

Dead Foods vs. Living Foods

Can we be dead wrong about our theories on food? Our society is looking for the solution to our weight and health problems. You're looking for a way to live healthily and to have the body of your dreams, are you not?

Before you look for treasure in a forest it is a good idea to make sure that you are in the right forest! Otherwise, the search is futile. And do you know what? We've been looking in the wrong forest! We are struggling and punishing ourselves with torturous diets and we are experiencing more weight problems and ever-increasing disease.

Have you ever seen an obese wild animal? I bet the answer is no. The only animals that become obese are human beings and domesticated animals (due to human influence). And this has become a common problem only after the 1950s. Why is that? We will soon see.

Out of the tens of thousands of species of animals, birds, plants, marine life, etc. we are the only species that has degenerative disease as a primary cause of death. We are also the only species that experience obesity problems.

We are the only species with doctors, scientists, medical experts, and so on. At any one time 65% of women in the U.S. are on a diet. Obesity affects almost 60% of Americans. We have more diets, diet books, and diet foods than ever before. So why is obesity becoming more prevalent? If these diets worked, the problem would be diminishing, not increasing. The reason lies in the nature, not the quantity, of the foods we eat, compared to the nature of the foods pre-1950.

Perhaps the best illustration of this is the [Pottenger cat study](#) (see biography below), an amazing yet simple experiment conducted over a 10 year period. It has since been repeated using different test subjects, all with the same results. This study demonstrates clearly that the consumption of the types of foods encouraged by Western diets leads to long-term degeneration of body parts, obesity due to toxicity, disease, problems with fertility, and much more.

The Pottenger's Cats study was done by Dr. Francis Pottenger between 1932 and 1942 using 900 cats. The study was conducted with Dr. Alvin Foord who was a professor of pathology at the University of Southern California. It was done under very specific scientific conditions with very accurate record keeping, observation, and statistical analysis. In fact, the 900 cats had complete medical histories done before the experiment began.

The cats were divided into two groups. There was a control group that was given a raw food diet composed of raw meat, milk, and cod liver oil. Then there was a group given a diet that was composed of cooked meat and milk plus cod liver oil. The following is what happened over several generations of cats.

The control group that was given a raw diet remained healthy and gave birth to healthy kittens in the first generation. The cats that were given cooked food also gave birth to healthy kittens in the first generation. In the second generation the cats started to have noticeable differences. The group of cats that were eating cooked food could not produce a fourth generation of cats. In other words, there were no fourth generation cats available to study. All cats of the third generation that had grown up on the cooked food diet could not give birth to healthy offspring. Some did not give birth at all, and others gave birth to kittens that lived for less than six months. Now remember that in both groups the food quantity was kept the same. The only difference was that one group was given cooked foods and the other was not. The most observable effect (and the most amazing one) happened to the fourth generation of kittens. The cats that were eating raw foods had kittens that were normal and healthy!!

The cats were then returned to the normal raw food diet and taken off the cooked foods diet to see what would happen. It took about four generations of cats eating a normal healthy raw food diet for the first kittens to be born that were absolutely normal. Four generations to undo the damage of a cooked food diet!

We're not sure how many generations it would take for the human species to render complete chaos like the cats, but we can already see signs of it. Each new human generation has even more complications and health issues, at younger ages, than the previous generation. We now see children getting diseases that previously were seen only in old people.

Let's go back to the cats. What the scientists found was that different parts of the cats' bodily systems took different amounts of time to return to normal. Some systems took one generation; some took two generations and so on. But generally, it took about four generations for everything to return to normal.

A similar experiment was conducted using rats. Another study was done using pigs. And once again they had health problems and deformed offspring. All animals degenerated due to cooked foods being introduced into their diets. Degeneration of the body, the mind **and the emotions** due to the introduction of a large percentage of processed and cooked foods.

