

Below is the first part of,

Debunking An Internet Hoax: What Science Really Says About Microwave Ovens, Your Food And Your Health

by Tom Venuto

"Microwave ovens will kill you!" Or so they say... If you've ever surfed the internet for information on health and nutrition, there's little doubt you've come across scare stories about microwave ovens. Online natural health "experts" claim that microwaves will "zap" your food, deplete it of important nutrients and alter its molecular structure in dangerous ways. They also warn that microwave exposure and eating food cooked in microwave ovens will cause harm to your body and even cause cancer!

Is there any truth to any of these reports? Why are some people so paranoid about an appliance that has been used safely by millions of people for decades? Should you stop using a microwave oven for reheating leftovers, making frozen dinners or cooking your vegetables, potatoes, meat, oatmeal or other foods?

These are important questions because: A) your health is your number one priority and B) the microwave oven, while it may not replace a conventional oven and certainly doesn't produce better tasting food, is unquestionably one of the greatest time savers and conveniences you can have in your kitchen.

You're not only about to get the answers, this also will be the last article about the microwave controversy you'll ever have to read because it demolishes the microwave myths with undeniable proof: facts, science and evidence... not urban legends and fear mongering.

What started all the internet scare stories?

Rumors are often started and circulated on the internet without anyone ever confirming the source. Did you ever get one of those random emails that said something like, "10 reasons to throw out your microwave" and then forward it right on to a friend, just assuming it was true? (go ahead, fess up).

A large part of all the microwave alarmism today can be traced back to a single story that was spread on the internet until it went viral and was eventually accepted as factual. It's the story of the infamous "Swiss research" done by "food researcher" Hans Hertel, who allegedly performed his own private study to see how microwaved foods affected the results of blood tests. A typical iteration of the story goes like this:

"The use of microwave ovens in cooking can alter the structure of nutriment in foods, making it difficult for the organism to make use of them. Hertel discovered that food cooked or thawed in a microwave oven could cause changes in the blood, indicating that a process of illness is developing. SIMILAR CHANGES ARE ALSO FOUND IN THE CASE OF CANCER."

As with most alarmist nutrition nonsense on the net, this one also involves the ubiquitous conspiracy theory. The story continues:

"The best studies about the use of microwaves to heat food were purposely kept from consumers. Hertel was efficiently "gagged" by Swiss microwave oven producers. For over 10 years, Hertel has fought for the right to tell the world what he'd discovered."

Actually the best studies are NOT kept from consumers, they are peer reviewed, replicated and published in scientific journals where we can actually look them up. Alas, we cannot access Hertel's "research" to judge its validity because it was never published.

In fact, by Hertel and his follower's own accounts, this "study" was just himself, Bernard Blanc (who later recanted) and six of their buddies who locked themselves in a hotel room and conducted a personal and arguably non-scientific and non-controlled experiment. This is not real research; it was never verified or replicated by other researchers. Yet you see Hertel quoted in almost every "microwaves equal death" article on the Internet, a good tipoff that everything else in the article is suspect as well.

Microwave ovens, radiation and the cancer scare

One tactic used by microwave scaremongers is to instill fears about radiation and cancer. When people hear the word radiation, they tend to freak out. I suspect that even people who understand that we're not talking about a nuclear accident, gamma rays or x rays still have an uncomfortable feeling about "radiation" cooking their food (after all, we call it "nuking" right?)

But when we talk about microwave "radiation" we are simply talking about production of thermal energy, aka, heat. Radiation and radioactive are NOT the same thing. Celeste Robb-Nicholson, M.D. from the Harvard Health Review explains:

"Microwaves do not cause cancer. They're a form of non-ionizing radiation and thus cannot ionize tissue. Microwave ovens use low-frequency waves of electrical and magnetic energy to produce heat to cook food. They don't make food radioactive, nor do they trigger cancer-causing genetic mutations."

A search of the medical literature brings up absolutely nothing linking microwave cooking to cancer.

The research says that concern over cancer causing compounds such as heterocyclic amines (HCAs), and polycyclic aromatic hydrocarbons), would be better directed toward educating consumers on the charring and blackening that occurs when grilling or barbecuing muscle meats, rather than cooking the meat in microwave ovens.

