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Health Alert

-by Dr. Bruce West

Why I Don't Use A Microwave Oven

For years we used radiation badges to monitor the safety of our x-ray unit in the clinic. Then one day I had the notion that the invisible energy field from the x-ray machine could perhaps be affecting everyone without registering anything on the badges. So I muscle-tested (a muscular biofeedback technique) the employees, ran the x-ray unit for the equivalent of one chest x-ray, then retested everyone.

To my shock and surprise, everyone tested profoundly weak. The weakness lasted for several hours. This was true even for people who were over 50 feet and several walls away from the x-ray machine. This simple test left me scratching my head, but convinced me that there was much, much more to energy-wave fields than is reported.

Today you can find all kinds of "information," both pro and con about microwaving food. A lot of it is hype, a lot of it is true, and a lot of it is false. The one microwave fact that I am sure about is that microwaves can alter the amino acid structure of proteins (meat, fish, eggs, poultry, and dairy). Some of the alterations can be damaging to your health – especially if you microwave proteins daily.

A possibly even bigger problem-one that I cannot prove-is that an energy field is released by microwave units that cannot be contained by the oven. If my x-ray (with every state and federally regulated safety mechanism in place) could send an energy field through walls and across rooms, the same can be true for microwave ovens. And our bodies are sensitive to heat, cold and energy fields in ways we cannot even begin to understand.

For example, I know that after consuming one quart of distilled water, your white blood cell count will become altered for up to 24 hours-often from normal to abnormal. Does this temporary change mean that cooked water is a health hazard? No one knows. But I like to err on the side of caution. And I feel the same way about microwave ovens.

The slight convenience that they offer is just not worth it to me. And I would never feed micro-waved proteins to infants or kids. And that means the baby's milk! In my opinion, it is simply too dangerous and I recommend against it. Today's ovens are so efficient that if it takes 10 minutes to heat food conventionally versus 3 minutes in the microwave, I can live with the extra time. Hopefully I will live healthier and longer.

Five Simple Steps to Boost Energy

Fueling Up

With enough fiber and protein in your diet, you can help prevent temporary constipation (which can cause you to feel sluggish) and help keep your muscles strong. Select contact us for fiber suggestions.

Keep it Steady

A large meal causes a blood glucose spike and forces more blood to the gut and away from the brain, making a person feel listless and less alert. To maintain healthy blood glucose metabolism, you should eat small frequent meals, consisting of complex carbohydrates and protein, spread evenly throughout the day.

The B's Have it.

It is important to incorporate foods that are rich in B vitamins and iron because adenosine triphosphate (ATP), the molecule that carries energy for the cells, depends on these and other nutrients to function.

Let Your Cup overflow

Dehydration can reduce blood volume and diminish blood flow to the organs, slowing down the brain and its function. Drinking the right kind and right amount of fluids is key to keeping the body hydrated. Drink liquids such as water and green tea, instead of coffee and soda. Click on this link for more information on water filter for home and travel.

Moving Right Along

Inactivity can trigger fatigue. Set aside time to exercise like you would for any other appointment. If 30 minutes a day seems like too much to start with, break it down into three 10-minute chunks spread throughout the day.

Stress Reduction – The Cortices Technique

Your Introductory BodyTalk Lesson

In today's world, the body is bombarded with stressors constantly. The following technique takes less than a minute each day, yet its benefits of improving brain communications, mental clarity, and reducing stress far outweigh the time required. Try the following technique every day for thirty days and see if you don't see a difference in your overall well being.

Food for Thought...

No obstacle will ever leave you the way it found you.