

Rich Dad Poor Dad

Defending Your Family's Genetic Wealth





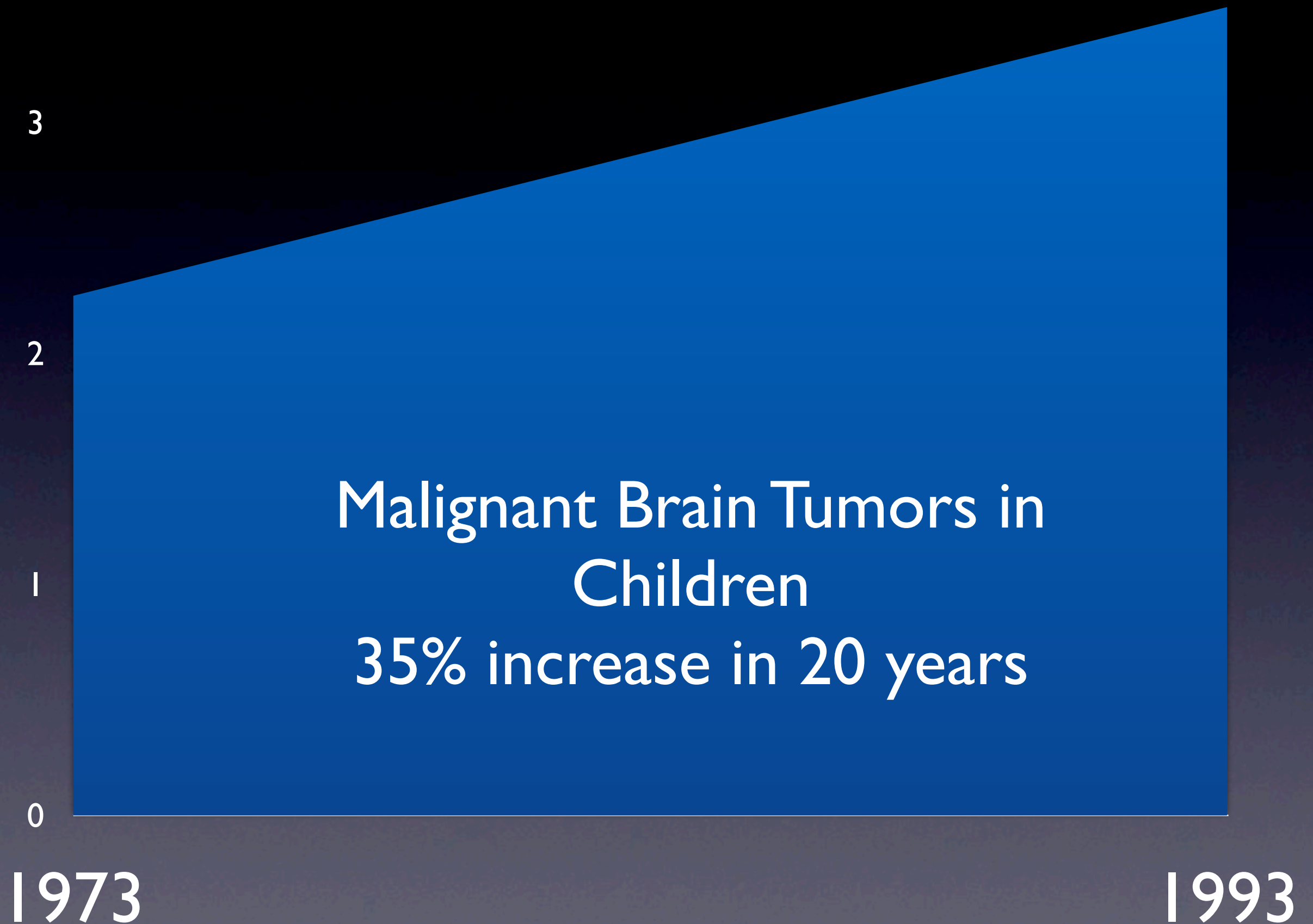




THE STATE OF AMERICA'S CHILDREN®



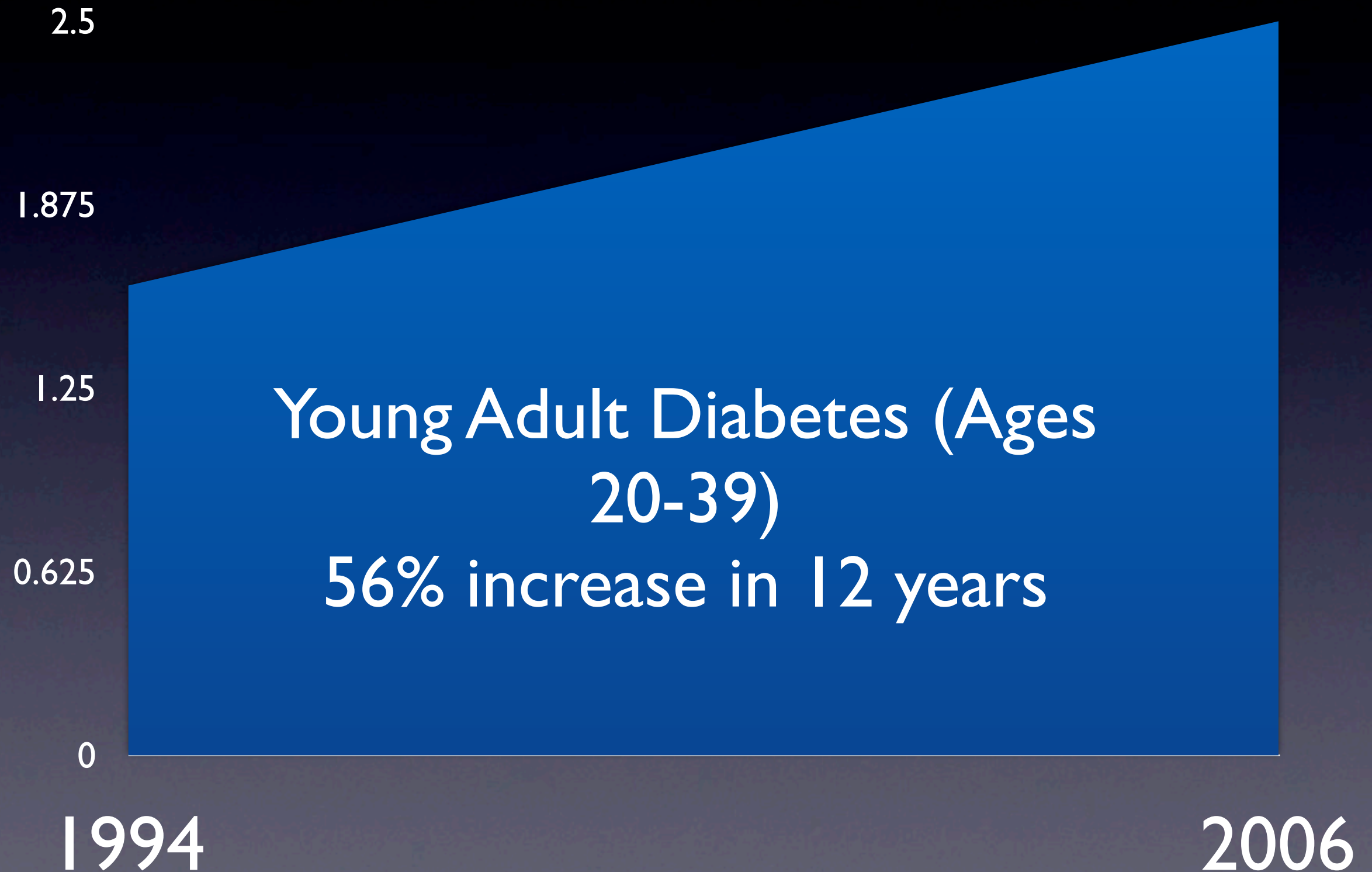
4
