

# Why Did The Soviet Union Ban The Use of Microwave Ovens?

Soviet studies found that microwaved food lacked nutritional value — and could even be dangerous

This is [an excerpt](#) from an article that originally appeared at **Apparently Apparel**

**Quelle:**

<http://russia-insider.com/en/why-did-russia-ban-use-microwave-ovens/5978>

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In Russia, microwave ovens were banned in 1976 because of their negative health consequences as many studies were conducted on their use. The ban was lifted after Perestroika in the early 90's.

Here are some of their findings on microwaving food:

1. Microwaved foods lose 60 ~ 90% of their nutritional value and it also accelerates the structural disintegration of food.
2. Microwaving creates cancer-causing agents within milk and cereals.
3. Microwaving alters elemental food-substances, causing digestive disorders.
4. Microwaving alters food chemistry which can lead to malfunctions in the lymphatic system and degeneration of the body's ability to protect itself against cancerous growths.
5. Microwaved foods lead to a higher percentage of cancerous cells in the bloodstream.
6. Microwaving altered the breakdown of elemental substances when raw, cooked, or frozen vegetables were exposed for even a very short time and free radicals were formed.
7. Microwaved foods caused stomach and intestinal cancerous growths, a general degeneration of peripheral cellular tissues, and a gradual breakdown of the digestive and excretive systems in a statistically high percentage of people.
8. Microwaved foods lowered the body's ability of the body to utilize B-complex vitamins, Vitamin C, Vitamin E, essential minerals and lipotropics.
9. The microwave field next to a microwave oven caused a slew of health problems as well.
10. Heating prepared meats in a microwave sufficiently for human consumption created:
  - \* d-Nitrosodiethanolamine (a well-known cancer-causing agent)
  - \* Destabilization of active protein biomolecular compounds
  - \* Creation of a binding effect to radioactivity in the atmosphere.

\* Creation of cancer-causing agents within protein-hydrosylate compounds in milk and cereal grains.

11. Microwave emissions also caused alteration in the catabolic (breakdown) behaviour of glucoside – and galactoside – elements within frozen fruits when thawed in this way.

12. Microwaves altered catabolic behavior of plant-alkaloids when raw, cooked or frozen vegetables were exposed for even very short periods.

13. Cancer-causing free radicals were formed within certain trace-mineral molecular formations in plant substances, especially in raw root vegetables.

14. Due to chemical alterations within food substances, malfunctions occurred in the lymphatic system, causing degeneration of the immune systems' capacity to protect itself against cancerous growth.

15. The unstable catabolism of micro-waved foods altered their elemental food substances, leading to disorders in the digestive system.

16. Those ingesting micro-waved foods showed a statistically higher incidence of stomach and intestinal cancers, plus a general degeneration of peripheral cellular tissues with a gradual breakdown of digestive and excretory system function.

17. Microwave exposure caused significant decreases in the nutritional value of all foods studied, particularly:

\* A decrease in the bioavailability of B-complex vitamins, vitamin C, vitamin E, essential minerals and lipotrophics

\* Destruction of the nutritional value of nucleoproteins in meats

\* Lowering of the metabolic activity of alkaloids, glucosides, galactosides and nitrilosides (all basic plant substances in fruits and vegetables)

\* Marked acceleration of structural disintegration in all foods.