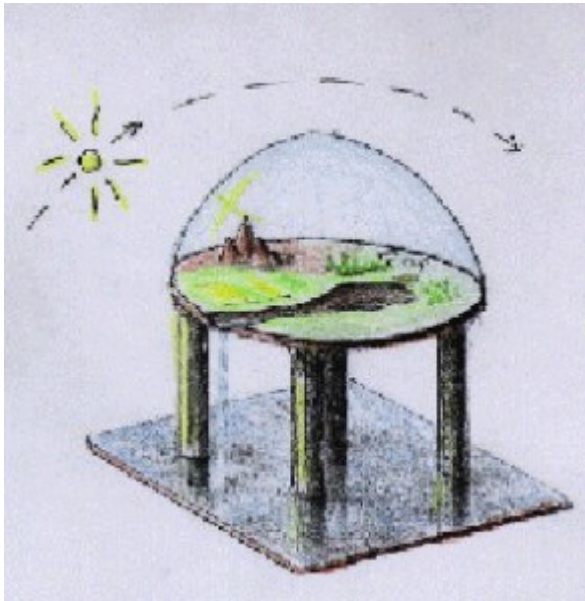
In fact, cooking in a microwave can actually REDUCE the formation of HCAs. This quote comes from the National Cancer Institute (www.cancer.gov):

"Studies have shown that microwaving meat prior to cooking helps to decrease mutagens by removing the precursors. Meats that were microwaved for 2 minutes prior to cooking had a 90-percent decrease in HCA content."

Read the rest from

<http://www.burnthefatblog.com/archives/2011/07/what-science-really-says-about-microwave-ovens.php>

[A Conversation with a Flat-Earther](#)



Brother J, do you believe the earth is flat? Some of my friends do. What is your view on it?

Yes I think it's flat

May I ask why you think so?

Mathematically, scientifically, conspiratorially, and biblically. You can pick any one lol

I was raised in the Midwest USA. Please explain why I cannot see the Rocky Mountains with a telescope from a harvested cornfield in the fall.

Because there is still height and depth to the earth.

Yes, there is indeed height and depth. The Rocky Mountains are higher than northern Illinois where I was raised. Why do I not see anything higher than a mole hill from a harvested cornfield? I saw mountains to both east and west from Sacramento California when I was stationed there while serving in the USAF.

YouTube the Bedford level experiment

Giving me a YouTube is not a valid answer IMO. Unless you can explain to me in your own words the answer to my question, it means to me you are not really sure. We are not talking rocket science. We are talking about science

an amateur with an elementary school education can validate.

Actually it's best explained by a demonstration but fair enough. It's the fact that you can't look beyond your vantage point. You can't keep scrolling through a telescope to nothing.

Vantage point means the horizon, correct?

Yep

If the earth is flat, the distance to the horizon would be infinity, correct?

Where do u get that idea

Logic

So your saying because your not high enough to see the other side your vantage point is infinite? Dude it's like that on a ball also lol

Yep, that's correct.

Okay. So when you go up in space, you can see distant galaxies from your vantage point

You don't need to go up in space to see distant galaxies. You can see them from earth.

Oh? Your positive that's what you see

Have you read the book of Enoch

Actually Deuteronomy

Your looking at the host of heaven

Right about Deuteronomy.

Do you know how many Jesuits proposed the earth was a ball?

I reject the book of Enoch as God's Word. And just because Jesuits said the earth is a ball doesn't make it false. Is EVERYTHING Satan says a lie? Read the first couple chapters of the book of Job. He does say truth from time to time.

Where's the curvature of the earth

Even yet, where is the scripture that points to the earth being a ball or spinning

So why does the Bible say 3 times the earth doest move? Why did Joshua command the sun to stop spinning and not the earth?

Genesis 1:1-5 In the beginning God created the heaven and the earth.

And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

And God said, Let there be light: and there was light.

And God saw the light, that it was good: and God divided the light from the darkness.