Rate per 100,000 person years



Rate per 10,000 Live Births



Percent of Population



Per 1,000 Children

52.5

35

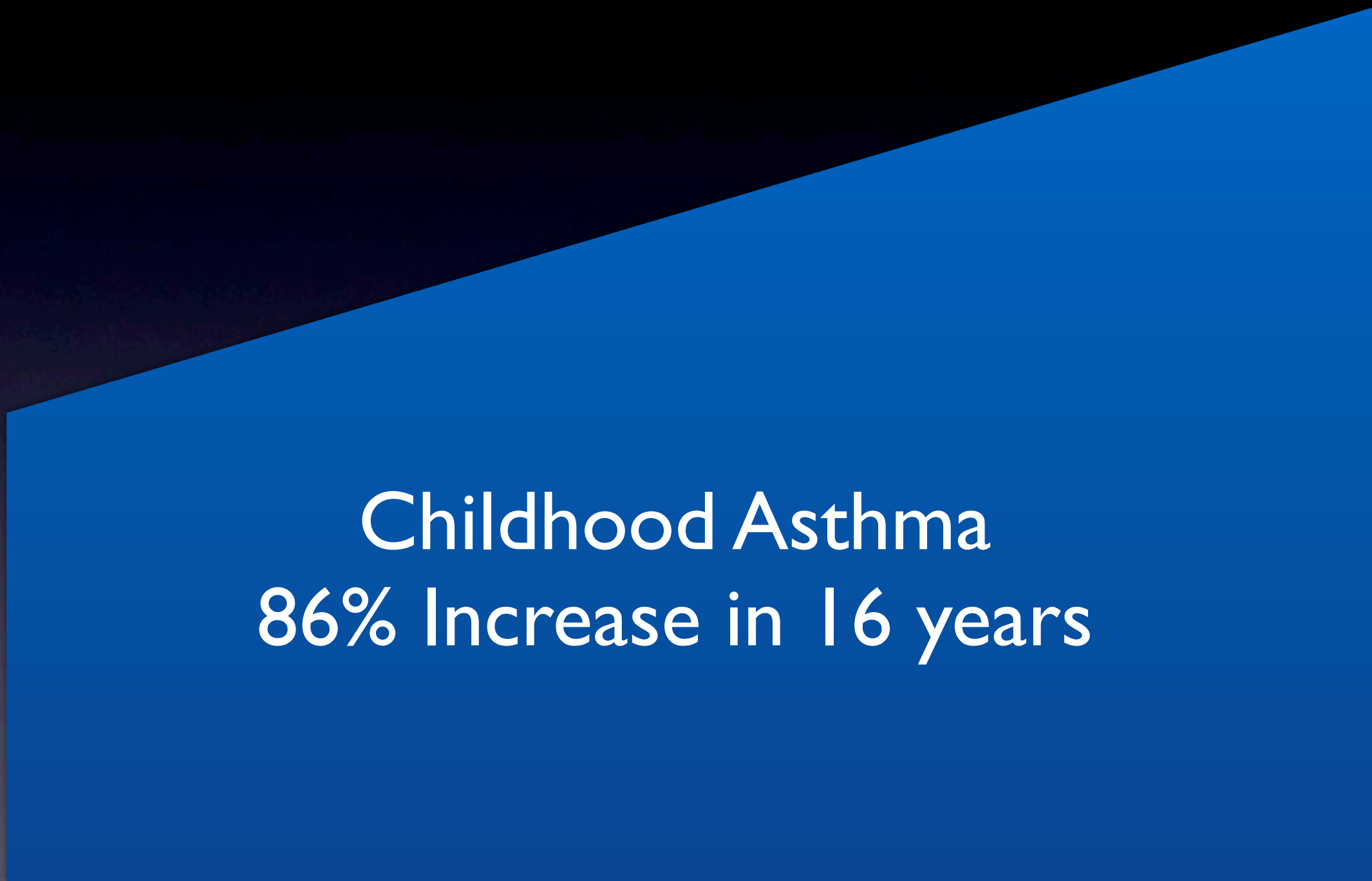
17.5

0

1980

1996

Childhood Asthma
