

# THE PROGRAM

According to the late Dr. Francis M. Pottenger, Jr.  
as reported by Edwin P. Arthur, of Fullerton, Calif.

## Raw Liver Cocktail

I suppose this item brought more frowns and little shivers than anything else. Dr. Pottenger's early research on cats (write to Lee Foundation, Milwaukee, Wisconsin for this if you are not familiar with it) demonstrated the very high food value in (raw) un-heated protein. Actually good fresh liver has no taste or odor. Your prejudice is based on something which has been kicking around in the local butcher's refrigerator for who knows how long!

The way Mrs. Arthur handles this is by freezing a lump; then with a grater, taking off bits which can be mixed with tomato juice. But children who have had proper training, will eat and savor pieces of a fresh raw liver. Fresh liver is first choice by the lion in NATURE. So let's learn from Dr. Pottenger and the King of Animals. (I don't like that word "beast" here). You may feel "beastly" if you pass up liver!

## Viscera

Especially brains; and this for children, infants, yes even for babies. Raw brains are a splendid food. And then don't forget to mix heart with beef for "super-burgers." Carry this theme on to tripe soup; kidneys, sweetbreads, etc., etc., all essential nutrients.

## Certified Raw Milk

The Doctor was a vocal critic of the anti-milk gang. He demonstrated that cooked food (including cooked milk) will cause arthritis (in cats, anyway) and that the disease is evident in a genetic

link. Four generations are required to bring the degeneration to a climax. So even if you are on the PROGRAM and raw milk, you still have your great grandfather to blame for those aches and pains! I predict that Dr. Pottenger will yet receive (maybe the Nobel Prize)—world recognition for his discovery of the cause and cure of arthritis which has been a plague on human kind for the last ten thousand years.

## Exercise

Blood circulation is the primary consideration. If you "stop moving" you are on your way out. "Keep moving"—which meant dancing, singing, and swinging on the horizontal bar. "Stretch out the spine." The Doctor has produced a set of pink sheet with exercises shown by match stick people. He was a close friend of Dr. Joseph Risser whose lecture on EXERCISE, delivered April 13, 1953 to Nutrition Study is a parallel to Dr. Pottenger's views.

The ban on degenerate food was never over emphasized. When on the Pottenger Program, there was never any room, need, or craving for those old flesh pots of candy, cake, pie, cola, and the like.

Fresh Fruit and Vegetables and a pint of liquid (including water) per day for every twenty pounds body weight. Coconuts and coconut oil, ripe avocado; and early food for children.

Supplements? Yes, lecithin; Galen B, cherry juice to flavor hot water. Some of his prescriptions for desperate cases worked near miracles, truly.

The Doctor was deeply concerned about air, water, and chemical contamination of food and drinks. He said he was thinking of seeking refuge from SMOG in Oregon—over the Siskiyou.

And why was his 3 score and 10 cut short? He too was a very generous man. I guess we asked him for too much and he tried hard to give it to us. He left a good program.

## Tea vs. Obesity

Strong, plain tea may inhibit human obesity, indicates a correspondent to the December, 1966, issue of *Food Technology*. A study of residents of China and Southeast Asia revealed that 95 per cent of the subjects did not show any signs of obesity in spite of an above-average consumption of animal protein with saturated fats and carbohydrates. Similar studies have shown that, in most cases, obese Americans who consumed large amounts of tea were able to maintain their body weight after initially losing three to five pounds.

## THE ANSWER TO THE CHOCOLATE PROBLEM



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