And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

The way I see it is God, "in the beginning" not only created matter and light on the first day, He created time as well. Is 24 hours dependent on the existence of the sun to be 24 hours? Or is 24 hours dependent on one rotation of the earth? According to my understanding of time and physics, the latter is true. Therefore even without a sun there were 24 hour days because of the rotation of the earth!

Genesis 1:4 And God saw the light, that it was good: and God divided the light from the darkness.

Suddenly verse 4 makes more sense to me than ever! If the sun didn't exist till day 4, how could God divide the light from the darkness? Answer: God Himself was the light source over a rotating earth!

God can override His Laws of physics when He wants to.

That makes no sense. He created light. It says nothing about rotating. Your adding to what it says.

What is one day?

God was the light source. Not a rotating earth.

24 hours

Day is light dude. Jesus says it's 12 hours

Night is night.

Answer why did Joshua command the sun to stop moving?

Twenty four hours is one rotation of the earth, PERIOD!!!

Lol what was it rotating around then?

God?

Movement is relative

Lol!

The earth is set on pillars! It doesn't move!

All scripture is for doctrine

Man cannot move it for sure

And it doesn't move!

Show me the pillars

Fear before him, all the earth: the world also shall be stable, that it be not moved.

1 Chronicles 16:30

Say among the heathen that the Lord reigneth: the world also shall be established that it shall not be moved: he shall judge the people righteously.

Psalms 96:10

He raiseth up the poor out of the dust, and lifteth up the beggar from the dunghill, to set them among princes, and to make them inherit the throne of glory: for the pillars of the earth are the Lord's, and he hath set the

world upon them.

1 Samuel 2:8

*Better check the Hebrew on that one. Cause it's the same word for the pillars
samsom tore down
which shaketh the earth out of her place, and the pillars thereof tremble;*

Job 9:6

*The earth and all the inhabitants thereof are dissolved: I bear up the
pillars of it.Selah.*

Psalms 75:3

*Scripture says clearly the earth doesnt move, is set on pillars, has
foundations, has ends (28 times) and you get a ball out of that?
Take heed that no man decieve you. You don't think it's strange every
"astronaut" was a free Mason? NASA is the fruit of operation paperclip?
Heliocentricity is a Jesuit doctrine? Come on man wake up. You can't see any
curvature of the earth anywhere! People claim they can from a plane then you
show weather balloons that read 127,000 ft and they say well the earth is too
big?*

*Do use use GPS navigation? Better not or that would make you hypocritical.
GPS cannot work without satellites. A satellite has to keep moving to stay in
space. If you say there is no space, no satellites and no gravity, I would
say there is no sanity in your mind. It's extreme denial to say I am not
giving you physics that an elementary school kid can understand and it's
extreme hypocrisy to deny science and yet use technology which science
produced to preach lies about flat earth!!!! It's a lie probably from NASA
to divide the Truth Movement. Yes, I do believe NASA lied about the moon
walk. No, I do not believe they lie about satellites. The moon is a
satellite!*

*GPs cannot work? Right. Have you ever considered how your position can be
triangulated by cell towers? Radio towers? I'm not going any further until
you address the scriptures presented.*

*Does GPS work over the ocean far from those towers? It does.
Does the Bible use figurative language? Plenty. Sun moon and stars falling is
a collapse of governments. **There is NO Bible teacher I respect that teaches
flat earth.** That is *your* private interpretation. My Bible tells me private
interpretations are a no no.*

*My scientist friend who is a born again Christian who believes a literal 6
days of Creation and exposes Big Bang and Evolution as pseudo science says
that GPS works anywhere. He says
Yes. It works over oceans anywhere.*

*What about satellite phones where there are no Cell towers? They work in
deserts.*

*Besides Cell tower information only can determine which Cell you are in. It
can't work for navigation on roads as it is too unprecise.*

