

800 CATS

by Dr. Joel Robbins, MD

Here's a question I get all the time: "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?" How can this man, denying every aspect of health, live to be 90-95 while his 2 year old great grandchild has cancer? If it's a diet that makes a difference, it would seem like Grandpa would be the one with the trouble.

Back in the 40's there was a dentist by the name of Francis Pottenger. Francis Pottenger had that same question. His real question was, "What does processed food do to our bodies?" Now he was not a nutrition nut, and he financed his own research, so no one told him what results to come up with. He used cats (800 cats). He divided these cats into five groups. The first two groups he fed unprocessed food. Those cats remained healthy throughout the experiment, so let's put them aside.

It's the other three groups we're interested in. He fed them processed foods (junk foods in other words) and here's what he found. The first generation junk-food cats developed diseases much like we humans acquire--arthritis, cancers, diabetes, allergies, and so forth. They got these diseases toward the end of their life span.

The second-generation junk-food cats developed those same diseases in the middles of their life span.

Applying Cat "Scans" to People.

Right now in America, 25% of young adults cannot conceive. It's the worst we've ever seen. The incidents of spontaneous abortion or miscarriage are on the rise. It's the worst this country has ever seen. The Number One disease killer of children under the age of ten in this country is a chronic degenerative disease. It's cancer. What has happened? Well, since 1900 our diet in this country has degenerated terribly. In those days Americans ate whole foods--because then we didn't have any choice. We grew off the land. We didn't know about enzymes; we didn't know about canning we didn't know about preservatives or refrigeration or so forth, so basically we had to live off the land.

So we've gone from that to processed foods and preserved foods grown on depleted soils. It is now seven to fourteen days before the average American will consume anything raw. Now we're three or four generations from 1900, and we're seeing the problems Pottenger saw with his cats. (In addition, we have an increasing exposure to chemicals in and on the food, as well as in our homes, from the fabrics in carpets, clothing, pillows, etc, to the cleaning supplies, personal care items and lotions, and also the petroleum products in and outside the home.) It's pretty sad. Children under the age of ten die of heart attacks and heart disease. And diabetes, a relatively new disease for children, is becoming more and more common.

Dietary Breakdown

It's the result of our diet breaking down over this time. Very few diseases do we actually inherit. What we do inherit from our parents is genetically weak tissue, so if Dad smoked and didn't have 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, and his son can develop some lung problems.

Just this past week a mother called, and she said, "A year ago my daughter, age 35, came down with Type II diabetes." I said, "I bet you just found out you had it too." She said, "How did you know?" You see, the daughter acquired it before it showed up in the mother because she was the next generation. The weaknesses are even weaker. It took less wrong-doing for the problem to manifest. It only took 35 years of wrong-doing in the daughter, but it took 55 years in the mother for it to manifest. Scripture says that the iniquities of the fathers are visited to the third and fourth generations. It doesn't seem fair, but God isn't fair. He's just, but He's not fair. And one day, as C.S. Lewis said, "The first two words out of our mouths when we get to heaven will be... 'Of course.'" It all makes sense, but it doesn't seem fair that we pass on our wrongs, our propensities, our weaknesses. Consequently, we have a responsibility. We are in an age that lives for the moment--"if it doesn't hurt me now it must be okay."

Three generations can reverse the Genetic Code.

We have to think in terms of our children and our grandchildren. You see, Pottenger found that he could reverse the problems but it took three generations to reverse the genetic code. (The cats really did recover!)

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

Dr. Joel Robbins, MD From a speech given, and published in Back to the Garden in 1998)