

e-WELLNESS NEWSLETTER



[Home Page](#) | [Bloomingdale Wellness Center](#) | [Contact Us](#) | [Tampa Fertility](#)

June 2009

This Issue

The Dangers of Microwave Ovens

Fertility and Diet
(page 2)

NATURAL FERTILITY SEMINAR

Call 341-2200
for details and
registration.
Seating is limited.

Fulfilling our couples' dreams of a healthy baby when success is deemed to be impossible.

Welcoming



Brianna Allison

The Dangers of Microwave Ovens

Microwave cooking is an important cause of ill health and certainly one of the most ignored. Saving a few minutes of cooking time is not worth any risk to your health. This is scary when you think of the millions of people that don't give a thought to using a microwave.

There have been very few scientific studies done on the effect of eating microwaved food. This is rather surprising when you think about the fact that microwaves have been with us for only a few decades--and that in that time the incidence of many diseases has continued to increase.

The University of Minnesota made a radio announcement that microwaves are not recommended for heating a baby's bottle. In infant formulas, there may be a loss of vitamins. In expressed breast milk, protective properties may be destroyed...

From the conclusions of the Swiss, Russian and German scientific clinical studies, we can no longer ignore the microwave oven sitting in our kitchens. Based on this research:

Humans cannot metabolize the unknown by-products created in microwaved food.

Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little to no benefits from eating.

Minerals in vegetables are transformed to cancerous free radicals in microwave ovens.

Microwaved foods cause stomach and intestinal tumors. Could explain the rapidly increasing rate of colon cancer in the US.

Prolonged ingestion of microwaved foods causes cancerous cells to increase in human blood.

If these scientific studies don't convince you, you can try to do your own experiments. Take two plants fairly identical for testing purposes, give one regular water, then microwave some water until its hot then let it cool and give it to the other plant... can you guess what happens?

We strongly encourage you to do your own research and draw your own conclusions. You may be impressed with what you find.



Guillermo Caceres,
A.P., D.O.M.



Our clinic

Our purpose is to help our patients achieve their optimum health naturally.

We strongly encourage you to do your own research and draw your own conclusions. You may be impressed with what you find.



Fertility and Diet

How What you Eat Affects Your Odds of Getting Pregnant

Conditions such as subfertility, miscarriage, low birth weight, premature birth, malformation, breast-feeding difficulties, handicap, hyperactivity, learning problems, asthma, eczema, and poor resistance to infection are often preventable.

Attending to the health and lifestyle of both prospective parents before they conceive a child is very important. Eggs are susceptible to damage for 100 days before ovulation and sperm formation takes approximately 116 days. Then from conception to 12 weeks gestation, the fetal mass increases over 2 ½ million times, but from 12 weeks to full term only increases a mere 230 times. By the time a woman realizes that she is pregnant and decides to modify her diet and lifestyle, the early weeks, when cell organization, differentiation, and organogenesis occur, are almost over. By the end of this period, those anomalies that are going to affect the fetus are already present.

Preconception care therefore aims to ensure that there is an adequate supply of all those nutritional factors which are essential for the health of the sperm, egg and fetus and an absence of those factors which are known to compromise general health, or which are harmful to germ cells, or to fetal development.

The pre-pregnancy preparation for both prospective parents is recommended for a minimum period of four months before an intended conception. Some issues a couple can address for themselves, others will require help from a trained practitioner, and include: Improving nutrition; screening for essential trace elements and toxic metals; maintaining low stress levels; avoiding everyday environmental hazards (including exposure to microwaved ovens and microwaved foods--as stated above); treating food and chemical allergies; treating infections-- especially those of genitourinary type; using natural therapies to assist normal reproductive functioning and to address any other health problems; using natural family planning (avoiding oral contraceptives, UIDs); discouraging uses of common social poisons (e.g. Cigarettes, alcohol, and drugs including caffeine).

Following above recommendations for preconception care, it should be possible to have a stress free and healthy pregnancy, followed by an easy labor, a successful breastfeeding relationship or gentle weaning on to a whole food diet, and of course an exceptionally healthy, happy and bright child who will be a joy to care for and who will have an excellent chance of realizing her/his full genetic potential.

For more information on the importance of preconception care or to attend our next seminar on this topic, please call our office at 813.341.2200

Bloomingtondale Acupuncture & Nutrition Wellness Center Tampa Bay Fertility

110 E. Bloomingtondale Avenue / Brandon, FL 33511 / 813.341.2200
www.AcuWest.net / www.TampaFertility.com

to unsubscribe, please email info@acuwest.net