

Avoid cancer by eliminating plastics in microwave

Question: Why is microwaving food dangerous and how will it affect the health of my family?

Answer: As a chiropractor we always discuss healthy lifestyle adjustments to increase the general well being of our patients. Preparing food properly is essential to maximize the nutritional value of the food we ingest.

We live in a high paced society with many time demands and our food preparation has become highly dependent on quick serve meals often times prepared in the microwave. There is conflicting research that debates the loss of value food receives as well as the potential negative health side effects it gives us regarding microwaved food. Fresh washed raw vegetables and fruits are best. After fresh, steamed, broiled, baked and finally fried, in descending order, are the preferential means to prepare food.

John Hopkins cancer research was recently released informing the public of the potential hazards of microwaving. The most important warning was to avoid heating food in the microwave using plastic containers. Plastic releases dioxins into your food, which is highly toxic and can create cancer. This especially applies to food that contains fat. The combination of fat, high heat, and plastics releases dioxins into food and ultimately into the cells of the body. Instead, use glass, Corning Ware, or ceramic containers for heating food. You get the same results, without dioxins. Store bought packaging such as TV dinners, instant ramen and soups etc., should be removed from the container and heated in something safer. Paper isn't bad but you don't know what is in

paper. It was not long ago when many of the fast food companies moved away from foam containers to paper. The dioxin problem is one of the reasons. To add to this, Saran Wrap and similar products, placed over foods as they are “nuked”, with high heat, actually drips poisonous toxins into the food, so stick with paper toweling.

Eating intelligently along with proper preparation can minimize potential cancer.

Quote of the week: *“Goodness is the only investment that never fails.”* —

Henry David Thoreau