

THE GREAT AMERICAN RAT EXPERIMENT – RAW FOODS VS. COOKED

An interesting three part experiment comparing the effects of raw foods versus cooked foods with rat.

The First Group Of Rats: This group was fed raw vegetables, fruits, nuts and whole grains from birth and they grew into completely healthy rats and never suffered from any diseases. They were never ill. They grew rapidly, but never became fat, mated with enthusiasm and had healthy offspring. They were always gently, affectionate and playful and lived in perfect harmony with each other. Upon reaching an old age, equivalent to 80 years in humans, these rats were put to death and autopsied. At that advanced age their organs, glands, tissues and all body processes appeared to be in perfect condition without any sign of aging or deterioration.

The Second Group Of Rats: This group was fed a diet comparable to that of the average American and included white bread, cooked foods, meats, milk, salt drinks, candies, cakes, vitamins and other supplements, medicines for their ailments, etc. During their lifetime these rats became fat and from the earliest age, contracted most of the diseases of modern American society including colds, fever, pneumonia, poor vision, cataracts, heart disease, arthritis, cancer and many more.

Most of this group died prematurely at early ages but during their lifetime most of them were vicious, snarling beasts, fighting with one another, stealing one another's food and attempting to kill each other. They had to be kept apart to prevent total destruction of the entire group. Their offspring were all sick and exhibited the same general characteristics as the parents.

As this group of rats died either by one at a time or epidemics or various diseases, autopsies were performed revealing extensive degenerative conditions in every part of their bodies. All organs, glands and tissues were effected as were the skin, hair, blood and nervous system. They were all truly total physical and nervous wrecks. The same conditions existed in the few which survived the full duration of the experiment.

The Third Group Of Rats: This group of rats were fed the same diet as the second group to an age equivalent of 40 years in humans. They displayed the same general symptoms of the second group. At the end of this initial period all rats in this group were placed on a strict fast, with only water to drink for a period of several days. Then they received the natural raw diet of the first group of rats. This diet was alternated with periods of fasting and within one month the behavioral pattern had changed completely so that the now docile, affectionate, playful creatures were once again able to live together in harmonious society and from this point on, never suffered any illness.

Several rats were put to death and autopsied at the end of the initial period revealing the same general deterioration that exhibited in the second group of rats. However, the remaining rats lived out the full duration of the experiment, to the equivalent of 80

years in humans, and when they were autopsied there were no signs of aging or deterioration or disease – just as those in the first group. The obvious disease, degeneration and deterioration of body parts evident in their first half of life had been completely reversed and excellent health restored. The same principles apply to human life as there is only one TRUTH!

Sick people may restore their health by simply choosing the proper diet, fasting and observing the other rules of health. Healing is accomplished within the body. Our diet choices can bring us health or it can be the most destructive aspect of our life aside from drugs and surgery. The choice is up to you.