86% Increase in 16 years



Percent of Children age 2-5

11

8.25

5.5

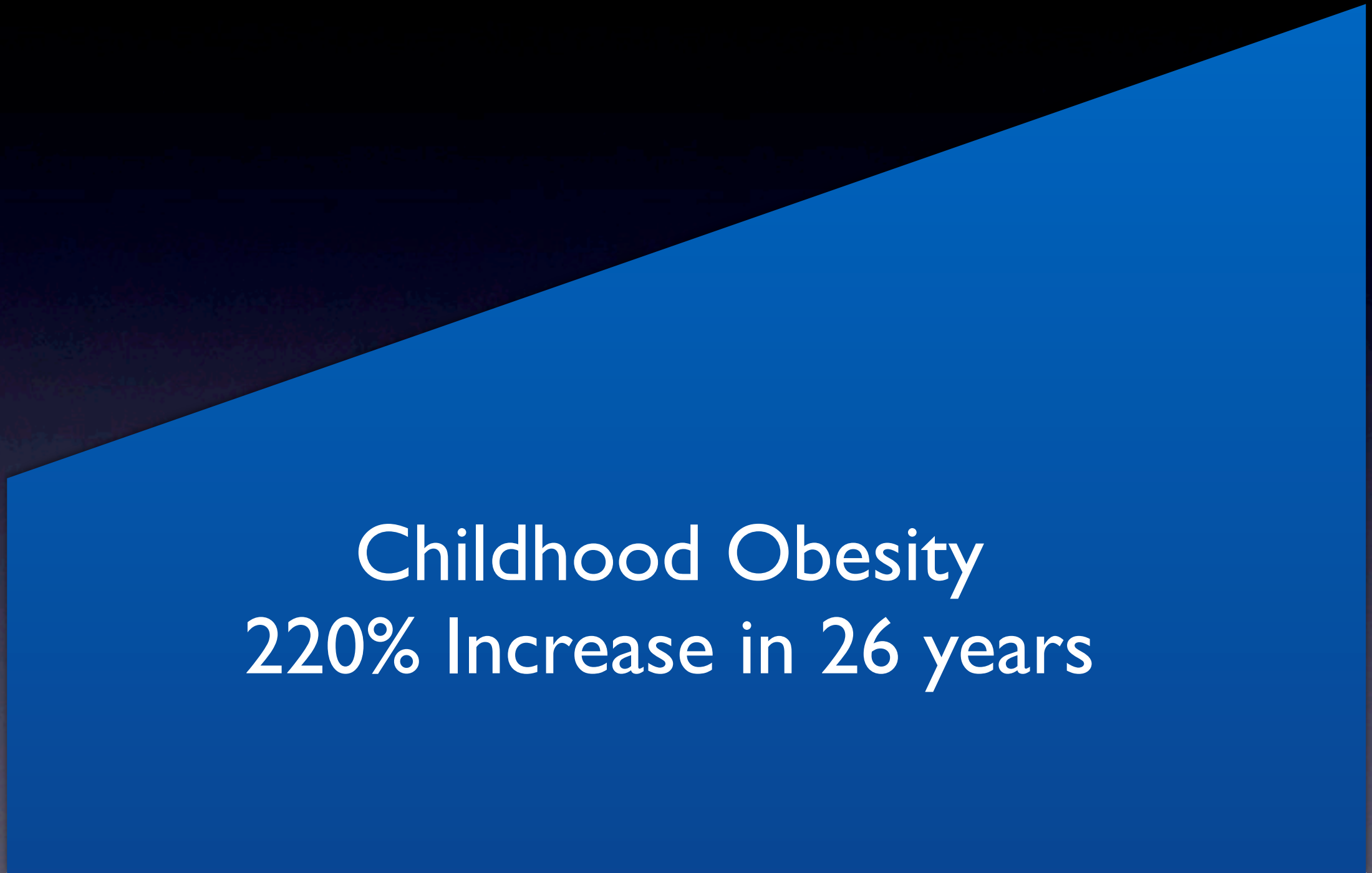
2.75

0

1980

2006

Childhood Obesity
220% Increase in 26 years



