



# IMAGE AWARENESS

## WELLNESS INSTITUTE

### A Great Start in Life

1271 HIGH STREET, AUBURN, CA 95603 • PHONE (530) 823-7092 • ORDER LINE (800) 359-6091  
HOURS: TUES. – FRI. 10 A.M. – 4 P.M. • E-MAIL: MAIL@IMAGEAWARENESS.COM WEB: [WWW.IMAGEAWARENESS.COM](http://WWW.IMAGEAWARENESS.COM)

July 2013

Volume 9: Issue 7

## INTRODUCTION

In one of my graduate studies many years ago I chose to focus on prenatal nutrition. I have always felt this was the most significant time of life for optimal nutrition.

Most physicians will give a young woman a prenatal vitamin when she becomes pregnant. This is a helpful measure, but the nutritional support is coming too late in the young woman's life and is far from optimal. A young woman should be nutritionally building her nutritional reserves for months or years before she becomes pregnant.

Dr. Roger Williams, a great pioneer in the field of nutrition, wrote, "If all prospective human mothers could be fed as expertly as prospective animal mothers in the laboratory, most sterility, spontaneous abortions, stillbirths, and premature births would disappear; the birth of deformed and mentally retarded babies would be largely a thing of the past."

He went on to observe, "It has been amply demonstrated throughout the entire animal kingdom that during the period of pregnancy nutrition must be at a particularly high level. It has been found repeatedly that specific diets that will support the adult life (of various animals)...will not be adequate to support anything approaching the nutritional requirements for normal reproduction."

Nutrition researcher Weston A. Price observed a wisdom in primitive racial groups which is largely missing in the modern world. Primitive peoples were conscious of the fact that children ran the risk of being defective if the parents were not in excellent physical condition and well nourished. He wrote, "...in many groups I found that girls were not allowed to be married until after they had had a period of special feeding. In some tribes a six months period of special nutrition was required before marriage. An examination of their foods has disclosed special nutritional factors which are utilized for this purpose."

## REFERENCES:

Williams, Roger J., *Nutrition Against Disease*, New York: Pitman Publishing Corporation, 1971, 51.



Price, Weston, *Nutrition and Physical Degeneration*, Santa Monica, CA: Price-Pottenger Nutrition Foundation, Inc., 1975, 3.

[https://upload.wikimedia.org/wikipedia/commons/7/73/Lion\\_waiting\\_in\\_Namibia.jpg](https://upload.wikimedia.org/wikipedia/commons/7/73/Lion_waiting_in_Namibia.jpg) (lion image)

## INCREASED NUTRITIONAL REQUIREMENTS

There are certain times of life when nutritional requirements are greatly increased. These times include during feats of physical endurance, serious illness and pregnancy.

Price used a story to illustrate the increased requirements during pregnancy. In his time it was thought that members of the cat family would not reproduce in captivity unless the mothers had been born in the jungle. At this time it happened that a wild animal specialist from the London zoo went to Africa to obtain additional lions. "While in lion country, he observed the lion kill a zebra. The lion proceeded then to tear open the abdomen of the zebra and eat the entrails at the right flank. This took him directly to the liver. After spending some time selecting different internal organs, the lion backed away and turned and pawed the dirt over the carcass which he abandoned to the jackals."

The wildlife specialist drove away the jackals and studied what tissues the lion had consumed. These organs were added to the foods of captive animals. The captive cats began to reproduce and as the knowledge was ap-



plied by other zoos the cost of a good lion specimen dropped from \$1500 to where they “would scarcely bring fifteen cents.”

## SECOND SIBLING SYNDROME

Weston Price observed that there was a progressive deterioration in the health of children born in a family if the children were spaced too closely. This was especially so if the diet was poor. The first child would draw upon the nutritional reserves of the mother leaving her depleted and less capable of adequately providing optimal nutrition for subsequent offspring.

Children born of nutritionally depleted mothers bore children with progressively narrower shoulders and hips. Faces tended to become narrow and elongated.

Price also pointed out that miscarriages, stillbirths, and premature births took place most often immediately preceding and immediately following the birth of a child with birth defects. These mothers were nutritionally depleted.

Price called this phenomenon “reproductive overload.” Primitive peoples were often aware of this phenomenon. The Ibos of Nigeria considered it an abomination to have children

at shorter intervals than about three years. The Indians of Peru, Ecuador and Columbia prolonged breast feeding and spaced children two and one half years apart. After the birth of a child, the natives of the Solomon Islands refused to have relations with their wives until the child could walk.

Many primitive peoples saw a relationship between the food consumed by parents and the appearance and character of a child.

