



# **the microwaves in the pot: Investigation of alterations of foods and substances in the microwave ovens**

*mr Lorenzo Guaia . .*

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## **the microwaves in the pot: Investigation of alterations of foods and substances in the microwave ovens**

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Two years of research to prepare for this work, unique in its kind. A research aimed at demonstrating the harmfulness of the use of the microwave oven for heating and cooking the food. The author, however, is not limited to consider dozens of scientific studies of high level, but also personally performs a series of laboratory analysis illustrating the techniques in a simple method. The result is that the water contained in foods is not more of the same, and many other substances undergo important transformations

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