Percent of Youths age 12-19

20

15

10

5

0

1980

2006

Adolescent Obesity
360% Increase in 26 years



50
Per 10,000 Children

37.5

25

12.5

0

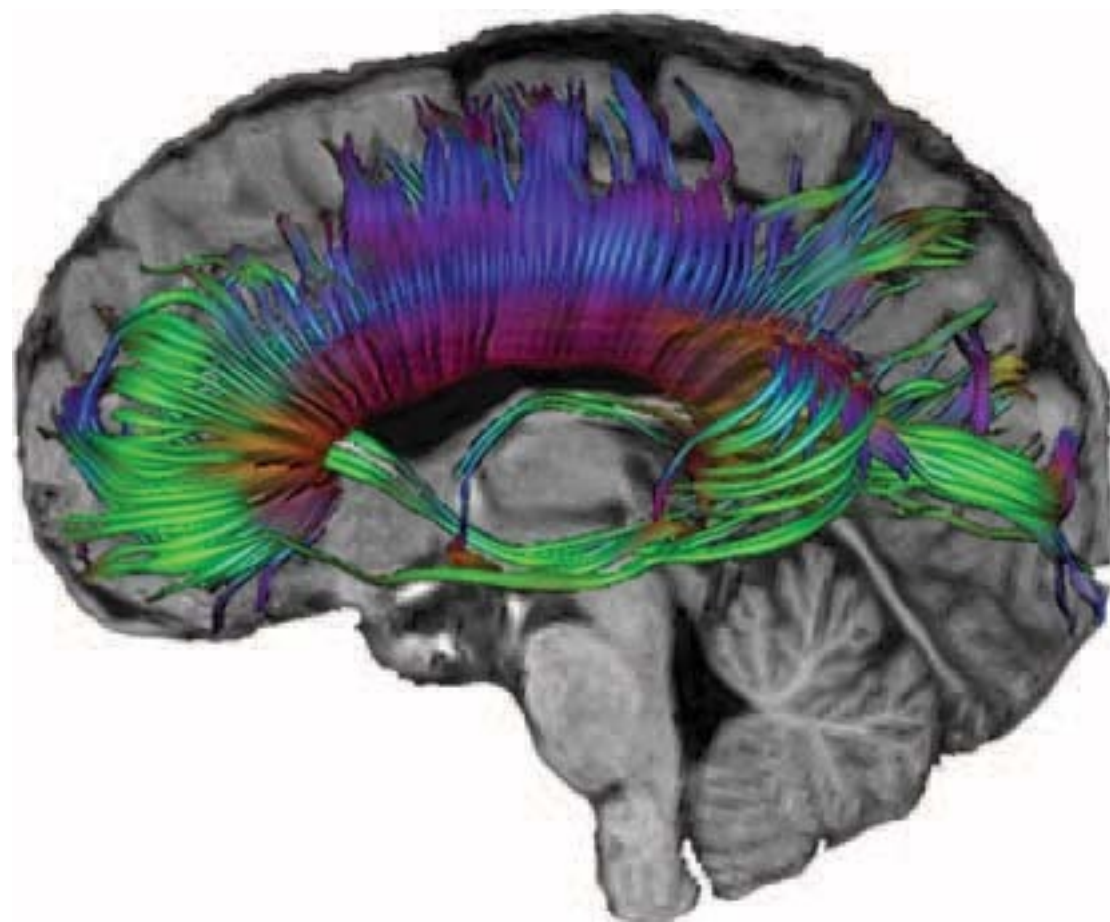
1990

