

## Answers to Readers Questions Hydrogen peroxide & microwaves



Q: What's your take on the dangers of microwaved food being dangerous? An internet blurb claimed that a girl's science project proved that microwaved water kills plants, and therefore must be dangerous for humans also.

A: I'm no expert on microwave technology, but, in true scientific fashion, I repeated the experiment. I got the opposite result: My cut plant rooted much better in microwaved water than tap water, and I had two Hoya plants to give to friends. Internet hoax revealed.

The email tells of blood warmed in a microwave killing people. Anyone guilty of doing such a thing shouldn't be trusted with tomato juice, let alone blood. Of course microwaved blood is no good – cooking congeals protein (think egg white) and blood cells need their proteins in a non-congealed form to function and keep people alive.

Further assertions that microwaves disrupts DNA structure fall under the "Who cares?" category. Cooking disrupts bonds, too. You are putting food in the microwave, not your cat or your head.

The real controversy relates to how close you can stand to a microwave when it is on and not have your own DNA rearranged. The science I can find indicates that a microwave photon energy level is lower than that required to break a DNA bond, so go ahead and hug your microwave. On the other hand, I know some people, including the author of the email hoax, who should have their DNA rearranged.

Q: Recently I came across a book that is promoting hydrogen peroxide as a health supplement. They recommend diluting it in water and drinking it. Are you familiar with this and do you recommend it?

A: H<sub>2</sub>O<sub>2</sub> is the stupidest supplement ever promoted, at least since arsenic. People spend billions on anti-oxidants to prevent chronic disease, and now they promote one of the strongest pro-oxidants ever?? We don't even use it on wounds except as an *initial* cleansing to kill bacteria, because it kills tissue. What will they think of next?

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**HEALTHY CHOICES FOR  
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