Catherine Shanahan, a physician trained in molecular biology, calls the phenomenon we have been discussing the Second Sibling Syndrome. Her study of the phenomena revealed that “...family beauty generally faded according to the same pattern: From oldest to youngest, the jaw grew narrower and receded, the cheekbones flattened out, and the eyes were less deeply set. The closer in age the siblings the more striking the changes.”

Shanahan points out that spacing alone does not prevent the effect. A mother cannot produce large numbers of children without optimal dietary intake.

Shanahan believes that most Americans are severely malnourished which is why the Second Sibling Syndrome is not limited to the second child. She believes that almost all Americans suffer with physical and mental limitations resulting from malnourishment.

The only reason things are not worse than they are is what Shanahan calls *genetic momentum*. It is difficult to seriously damage optimally functioning genes in a single generation.

One researcher attributes this genetic momentum to *biological reserves*. Schutte wrote, “It is quite impossible to deplete the stock of nutrients completely in living matter, and it may require growing the material for two or three generations on really deficient substrates before really

acute deficiency symptoms set in. This is as true for animals as for plants and it took Hill and his co-workers three generations to deplete the manganese reserves of rats on a deficient diet so that the animals showed clear symptoms of manganese deficiency.”

This is an important observation. I cannot recount how many times over the years I have heard something like, “I have eaten junk food all my life and it has not hurt me!” Perhaps not, but this individual is putting posterity in jeopardy. The onset of nutrient deficiency symptoms more often than not takes place *slowly* and almost imperceptibly.

Another important point is that deficiency of essential nutrients is rarely total and absolute. Deficiency conditions are partial and relative to the demands placed on an organism. A relative deficiency can manifest itself in the fact that levels of that nutrient are adequate to sustain health in an unstressed environment. On the other hand, the demands of stress or pregnancy can place greater demands for this nutrient than the supplies available. The result can be infertility, reproductive failure or the birth of deformed or inferior offspring.

The Greeks had a proverb to the



effect that “The mills of God grind slowly, yet they grind exceedingly small.” Jesus and Paul talked about sowing and reaping. These principles apply very much to nutritional adequacy. Human beings pay a tremendous price when they fail to obtain optimal nutrient levels.

Both Weston Price and Francis M. Pottenger, Jr. observed this phenomenon and documented it in their extensive writings. This aspect of malnutrition is completely overlooked by many in the medical profession.

#### REFERENCES:

Price, Weston, *Nutrition and Physical Degeneration*, Santa Monica, CA: Price-Pottenger Nutrition Foundation, Inc., 1975, 310-325.

Shanahan, Catherine, and Shanahan, Luke, *Deep Nutrition Why Your Genes Need Traditional Food*, www.DrCate.com, 2009, 82-85.

Schutte, Karl, and Myers, John, *Metabolic Aspects of Health Nutritional Elements in Health and Disease*, Kentfield, CA: Discovery Press, 1979, 10-11.

## INADEQUATE PRENATALS

Physician Catherine Shanahan observes that even though she, like other physicians, routinely prescribes a prenatal vitamin during pregnancy, these women “still develop ‘combination deficits’ of niacin, thiamin, and vitamins A, B6, and B12 that persist throughout each of the three trimesters.”

She also notes that about half the infants examined in one study were vitamin D deficient even though 90%



of the mothers were taking prenatal vitamins. In addition 86% of college-age women were lacking in choline intake. This nutrient is not in many prenats and deficiency during pregnancy results in life-long learning deficits. Mothers are also often deficient in essential fatty acids which have been shown to improve both intelligence and vision of infants.

The most critical period of a woman’s pregnancy is the first ten weeks. This is the time when birth defects are most likely to occur. Unfortunately, many women wait until they learn they are pregnant to improve their diet and begin taking prenatal vitamins. This is often too late.

Prenatal vitamins are usually not optimal either. They are usually synthetic. Shanahan writes, “They’re not the same as what nature makes. Many vitamins exist in nature as entire families of related molecules, only a few of which can be recreated in a factory. For example, there may be over 100 isomers of vitamin E, but only about 16 are put into tablets...The processing of synthetic vitamins necessarily involves the creation of incidental molecular byproducts, the effects of which are largely unknown. About half the content of vitamin E tablets are isomers that don’t exist in nature, which might explain why some studies show taking vitamin E pills increases mortality.”

Shanahan notes that synthetic vitamins often lack accessory factors which aid in proper transport and optimal functioning of these important dietary constituents.