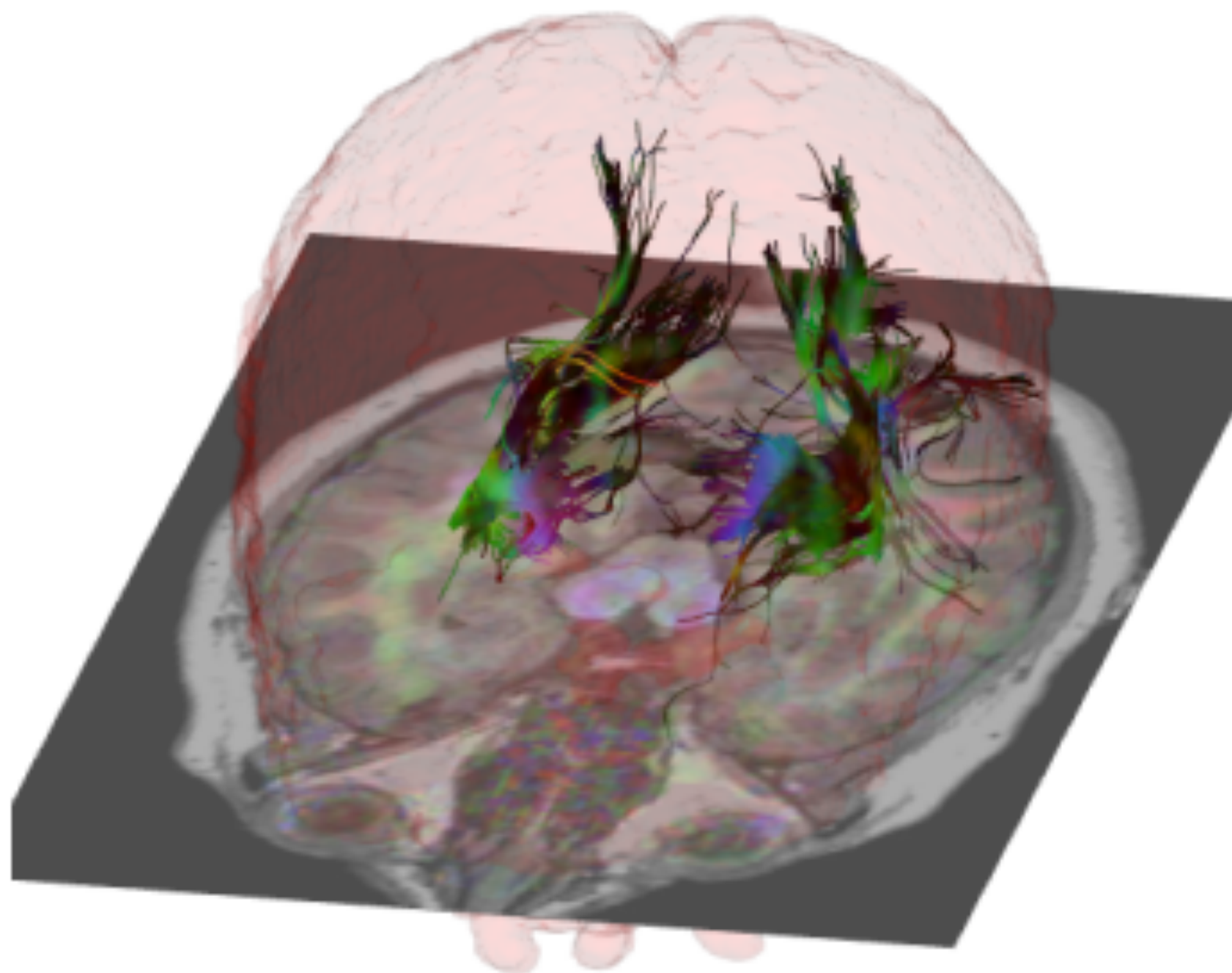
2000

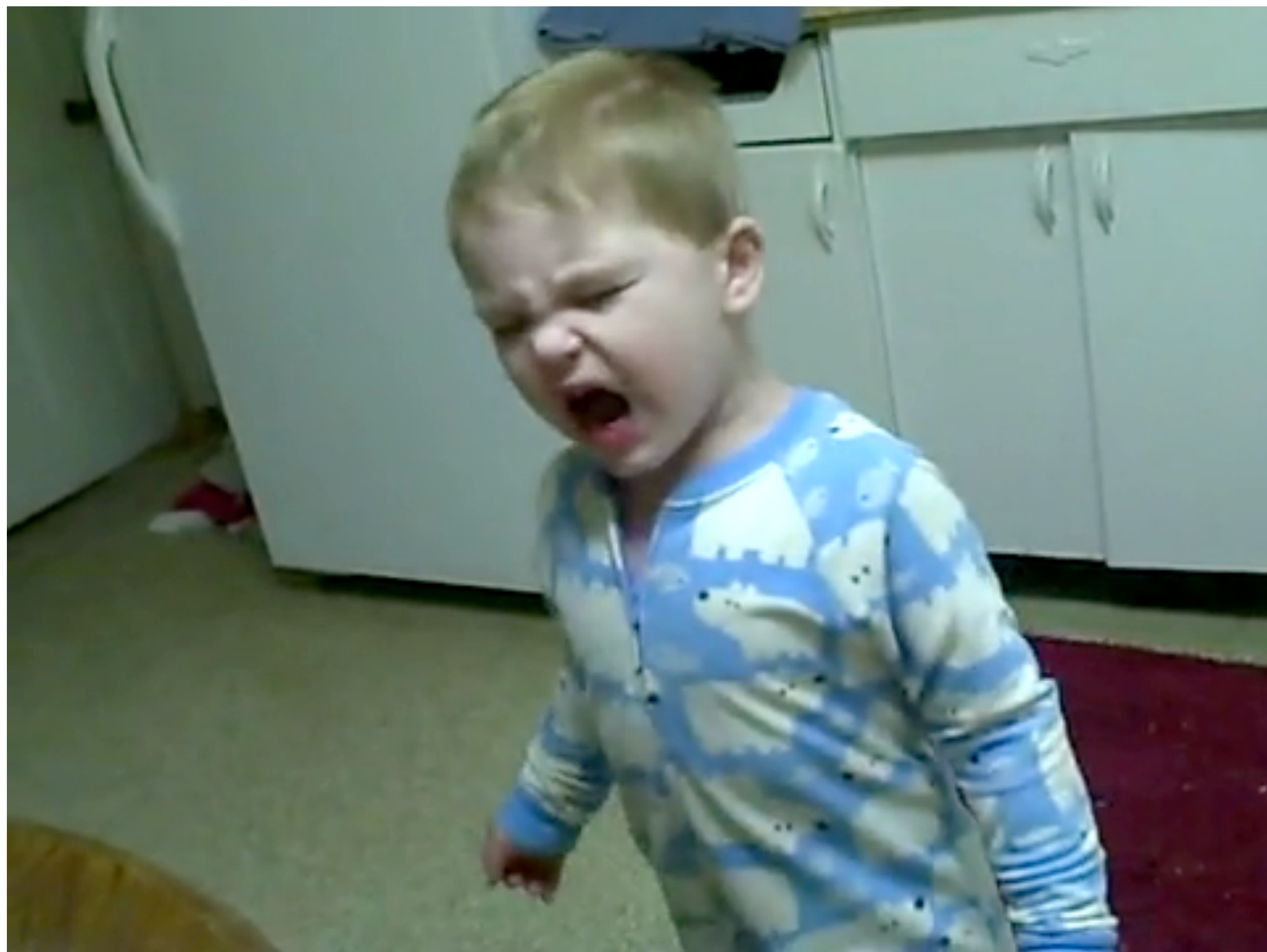
Autism

700% increase in 10 years



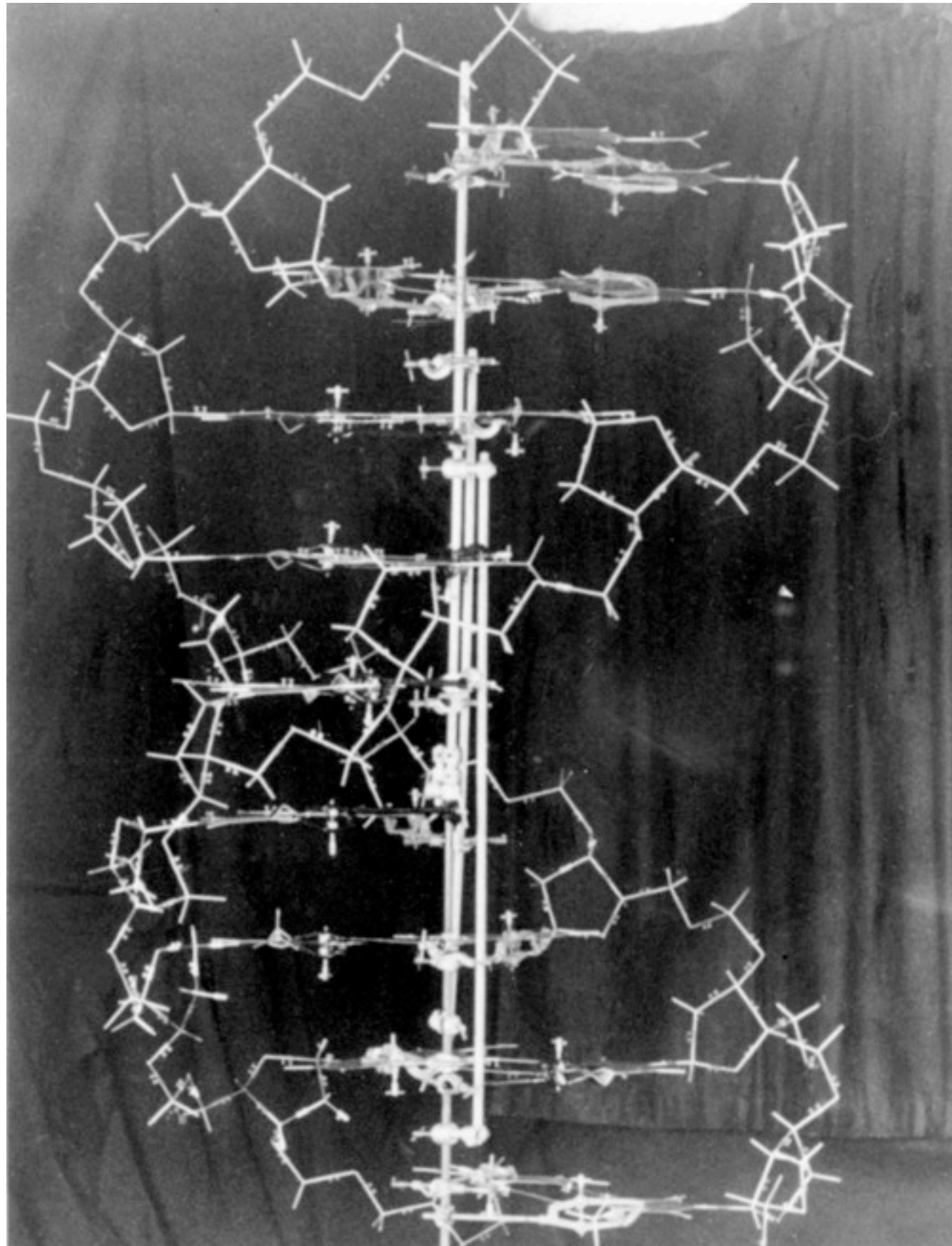




