



The Spinal Column

Microwave cooking

By Dr. Alfin Miitha, Hons. B.Sc., D.C.



In this technological age, microwaves are used to relay long distance telephone signals, television programs and computer information into space and around the world. We also use them to cook food.

Over 90% of North Americans have microwaves in their homes.

A microwave works by the principle of alternating current. The electromagnetic radiation from a micro-wave causes atoms, molecules, or cells in food to reverse polarity 1-1 billion times a second. The friction formed from this constant reversal in polarity causes heat to form, just like rubbing two sticks together to create fire. Water molecules found in foods react the best to this type of radiation and since all living things are made of water including the food we eat. Heating food by microwave is convenient as it does not heat the containers we put it in (no water in containers). However, it comes with a price. By quickly heating up in this unnatural way changes can occur and deform food molecules thus compromising the quality of the food we eat.

Although Microwaves heat food quickly, they are not recommended for heating a baby's bottle. There are many

reasons for this including the potential danger of having some parts of the milk too hot and other parts too cold, or creating steam pressure within a bottle that could cause the bottle to explode. However, the main reason is that microwaves may cause the loss of vitamins and protective qualities in infant formulas and breast milk.

If it's a known fact that you are not suppose to microwave baby food because its unsafe, why then do we microwave almost everything else? There have been a number of studies done that seem to indicate that micro-wave foods can reduce the HDL (good cholesterol) to LDL (bad cholesterol) counts, alter your blood's ability to carry oxygen, can make proteins neurotoxic or poisonous, decrease your white blood cell count (so your body's ability to fight off infection is reduced), and pass on microwave radiation to your body from the food you eat.

Some Russian, Swiss and German research studies have found that microwaving foods will **decrease the amounts of Vitamin B's, Vitamin C, Vitamin E** and certain minerals our bodies absorb. Those studies also found....

- 1) Continually eating food processed from a microwave oven can cause long term - permanent - brain damage.
- 2) The human body cannot break down the unknown by-products created in microwave food.
- 3) Male and female hormone production is shut down and/or altered by continually eating microwave foods.
- 4) Minerals, vitamins, and nutrients of all microwave 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 and are simply stored.
- 5) The minerals in vegetables can be altered into cancer causing substances when cooked in microwave ovens.

In today's stressful times it is hard to think about living without a microwave or even reducing how often you use one.

Think Again.....

About the Author:



As a life-long resident of Brampton (34 years), Dr. Alfin Mitha endeavors to provide this city with reliable, informative Chiropractic care. He lives here with his 2 kids, Aura and Zen, and his wife Rupi. Having completed his Bachelor of Science degree in both Biology and Pharmacology at McMaster University, Dr. Mitha had the opportunity to work with Eli Lilly pharmaceuticals in their Research and Development of Non-Small Cell Lung Cancer and Prozac. Deciding that the private sector in medicine was not for him, Dr. Mitha then took one year off to work in Ixtapa, Mexico as a land sports G.O for Club Med. Having considered Chiropractic in the past, it was only confirmed while having the chance to meet many Chiropractors during his time in Ixtapa.

The next part of his journey took him to the Canadian Memorial Chiropractic College in Toronto, Ontario. During his education, he still maintained an active physical lifestyle while working as a personal trainer. His internship year provided him the opportunity to work at 2 very different and unique places. The first part of his internship was at Anishnawbe Health and Native Wellness Center which serviced much of Toronto's aboriginal and homeless community. The second part of his internship allowed him the chance to treat players of the Canadian National Soccer Team, and other elite Canadian athletes. Both of these placements allowed Dr. Mitha to understand many aspects of illness, injury and health. A focus which remains in his clinic; In GoodHands.

Having returned back to Brampton (a resident of 34 years, he has since become an active member of the Rotary Club, Brampton Tennis Club, Brampton Volleyball League, Yoga instructor and more recently the Health Practitioner Advisory Committee for the city. Dr. Mitha wishes to become a more integral part of Brampton's community. "It is imperative that we take care of our body and mind, it is our most valuable asset. The first step is education and if anything else, we provide that for our patients".

Main and Franchise Clinics:



In GoodHands Rehabilitation & Wellness Centre

Bramalea City Centre – Inside GoodLife Fitness
Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5
Phone: (905) 453-5858 **Fax:** (905) 453-8995
Email: info@ingoodhandswellness.com

Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm
Tues. and Thurs.: 10:00 am - 9:00 pm
Fri.: 9:30 am - 7:00 pm
Sat.: 9:30 am - 2:30 pm
Sun.: Closed

In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall
C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5
Phone: (905) 433-9520 **Fax:** (905) 433-8144
Email: oshawa@ingreathands.com

Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

Products:

- Custom Made Orthotics
- Health Supplements

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Fri.: 9:00 am - 7:00 pm
Sat.: 9:00 am - 5:00 pm
Sun.: Closed