

POTTENGER S PROPHECY

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Gray is the lead author of "Pottenger's Prophecy" and expert in epigenetics. If you're not familiar with the term epigenetics quite yet, don't despair (heck, spell check doesn't even recognize the word!).

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Reset your genes for wellness or illness. The Pottenger's Prophecy tells you how to promote health and longevity for yourself and your offspring.

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This edition identifies foods that launch genes on a path toward illness, as well as the diet that can activate "health" genes—often instantly—that promote a longer, healthier life.

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Authors ~ ~ Introduction ~ ~ Pottenger's Prophecy . In the 1930s, in a small town in southern California, pediatrician and research scientist Dr. Francis M. Pottenger, Jr., made two discoveries that were nothing less than prophetic.

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Regardless of your current health status, Pottenger's Prophecy is the source for anyone who wants to eat to reset genes—NOW—for health, healing, and longevity. Read it and discover the food and nutrition secrets you and your offspring need to live up to your epigenetic health potential for life.

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Pottenger's Prophecy is a ground breaking and highly informative work. Given the current state of health of most of us this book not only informs the reader of the incredible work conducted by Pottenger but takes you through, step by step, how you can radically change your eating habits to set you on the path of wellness.

[book review of pottenger s prophecy by gray graham ntp](#)

Gray Graham's book (with Deborah Kesten MPH, and Larry Scherwitz, Ph.D) Pottenger's Prophecy is an excellent examination of how things in our environment change the way our genetic code turns into physical and psychological characteristics.

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Epigenetics has been called "the medicine of the future." This emerging new science reveals the foods that launch your genes on a path toward illness, as well as the diet that can activate "health" genes that promote a longer, healthier life.

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Pottenger's Prophecy: How Food Resets Genes for Wellness or Illness by Gray Graham starting at \$0.99. Pottenger's Prophecy: How Food Resets Genes for Wellness or Illness has 1 available editions to buy at Alibris. Trick or Treat | Save \$20.

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Pottenger's Prophecy 1271 High Street, Auburn, CA 95603 Phone (530) 823-7092 order line (800) 359-6091 ... Pottenger's famous cat study was designed to study the effects of lack of sufficient supply of what he called "heat labile" factors in the diet. Pot-

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[francis m pottenger md the weston a price foundation](#)

Francis M. Pottenger, Jr. was a physician who successfully applied the principles of Weston Price in his treatment of respiratory diseases such as TB, asthma, allergies and emphysema. At his sanatorium in Monrovia,

California he served liberal amounts of liver, butter, cream and eggs to convalescing patients.

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Pottenger's Prophecy: How Food Resets Genes for Wellness or Illness by Larry Scherwitz, Deborah Kesten, Gray Graham (Paperback, 2011) Be the first to write a review. About this product.

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Pottenger's cat study was well-conducted for its day, but does not support the usual rawist conclusions. Although a few of the details of the Pottenger cat study might not meet current research standards, it appears that at the time the work was done, Pottenger's study was probably a good one, perhaps even excellent.

[pottenger s prophecy gray graham 9781935052333](#)

Pottenger's Prophecy : How Food Resets Genes for Wellness or Illness (Gray Graham) at Booksamillion.com. It's been called a "new paradigm" and "the medicine of the future." At the same time, it is so profoundly changing our understanding of health and healing, the National Institutes of Health (NIH) has poured \$190 million into it.