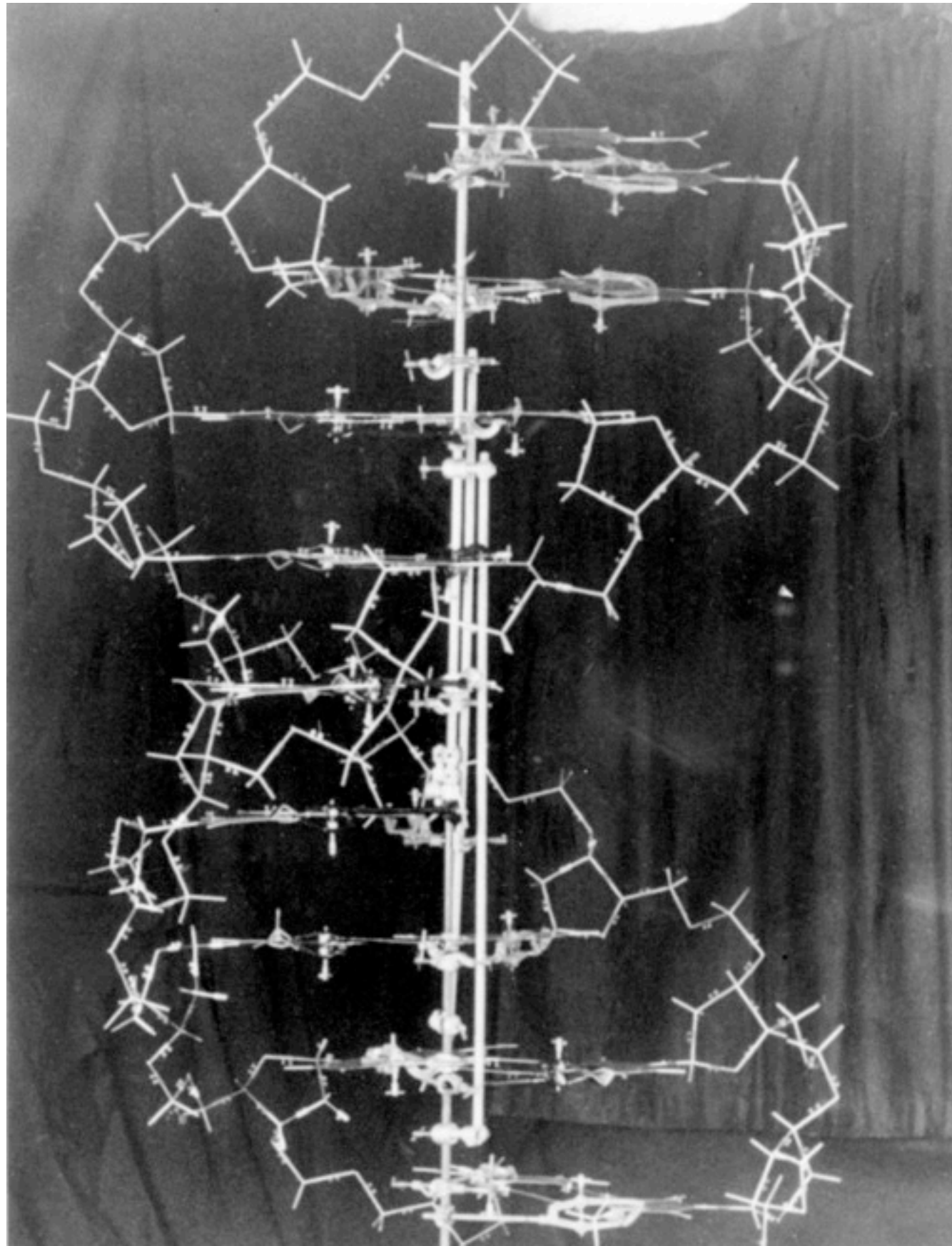




1950s Science: DNA is a crystal



Disease Origin: Inherent Flaws and Toxins



Lead
exposure

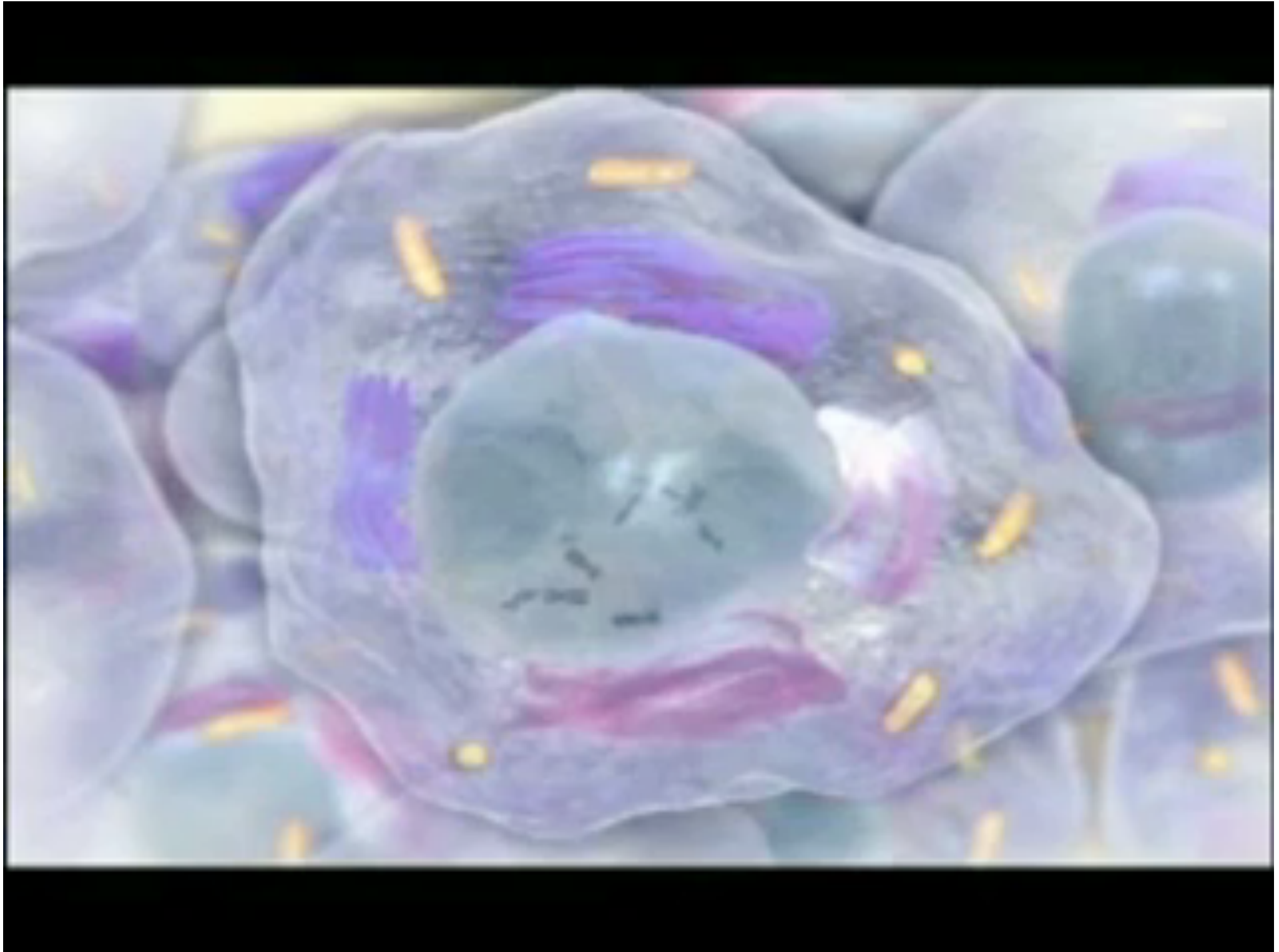
Air
pollution

Bad luck