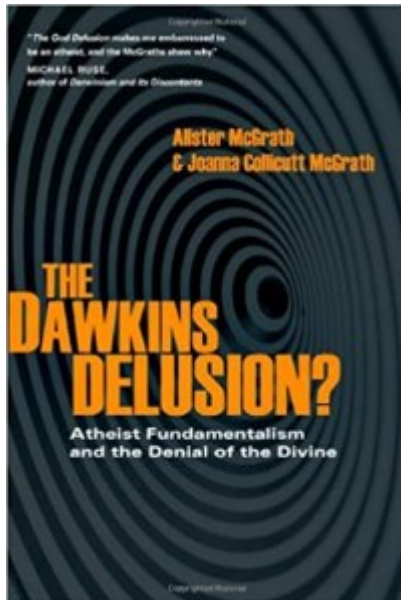
actually the bible classifies the stars as angels. Just because the bible uses SOME figurative language doesnt mean you can pick and choose what dictates as a figurative language. So what is the figurative language of "ends of the earth" 28 times? Pillars? not moving? encased in a firmament that means VAULT. I hope you realize in doing so, your giving me your interpretation of what the bible means."scientist" really? do you pay any attention to what scrince is trying to tell us? LOL they claim they are "tackling god" dude, your awake to the jesuits. look it up. its not a conspiracy, its right there. i never said GPS doesnt work, i said prove their are satelllites. I really don't care who says what. I care what is found under solid research and questioning.

Thank you for sharing your opinions, brother, but I need some facts before I can believe the earth is flat. I want to know why I can't see land of the State of Michigan from Chicago from Lake Shore Drive looking at Lake Michigan. I can see only a water horizon. I want to know why I can see both the East and West Shore of Lake Michigan from an airplane. I want to know why I cannot see the Chicago skyline from where I was raised in the Chicago city limits 20 miles away. I want to know why I cannot see the tallest mountain, Mt. Fuji from my home or anywhere else in Japan unless I get to a location not much further than 60 miles of it. I want to know how GPS works though you say it doesn't use satelllites and satelllites don't exist even though they can be seen in a night sky. I want to know why water going down a drain in the Southern Hemisphere spins counter clockwise. I want to know why flying over Alaska is the shortest way from Chicago to Tokyo. I want to know why the higher I go in an airplane the further away the horizon is. Give me facts brother, not theories, opinions or specious arguments.

(Chat Conversation End)

I knew the answer to all my questions above. Only a spherical model of the earth can possibly be the correct answer. So far not a single person who believes the earth is flat has changed his mind. I used the masculine pronoun *his* because so far I only know of one lady who has swallowed the flat-earth fallacy. Why is it that mostly men have fallen for flat-earth nonsense?

[Richard Dawkins' Fatal Error](#)



Dawkins mocks God for creating “junk DNA” but years later he says all DNA is doing something and yet he doesn’t apologize to God.

Science the New Religion



Science has become the new religion. Those who dare challenge the dictates of “science” are often declared crackpots, pseudo-scientists, or just plain crazy.

The six meanings of “Evolution”



Dr. Kent Hovind is one of my heroes. He is now suffering what the Apostle Paul suffered for boldly proclaiming the Truth of the Creator and the message of Jesus Christ: **Persecution resulting in imprisonment.**

Dr. Hovind urges creationists to define the word evolution before entering into a debate about Evolution verses Creation. He teaches us the 6 meanings of evolution:

1. Cosmic evolution: the origin of time/space/matter from nothing in the supposed "Big Bang"
2. Chemical evolution: all the elements "evolved" from hydrogen
3. Stellar evolution: stars formed from dust clouds
4. Organic evolution: life formed from non-living matter
5. Macro-evolution: plants and animals produce offspring different than their 'kind'
6. Micro-evolution: variations develop within the kind such as big dogs and little dogs; bacteria becoming resistant to drugs; etc.

Only ONE of these definitions for evolution is true SCIENCE—Number 6. The first five are part of a RELIGION that adherents must "believe" in since they have NEVER been observed or demonstrated.

Taken from <http://www.kenthovindblog.com/?p=980>

Super Stone Clean – A Revolutionary Device that Disposes Garbage

A couple days ago I made a new web site for a friend called Super Stone Clean, a revolutionary new way to dispose of and treat garbage.

See <http://superstoneclean.com> for more information.