

Invisible Architecture
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Invisible Sha Energies



When looking at the feng shui of a home or office, we are always concerned about the building's shape, magnetic direction, its interior and exterior environment, the flow of qi within the structure, the placement of furnishings, electromagnetic fields, the colors used etc. and the impact all of these

energies have on the occupant's health and well being.

Feng Shui is about creating an environment that is in alignment with the "healing forces of nature."

But, there is one obvious health hazard that is often overlooked and blindly accepted as a modern necessity - the microwave oven. This appliance produces "sha" - negative qi.

Microwave ovens are in 90% of America's kitchens and many lunchrooms. Most people think there are no negative health effects from the microwaves.

Many are now aware (or should be) of the danger of standing in front of a microwave oven when it is turned on because of the leakage from the oven door of microwaves into the environment. If one stands holding a fluorescent tube in front of the oven when it is turned on, it usually will light up without being plugged into any source of electricity!

All microwave ovens contain a magnetron which is a tube in which electrons are affected by magnetic and electric fields. They produce microwave radiation that vibrates 2.4 billion times per second. This energy acts on the molecules in food, particularly water molecules, causing them to vibrate rapidly. This rapid movement generates friction and thus heat. Vibration is so violent that molecules are often torn apart or deformed, thereby changing the chemical makeup of the food.

The Russians have done the most extensive research into the dangers of microwave ovens. In 1976, microwave ovens were totally banned in the Soviet Union and they issued an international warning about the biological and environmental damage that can result from using this appliance. Using highly sophisticated measurement equipment they made the following discoveries:

- Eating food processed from a microwave oven may cause permanent brain damage by “shorting out” electrical impulses in the brain.
- Male and female hormone production can be shut down and/or altered by continually eating microwaved foods.
- Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit.
- The minerals in vegetables are altered into cancerous free-radicals when cooked in microwave ovens.
- Microwaved foods can cause stomach and intestinal cancerous tumors.

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- - The prolonged eating of microwaved foods may cause cancerous cells to increase within the blood serum
 - Continual ingestion of microwaved food lowers the immune system Eating microwaved food may cause loss of memory, concentration, emotional instability, and a decrease of intelligence.
 - Microwaving alters elemental food-substances, causing digestive disorders.
 - Microwaved foods lose 60 to 90 percent of the vital-energy field and microwaving accelerates the structural disintegration of foods.
 - Microwaved foods lower the body's ability to utilize B-complex vitamins, Vitamin C, Vitamin E, essential minerals and lipotropics.

The following is a summary of the Russian investigations published by the Atlantis Rising Educational Center in Portland Oregon:

Carcinogenic compounds were formed in virtually all foods tested under normal cooking conditions. No test food was subjected to more microwaving than necessary to accomplish the purpose i.e., cooking, thawing, or heating to ensure sanitary conditions.

- Microwaving prepared meats caused the formation of the carcinogens d-nitrosodienthanolamine.
- Microwaving milk and cereal grains converted some of the amino acids to carcinogens.
- Thawing frozen fruit converted their glucoside and galactoside containing fractions into carcinogenic substances.
- Short exposure of raw, cooked or frozen vegetables converted their plant alkaloids into carcinogens.
- Microwaved root vegetables developed carcinogenic free radicals.

In 1991 Dr. Hans Hertel a retired Swiss food scientist and Lausanne University Professor Blanc did a 'blind' study of the effect of microwaved versus 'normal' foods.

They found microwave cooking changed the nutrients of food. These were not healthy changes, but changes that could cause deterioration in human systems.

They found:

- Decreases in all hemoglobin values
- Increases in hematocrit, leukocytes and cholesterol values.
- Decreases in the ratio of good to bad cholesterol.
- Decrease in white blood cells following ingestion of microwaved food.
- Evidence that microwave energies are passed to the cells via the blood.

In 1992 a Swiss court issued a gag order against Hertel and Blanc. A ferocious attack ensued. In 1993 Hertel was convicted of “interfering with commerce” and prohibited from publishing. In 1998 the European Court of Human Rights held that the gag order was contrary to the right of freedom of expression. Switzerland was ordered to pay Hertel compensation.

There are many sites where you can read about the dangers of microwave ovens. Research is currently being done in England to see if there is a link between the current obesity epidemic and the lack of nutrients of microwaved foods. A good alternative is a convection oven which is just a toaster oven with a fan. It cooks faster than a regular toaster oven, more evenly and isn't destroying your food.

The perfect feng shui remedy is to throw your microwave away ...NOW!!

Blessings, Carol