

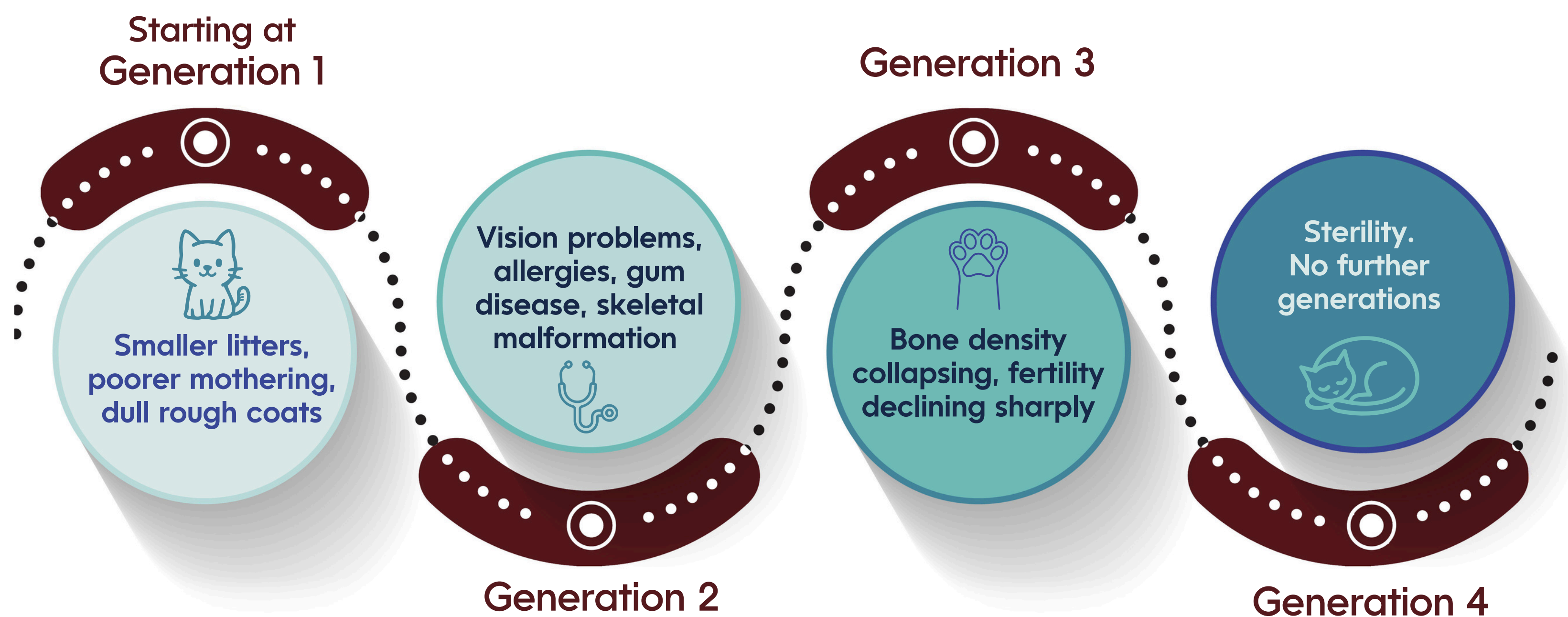
The Cats That Came Back

What the Pottenger Effect taught us about the power of one change.

By the fourth generation on a cooked, processed diet, the cats in Pottenger's study had reached a breaking point. Bone density had fallen from a healthy baseline to a fraction of where it started. Fertility had collapsed. There were no more kittens.

One variable caused all of it: cooked food versus raw.

What Four Generations of Decline Looked Like



Then They Changed One Thing

Cats from the deficient lines were switched back to a fresh, whole-food diet – raw meat, raw milk, cod liver oil. Nothing else changed.



One variable caused the collapse.

The same variable, reversed, started the recovery.



Here's the catch – by Generation 4, the damage was largely irreversible. Which is exactly why what you feed your puppy now matters so much. You're not just feeding this dog. You may be setting the trajectory for generations you'll never meet.

You have more power than you've been told. This is what it looks like.



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This Pocket Guide is a companion to the [Dr. Pam Unleashed](#) episode 23 - Power to the Puppy™: Building the Foundation part 2 - Four Generations: The Pottenger Effect.