

THE CAT STUDY – RAW versus COOKED FOOD

Dr. Francis M. Pottenger published his study in 1946 in the American Journal of Orthodontics and Oral Surgery, a remarkable 10 year study with 900 cats showing the difference in raw food versus cooked foods. These cats were divided into two groups, one group received nothing but raw food, while the other received the same food but it was cooked.

The results dramatically showed the advantages of raw foods over a cooked diet. Cats that were fed raw, living food produced healthy kittens year after year with no ill health or premature deaths. But the cats fed the same food, only cooked, developed heart disease, cancer, kidney and thyroid disease, pneumonia, paralysis, loss of teeth, arthritis, birthing difficulties, diminished sexual interest, diarrhea, irritability, liver problems, and osteoporosis (these diseases are what we are seeing in humans on our cooked-food culture. The first generation of kittens from cats who ate cooked food were sick and abnormal, the second generation were often born diseased or dead, and by the third generation, the mothers were sterile.

Ross Horn notes in his 1988 book, "Improving on Pritiken", "There is an association between the cooking and processing of food and the incidence of cancer, and conversely, it is a fact that cancer patients make the best recoveries on completely raw vegetarian food. This shows that when vital organs are at the lowest state of function, only raw food make it possible for them to provide the body chemistry to maintain health. It follows then, that if raw food permits an otherwise ruined body to restore itself, so must raw food provide the maximum benefit to anybody - sick or well.

When cooking food we destroy the food enzymes, which no doubt alters availability and structure of the nutrients in the food. Added Multiple Digestive Enzymes to every cooked food consumed will help with the availability of the nutrients in the food, increasing the benefits of the food consumed. In fact if you are going to eat any cooked food, digestive enzymes are a must to help prevent the above problems.