#### REFERENCES:

Baker, H., Vitamin profile of 563 gravidas during trimesters of pregnancy, *J Am Coll Nutr*, Feb. 2002; 21(1):33-7.

Shanahan, Catherine, and Shanahan, Luke, *Deep Nutrition Why Your Genes Need Traditional Food*, www.DrCate.com, 2009, 89-93.

## COMING CATASTROPHE

The poor American diet has led to a health care system which is bankrupt-



ing the country. The most rapidly rising national expenditure is on health care and it is also the most contentious item of political debates. Unfortunately, if the work of Pottenger, Price and others is sound, and I believe it is, the health care crisis we face is only in its early stages.

A study published in the *Journal of the American Medical Association* in 2003 was sobering. The article stated that the risk of developing diabetes for someone born in the year 2000 was 32.8% for males and 38.5% for females. The researchers estimated that if diagnosis was made at age 40 men would lose 11.6 life-years and 18.6 quality-adjusted life-years while women would lose 14.3 life-years and 22.0 quality-adjusted life-years.

Childhood obesity is considered a health crisis in nearly all developing regions of the world. The problem has been increasing since the 1970’s. In 2008 Sir Kenneth Stuart, M.D., International Medical Education Trust, pronounced childhood obesity “the greatest single global public health problem of our time.” The obesity epidemic is driving increased incidence of diabetes and heart disease.

Shanahan calls the current crop of children the Omega Generation. Omega is the final or last letter in the Greek alphabet. In other words the nutritional problems we have created are becoming unsustainable.



## IMAGE AWARENESS WELLNESS INSTITUTE

1271 HIGH STREET, AUBURN, CA 95603  
PHONE (530) 823-7092 ORDER LINE (800) 359-6091  
E-MAIL: MAIL@IMAGEAWARENESS.COM  
VISIT OUR WEBSITE! [WWW.IMAGEAWARENESS.COM](http://WWW.IMAGEAWARENESS.COM)

Shanahan notes that adults have come to accept disease as such an inevitable part of life that they are not even surprised when their children suffer chronic poor health. The legacy of health which has passed from parents to children for thousands of years has been lost. Carlton Fredericks once wrote that the idea of good health in the United States has come to be defined as the ability to stand upright when the wind is blowing in the right direction.

Children are being born by cesarean section, briefly breast fed by poorly nourished mothers and weaned onto foods of commerce with little nutritional value. They are exposed to irradiated, genetically modified, herbicide and pesticide ridden foods. It should not be a matter of surprise that we have an epidemic of medicine dependent youth burdened with allergies, chronic degenerative conditions, and mental deficits. These children are being stuffed with psychiatric and pharmaceutical medications from a young age. Is it any wonder that episodes of violence and suicide are multiplying like rabbits?

#### REFERENCES:

Narayan, K.M. Venkat, Boyle, James P., et al., Lifetime risk for diabetes mellitus in the United

States, *JAMA*, 2003; 290:1884-1890.

Stroup, Donna F., Johnson, Valerie R., et al., Reversing the trend of childhood obesity, *Prev Chronic Dis*, 2009;6(3):A83.

### HOPE

Humans are not inevitably destined to physical and mental degeneration. Pottenger and others have demonstrated that reversal of the degeneration associated with malnutrition is reversible with restoration to the diet of the essential nutrients necessary for optimal growth and development.

Regeneration is not an easy task nor is it to be taken lightly. The further down the path of faulty diet and physical degeneration the more difficult the task of regeneration will become. The end of the degenerative road is infertility. Pottenger found that cats would tolerate only four generations of faulty diet until they were no longer able to reproduce and the lines died out.

This naturally raises the question, "What is a healthy diet?" This issue will be discussed in a subsequent newsletter. Suffice it to say that this is a matter of great controversy with some promoting vegan diets on the one side while others promote a low carbohydrate high protein Atkins or

paleolithic diet on the other side. The bottom line is this: where are the nutrients we need to build healthy brain, bone and muscle? They are not present in diets loaded with refined sugar and carbohydrates.

### WEB RESOURCES

[www.imageawareness.com](http://www.imageawareness.com)

[www.yourbodyssignlanguage.com](http://www.yourbodyssignlanguage.com)

[www.jimmcafee.com](http://www.jimmcafee.com)

### DISCLAIMER

This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication. It is provided with the understanding that the author and publisher are not engaged in rendering medical, health, or any other kind of personal professional services in this newsletter. The reader should consult his or her medical, health or other competent professional before adopting any of the suggestions in this newsletter or drawing inferences from it.

The author and publisher specifically disclaim all responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of use and application of any of the contents of this newsletter.