

Ten Reasons to Throw out your Microwave Oven

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, we will conclude this article with the following:

Forensic Research Document

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- 1) Continually eating food processed from a microwave oven causes long term permanent brain damage by 'shorting out' electrical impulses in the brain (de-polarising or de-magnetising the brain tissue).
- 2) The human body cannot metabolise (break down) the unknown by products created in microwaved food.
- 3) Male and female hormone production is shut down and/or altered by continually eating microwaved foods.
- 4) The effects of microwaved food by-products are residual (long-term, permanent) within the human body.
- 5) Minerals, vitamins, and nutrients of all microwaved food is reduced or altered so that the human body gets little or no benefit, or the human body absorbs altered compounds that cannot be broken down.
- 6) The minerals in vegetables are altered into cancerous free radicals when cooked in microwave ovens.

7) Microwaved foods cause stomach and intestinal cancerous growths (tumours). This may explain the rapidly increased rate of colon cancer in America.

8) The prolonged eating of microwaved food causes cancerous cells to increase in human blood.

9) Continual ingestion of microwaved food causes immune system deficiency through lymph gland and blood serum alterations.

10) Eating microwaved food causes loss of memory, concentration, emotional instability, and a decrease of intelligence.

Have you tossed out your microwave oven yet? After you throw out your microwave, you can use a toaster oven as a replacement. Food can be re-heated by steaming or wrapped in foil in the oven. Defrosting food can be done quite quickly by placing the food (in a container preferably) in hot water. You just need to change the water every 10 minutes or so.

I haven't used a microwave in over 5 years and can honestly say I don't miss it. Occasionally if I'm out and I am served food at a friends house or a café which has been heated in a microwave I can really notice the difference in the flavour and texture of the food and I don't like it.

Isn't a little inconvenience and maybe a little more time spent in preparation and organisation worth it if we can avoid the health hazards associated with microwave use? Why would you want to take the risk?
Kylie

The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.

So You Think You Can...? Win!

Due to popular demand Studio Glo is running their competition 'So You Think You Can..?' again

Anyone could win! Just look at last years results. We had people of all ages, shapes, sizes & fitness levels win a variety of prizes



The competition is open to anyone who attends Studio Glo once per week

Starts October 13th

It's our goal that this competition will encourage & motivate a healthy lifestyle for every participant as well as those around them.

This is not just a competition about numbers on the scales but a difference in lifestyle – anyone can win!

Upon registration, each applicant will be provided with an information pack. The Challenge will last for 8 weeks

ENTRY FEE \$20
Registration is now open!

Level 1, 156 Maroondah Hwy
Ringwood 3134
9870 4050

Pita Pizza

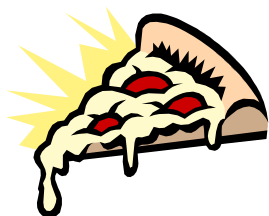
Ingredients (Serves 2):

- 2 wheat free, rye pita pockets
- 2 tablespoons tomato paste
- 1/2 cup washed rocket
- 4 cherry tomatoes, sliced
- 1/2 green capsicum, sliced
- 180g tuna
- Pitted Olives
- 8 tablespoons/chunks Fetta

Method:

- 1) Pre-heat oven to 180°
- 2) Place pitta pockets on a baking tray & spread with tomato paste
- 3) Place rocket on the base of the pita & add tuna, sliced tomatoes & capsicum
- 4) Scatter over the top of the pittas with olives and fetta
- 5) Place in the oven for about 8 minutes
- 6) Season & Serve

Kylie



Keep It Simple

Spring is here, summer is definitely on its way and, dare we say, Christmas is looming! So looking good and feeling great is more important than ever.

A healthy balance of diet and exercise will help you be in top shape for summer. Here are a few things to keep in mind:

If you want to change then you have to be that change. You must make that decision a reality by applying yourself. You can't expect to do the same things & expect different results. You need to change your eating habits and exercise programs to initiate change.

Don't listen to everything you hear on television or believe everything you read. Filter the information that is thrown at you from every direction. Experiment a little but most importantly, find out what works for you.

Prioritise in a diary or on a calendar what you need to do for the day/week. Life is never simple and it never goes to plan. So when your day does go a little pear shaped just adjust things and keep on track as much as possible.

What do you want to look like or how do you want to feel? Your behaviour & lifestyle (mindset, exercise and eating habits) needs to match this vision. If you want to be a size 12 then you must do what a size 12 person would do. For instance, a size 12 person would exercise most days of the week and wouldn't eat much take away food would they?

Kylie

4 Weeks Unlimited Group Exercise Classes!



\$150

We have classes running everyday except Sunday with a huge new variety of timeslots & class types available

Weight Gain & Cardio

Not everyone wants to lose weight and gaining weight or muscle can be just as tough as trying to lose it. You may think you should not do cardio exercise if you are trying to gain muscle. But, cardio isn't just for weight loss. It also helps condition the heart and lungs and promotes health and well-being.

If your goal is to gain muscle, you will not need tons of cardio. However, doing at least three 20-minute sessions a week will not hurt your goals and will help you reap the benefits of cardio without burning too many calories.