How Dr. Francis Pottinger Opened My Eyes To Processed Foods Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Dr. Francis Pottenger

Let's talk about another one of the most amazing physicians the world has ever seen. And you may not have ever heard of this man, but you're definitely going to know who he is after we get done with this, and I urge you to do more digging and research on him.

But this band's name was Dr. Francis Pottinger. Dr Francis Potter conducted one the amazing studies ever done.

Cat Feeding Study and Food Problems

So, he was a man who was performing adrenalectomies on cats and he doing it more so for research for humans, but he running into a problem that the cats continued to die while going through this process.

So he sought out and got people to donate cats, and donate cat, s and the next thing you know he had an abundance of cats. Well, having that many animals led to a problems of how are we going to feed them.

So in his start of the study, he was feeding these animals a lot of, you know, what we would call today in modern world cat food. He was giving them processed foods, processed grains, and couldn't understand why the cats continued to die.

Well, once he got enough cats in place, I need to get more food.

Raw Diet vs Processed Diet Results

" So he went down to a local butcher and said, hey, any scraps that you may have, I would love to take them off your hands. The butcher was happy to oblige and he sent him on his way with an abundance of raw meat, grinded up bones, and raw dairy.

And interestingly enough, again, this wasn't his intention, but it's what he found. was that after four generations of eating a raw diet or a god food diet, he's seen tremendous differences in behavior, fertility rates, motor function, coordination, etc.

So the group of cats that was consuming the processed food started to go infertile, they started cannibalize their young, and they start to lack motor function.

So you know if you have a cat, you drop it, it should land on its feet. These cats that were four generations into eating poor quality food were going through all of those mutations and degenerations and fertility aspects.

He started notice some, if he would, like psychotic behavior and how these cats were performing. so he had his group of processed fed cats and he has a group raw fed cat.

And the opposite happened with the raw fed group that by the fourth generation of being on raw, none of these previous positions were had.

Health Lessons from Pottenger's Cats

So he was able to prove without a doubt that after four generations of eating processed chemical loaded food, you were undoubtedly destined for some sort of disease or malfunction in the body.

But if you got onto a good whole food, raw food nutritious food diet, you could reverse every aspect of disease in

the bloodlines of generation after four generations of doing that.

He wrote a book called Pottinger's Cats and there's also some old videos of actually seeing the facility and where he kept the cats and some of these behavioral things that I'm talking about.

So if you go, I think it's on YouTube, if go on and check out the Pottinger's Cat Study or read his book Pottenger's Cats, you will be blown away at the understanding that processed food, high inflammatory sugary foods are the root cause of disease and breakdown in the human body.

And Dr. Potninger proved that over 70 years ago. Check out Potdinger Cats for more information regarding how to improve the quality of your health.