**Pottenger's Cats - A Study In Nutrition**   
  
**Francis M. Pottenger, Jr., MD**   
  
A comparison of healthy cats on raw foods and those on heated diets. Behavioral characteristics, arthritis, sterility, skeletal deformities and allergies are some of the problems that are associated with the consumption of cooked foods.

**Dr. Francis M. Pottenger, Jr.** was an original thinker and keen observer whose imagination, integrity and common sense gave him the courage to question official dogma. Dedicated to the cause of preventing chronic illness, he made significant contributions to the understanding of the role of nutrition in maintaining good health.

In his classical experiments in cat feeding, more than 900 cats were studied over 10 years. Dr. Pottenger found that only diets containing raw milk and raw meat produced optimal health: good bone structure and density, wide palates with plenty of space for teeth, shiny fur, no parasites or disease, reproductive ease and gentleness.

Cooking the meat or substituting heat-processed milk for raw resulted in heterogeneous reproduction and physical degeneration, increasing with each generation. Vermin and parasites abounded. Skin diseases and allergies increased from 5% to over 90%. Bones became soft and pliable. Cats suffered from adverse personality changes, hypothyroidism and most of the degenerative diseases encountered in human medicine. They died out completely by the fourth generation.

The changes Pottenger observed in cats on the deficient diets paralleled the human degeneration that Dr. Price found in tribes that had abandoned traditional diets.

FRANCIS M. POTTENGER, JR., MD RESEARCH

The following diets were the basis of Dr. Pottenger's study:

**THE MEAT STUDY:** *two diets were used*

**Diet A: HEALTHY**

1/3 raw milk, cod liver oil, 2/3 raw meat

**Diet B: DEFICIENT**

1/3 raw milk, cod liver oil, 2/3 cooked meat

**THE MILK STUDY:** *five diets were used*

**Diet A: HEALTHY**

1/3 raw meat, cod liver oil, 2/3 raw milk

**Diet B: DEFICIENT**

1/3 raw meat, cod liver oil, 2/3 pasteurized milk

**Diet C: DEFICIENT**

1/3 raw meat, cod liver oil, 2/3 evaporated milk

**Diet D: DEFICIENT**

1/3 raw meat, cod liver oil  
2/3 sweetened condensed milk

**Diet E: DEFICIENT**

Raw metabolized, vitamin D milk  
(E1: Milk from cows on dry feed  
E2: Milk from cows on green feed)

Degeneration proceeded more quickly on Diets C and D. Diet E1 produced unexpected results - rickets and early death of male kittens.

The changes in facial structure and onset of degenerative disease that Pottenger observed in cats on deficient diets paralleled the human degeneration that Dr. Price found in tribes and villages that had abandoned traditional foods.

Dr. Pottenger tried to return degenerating cats to health. He found that it took four generations on raw meat and raw milk to bring the kittens of second-generation degenerating cats back to normal. This experiment could not occur with third-generation degenerating cats because they did not live long enough to reproduce.

1. [***Pottenger's Cats — A Study in Nutrition***](http://therawfoodsite.com/reading.htm#cats)
2. **by Francis M. Pottenger, Jr., MD**

From 1932 to 1942, Dr. Francis Marion Pottenger, Jr. (frequently misspelled Pottinger) conducted an experiment to determine the effects of heat-processed food on cats.

This ten-year cat study was prompted by the high death rate among his laboratory cats undergoing operations to remove their adrenal glands. At that time, there were no chemical procedures to measure the strength of adrenal extract. So, manufacturers used cats. Cats die without their adrenal glands. So, the amount of extract the cats needed to keep them alive allowed the manufacturers to calibrate the strength of their product.

Dr. Pottenger fed his cats a diet of raw milk, cod liver oil and cooked meat scraps, which included liver, tripe, sweetbreads, brains, heart and muscle. This was considered the optimum diet.

Concerned with the cats poor postoperative survival, Dr. Pottenger noticed the cats showed a decrease in their reproductive capacity and many of the kittens born in the laboratory had skeletal deformities and organ malfunctions.

By a quirk of fate, since the number of cats donated by his neighbors in Monrovia, California kept increasing, he couldn't handle the demand for cooked meat scraps. So, he ordered raw meat scraps from a local meat packing plant, including the viscera, muscle and bone. Always a scientist, Dr. Pottenger fed these raw meat scraps to a segregated group of cats so that he could observe any change. Within a few months, this group appeared healthier, their kittens more vigorous, and they had a higher survival rate after their operations.

The contrast between the two sets of cats was so startling, it prompted Dr. Pottenger to perform a controlled experiment to verify these facts scientifically.

The experiment included 900 cats over four generations and was well documented by Dr. Pottenger. The cats were divided into five groups. All the groups were supplied the same basic minimal diet, but the major portion of the diets were varied. Two of the groups were fed whole foods (raw milk and meat - real foods for cats). The other three groups were given processed foods: pasteurized, evaporated and condensed milk.

All four generations of the raw meat and raw milk groups remained healthy throughout their normal lifespans. The first generation of all three processed food groups developed diseases and illnesses near the end of their lives. The second generation of all three processed food groups developed diseases and illnesses in the middle of their lives. The third generation of all three processed food groups developed diseases and illnesses in the beginning of their lives and many died before six months of age. There was no fourth generation in any of the three processed food groups. Either the third generation parents were sterile or the fourth generation cats died before birth! Remember, all four generations of the raw food groups were healthy throughout their normal lifespans.

As for applying his results to human nutrition, Dr. Pottenger said, "While no attempt will be made to correlate the changes in the animals studied with malformations found in humans, the similarity is so obvious that parallel pictures will suggest themselves."

Does this give you an understanding of why so many children are now developing cancer? Why there were no fertility clinics 30 years ago?

There is no similar experiment in medical literature. The findings were supervised by Dr. Pottenger along with Dr. Alvin Foord, professor of pathology at the University of Southern California and pathologist at the Huntington Memorial Hospital in Pasadena. These studies met the most rigorous scientific standards of their day.

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