

# Does Your Cookware Make Any Difference?

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Shortly after receiving our Kenzen Cookware, I sautéed some red peppers and zucchini in two separate skillets. One was the New Kenzen Cookware, and the other was a very expensive (Approximately \$250) high quality skillet.

The first picture on the upper left shows the results immediately after about 8 minutes of cooking time.

The difference in taste, appearance, and texture was very obvious. I then covered the two skillets and placed them outside in approximately 40 degree temperature, leaving the Kenzen skillet's button in the "on" position.

The picture on the upper right shows how the vegetables looked after 30 hours. The ones in the competitive skillet gave off a very disagreeable odor when the lid was removed. When the lid was removed from the Kenzen skillet, however; the vegetables looked bright, smelled good and tasted freshly cooked.... other than being cool.

Notice the pictures on the lower half of the page, are close ups of the two skillets after sitting for 30 hours.

On the manufacturer's web site: [http://www.lifeware.us/3rd\\_Party\\_Testing/lwvegreport.pdf](http://www.lifeware.us/3rd_Party_Testing/lwvegreport.pdf) , you will see under the Category "Change", on the line indicating Ash (%) .....you will see > 62%. Dave Balzer translated this to mean that with the Kenzen Cookware, there is a 62% retention of the most important nutrients, being our antioxidants.

Why would anyone knowingly not want to retain the majority of the nutrients available if prepared properly?

- Royal Diamond, Char Rogers



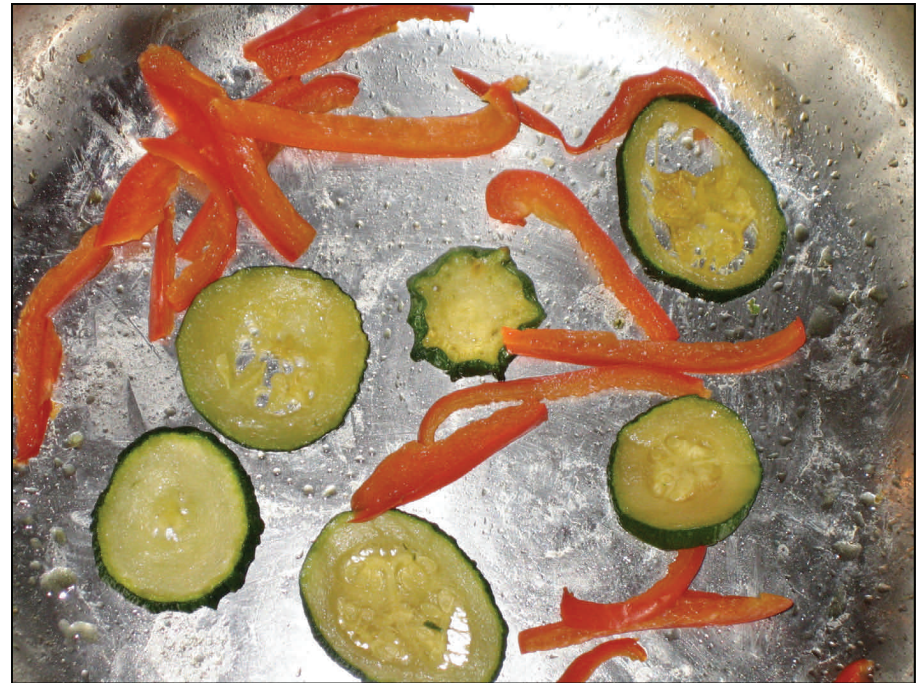
Immediately after cooking...Kenzen skillet on the right



After sitting covered for 30 hours in 40 degree temperature (Kenzen Pan was "On")



Close up of competitive skillet after sitting covered for 30 hours at 40 degrees



Close up of Nikken Kenzen skillet after sitting ("on") for 30 hours at 40 degrees