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### Adverse Effects of Microwaves

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**Abstract:** This article is for the awareness of the readers about the ill-effects of Microwave cooking, causes especially the non-thermal effects. Potentially increases the production of carcinogens or mutagens in foods. Minerals, Vitamins, and nutrients of the food cooked by microwaves are reduced or altered so that the person meager benefit or the person's body intakes altered compounds that cannot be broken down. Degeneration of nerve impulses within the junction potentials of the cerebrum, breakdown of nerve electrical circuits and loss of energy fields in the neuro plexuses, loss of balance, Chest pains. An organic injury takes place in the cardiovascular system. Direct exposure causes the reproductive organs, in temporary sterility or degenerative changes have been reported in exposures involving research animals and man.

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