# DIET MAKES A REAL DIFFERENCE IN OUR HEALTH THE CAT / HUMAN STORY...3 GENERATIONS TO SICKNESS

Dr Joel Robbins, MD

#### THE BIG QUESTION

"If diet makes a difference in our health, why is it that my grandfather, who ate everything wrong, lived to be 90 years of age and his great grandson, age 2, has cancer?

Dentist...Francis Pottenger had that same question...

"What does processed food do to our bodies?"

He divided 800 cats into two broad groups.

ONE GROUP... HE FED UNPROCESSED FOOD. Those cats remained healthy their whole life.

They had babies and these babies remained healthy their whole life.

These babies continued to have healthy babies...indefinitely.

THE SECOND GROUP...HE FED PROCESSED FOODS (JUNK FOODS ETC)

FIRST generation junk-food cats developed diseases like humans - arthritis, cancers, diabetes etc

They got these diseases toward the END of their life span. These cats had babies.

SECOND generation junk-food cats developed the diseases in the MIDDLE of their life span.

These cats had babies.

THIRD generation junk-food cats developed those diseases at the BEGINNING of their life span.

There was NO FOURTH GENERATION.

The THIRD generation parents could not conceive, or if they did, they aborted.

#### APPLYING CAT "SCANS" TO PEOPLE

In America and Australia, 25% of young adults cannot conceive. The incidents of spontaneous abortion or miscarriage are on the rise. Premature births are a major problem.

The Number 1 killer of children under the age of 10 is CANCER.

#### WHAT HAS HAPPENED?

Since 1900 our diet has degenerated terribly. In the past we ate whole food off the land. No processing. No chemicals No canning. No preservatives or refrigeration.

Now we eat sprayed, cold stored, processed, and preserved foods grown on very depleted soils. Plus we also have an increasing exposure to chemicals in our homes and in the environment.

Now we're three or four generations from 1900, and we're seeing the problems Pottenger saw. DIETARY BREAKDOWN = HEALTH BREAKDOWN

### VERY FEW DISEASES DO WE ACTUALLY INHERIT.

What we do inherit from our parents is genetically weak tissue...

e.g. if Dad smoked and didn't have a lung problem prior to conceiving his son, his son will be handed genetically weak lung tissue. That's not a disease. Those lungs will function normally - except if he violates his body. That's the weak link. That's what's going to fall apart, if he is exposed to smoke or toxins that challenge his lungs and his son can develop lung or related problems.

# THREE GENERATIONS CAN REVERSE THE GENETIC CODE

Pottenger found that it took three generations to REVERSE the genetic code.

## WHAT DETERMINES A CHILD'S HEALTH?

- 1. <u>HEALTH OF THE PARENTS at CONCEPTION</u>. What makes up that first cell's life? Sperm and egg. If the first cell of life is deficient and toxic through inadequate nutrition and lifestyle habits that will influence the strength of the genetic code.
- 2. HEALTH OF THE MOTHER while CARRYING THE CHILD. The thought always was that the mother's body will sacrifice itself for the baby. I.e. If the mother is not eating well, her body will fall apart to make sure there's a healthy baby and to some degree that happens. But, what did Pottenger find? That the mothers of the third generation, if they were unhealthy couldn't carry to full term and would abort. Mother got top billing if the quality of the nutrition was inadequate. So if the mother has health problems she'll get what nutrition does come in and this will affect the health of that child and the ability of the mother to carry the child to full term.
- 3. WHAT the MOTHER EATS when she CARRIES THE CHILD. What do we think makes the baby? It's the food. If she's eating junk food, she's going to make a junk baby.
- 4. The <u>MOTHER'S DIET</u> when she's <u>NURSING</u> the child. What goes into the mother's mouth determines what's in that milk. Poor quality food = poor quality milk = poor quality baby health.
- 5. What do you FEED THE CHILD AFTER it's been WEANED? If you don't feed the child properly after weaning, then you start the downhill process. A good foundation doesn't guarantee health if it is not continued after weaning.

These are all factors determining the health of a child. Before conception the parents should get on the best possible eating program for at least three months, if not a year.

This will give the baby every opportunity possible. And after conception and birth they need to continue to live and eat right too.

Health is built and maintained by eating and living right all the time.