Since the 1950s we have been following some very incorrect and unnatural guidelines regarding our diet and its link to health and proper weight. Ever since then we have become the only species on earth to have obesity problems and to die of degenerative diseases. Paradoxically, we are also the only species that counts calories and is perpetually on a diet. Why is that so? And why did it only start in the 1950s? Recently answers have become available. The truth is progressively being exposed and **the truth is: We need more and more raw, unprocessed foods** and less cooked and processed food.

Have you ever asked yourself, "What if everything I know about food is wrong?"

What would that mean to your life?

Excerpted from an article written by David Cameron, www.ImagesOfOne.com - Used with permission.

About Francis M. Pottenger (Biography)

Francis M Pottenger, Jr. was a physician who successfully applied the principles of Weston Price in his treatment of respiratory diseases such as TB, asthma, allergies and emphysema. At his sanatorium in Monrovia, California he served liberal amounts of liver, butter, cream and eggs to convalescing patients. He also gave supplements of adrenal cortex to treat exhaustion.

Like Price, Pottenger was also a researcher. He decided to perform adrenalectomy on cats and then fed them the adrenal cortex extract he prepared for his patients in order to test its effectiveness. Unfortunately most of the cats died during the operation. He conceived of an experiment in which one group of cats received only raw milk and raw meat, while other groups received part of the diet as pasteurized milk or cooked meat, summarized as follows:

The Meat Study:

ADEQUATE DIET A: 1/3 RAW milk, cod liver oil and 2/3 RAW meat
DEFICIENT DIET B: 1/3 RAW meat, cod liver oil and 2/3 PASTEURIZED milk
DEFICIENT DIET C: 1/3 RAW meat, cod liver oil and 2/3 EVAPORATED milk
DEFICIENT DIET D: 1/3 RAW meat, cod liver oil and 2/3 SWEETENED CONDENSED milk
DEFICIENT DIET E: RAW METABOLIZED VITAMIN D milk only

1. From cows on dry feed
2. From cows on green feed

Pottenger found that only those cats whose diet was totally raw survived the adrenalectomy and as his research progressed, he noticed that only the all-raw group continued in good health generation after generation—they had excellent bone structure, freedom from parasites and vermin, easy pregnancies and gentle dispositions. All of the groups whose diet was partially cooked developed "facial deformities" of the exact same kind that Price observed in human groups on the "displacing foods of modern commerce"—narrowed faces, crowded jaws, frail bones and weakened ligaments. They were plagued with parasites, developed all manner of diseases and had difficult pregnancies. Female cats became aggressive while the males became docile. After just three generations, young animals died before reaching adulthood and reproduction ceased.

The results of Pottenger's cat experiments are often misinterpreted. They do not mean that humans should eat only raw foods—humans are not cats. Part of the diet was cooked in all the healthy groups Price studied and Pottenger fed a diet of both raw and cooked food to his patients. (Milk products, however, were almost always consumed raw among healthy primitives and Pottenger was a strong advocate for clean, certified raw milk.)

Pottenger's findings must be seen in the context of the Price research and can be interpreted as follows: When the human diet produces "facial deformities"—the progressive narrowing of the face and crowding of the teeth—extinction will occur if that diet is followed for several generations. The implications for western civilization-obsessed as it is with refined, highly sweetened convenience foods and low-fat items—is profound.

Pottenger also pioneered the use of gelatin-rich meat bone broth for the treatment of disease and the maintenance of good health. His seminal article "Hydrophilic Colloid Diet," stated the case for traditional stock, rich in minerals and hydrophilic gelatin, as an aid to digestion and a source of minerals in easily assimilated form. He often stated that the stock pot was the most important piece of kitchen equipment a family could own.

Pottenger was also one of the first to explore the differing effects of the two parts of the autonomic nervous system, observing that too much stress on the parasympathetic nervous system caused one set of symptoms while too much stress on the sympathetic nervous system caused another set of symptoms.

Pottenger's most important articles are published in Pottenger's Cats.