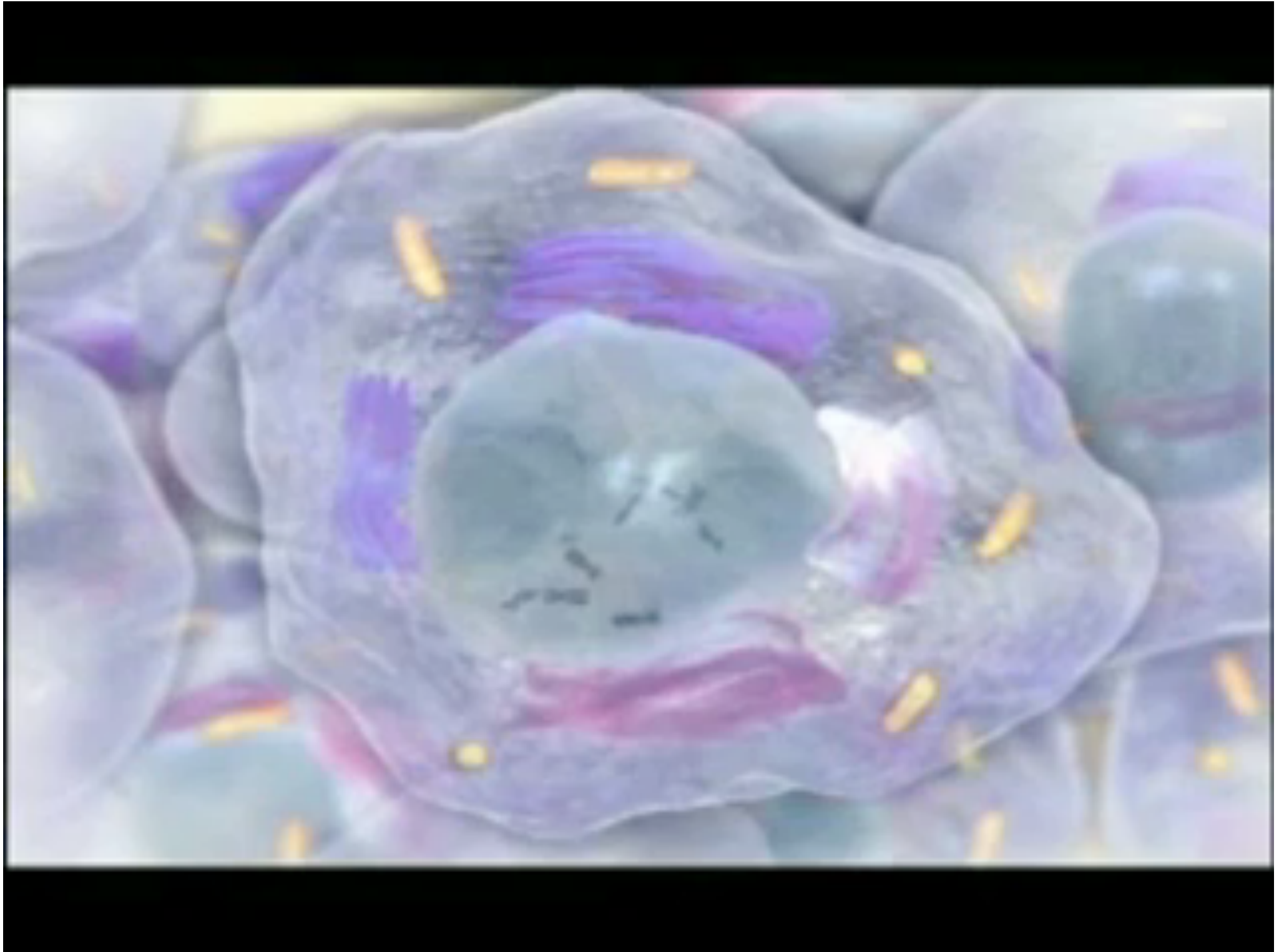
UV light

Stress

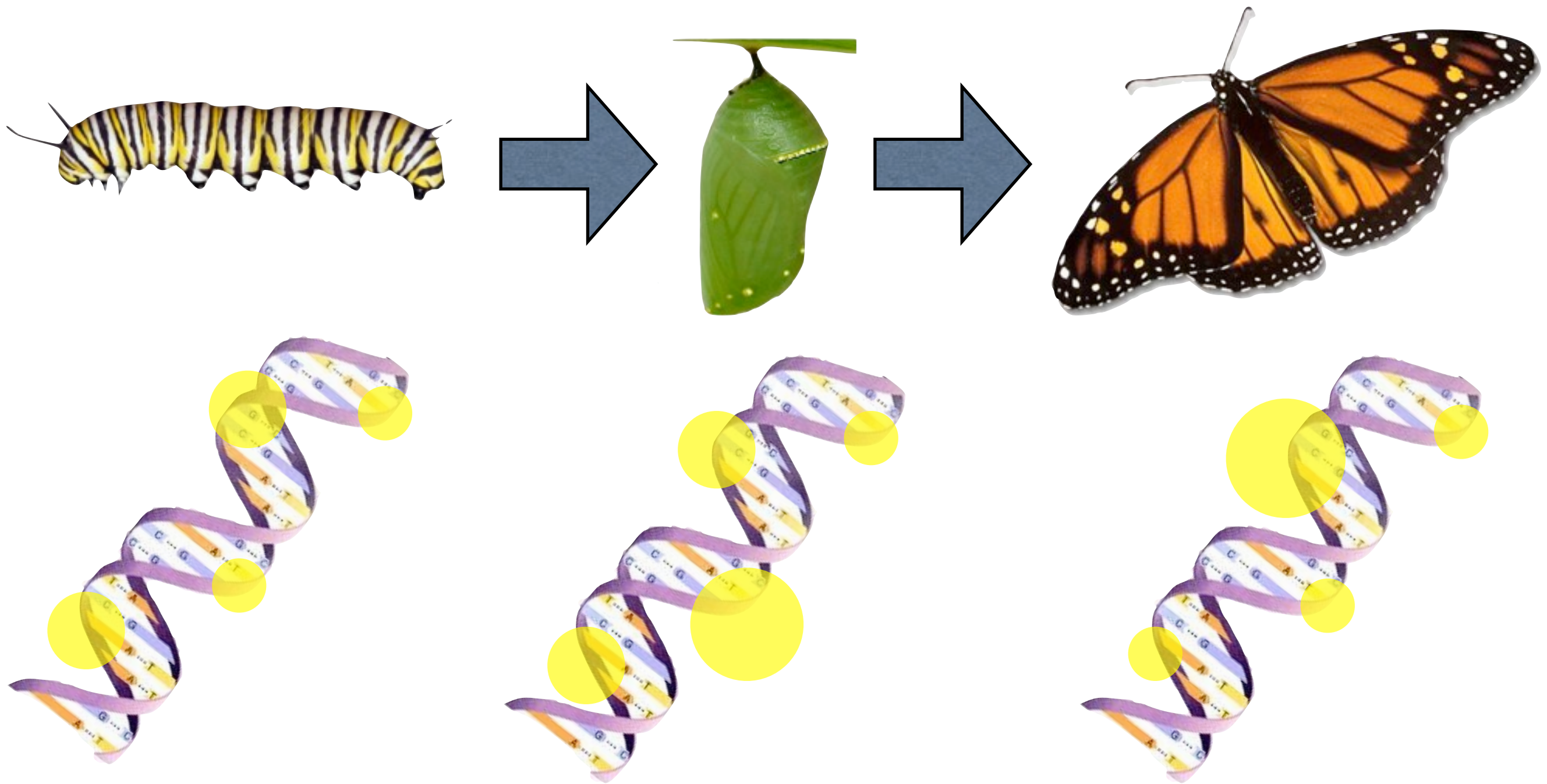
1980s Science: DNA is a living “breathing” molecule



Disease Origin: DNA Hungers for Missing Information



1990s Science: Epigenetics = Using the Same Genes to Grow Different Things





2 % Difference
In Our Genes



Portion of DNA that:



Regulates genes



Makes genes



99%

1%

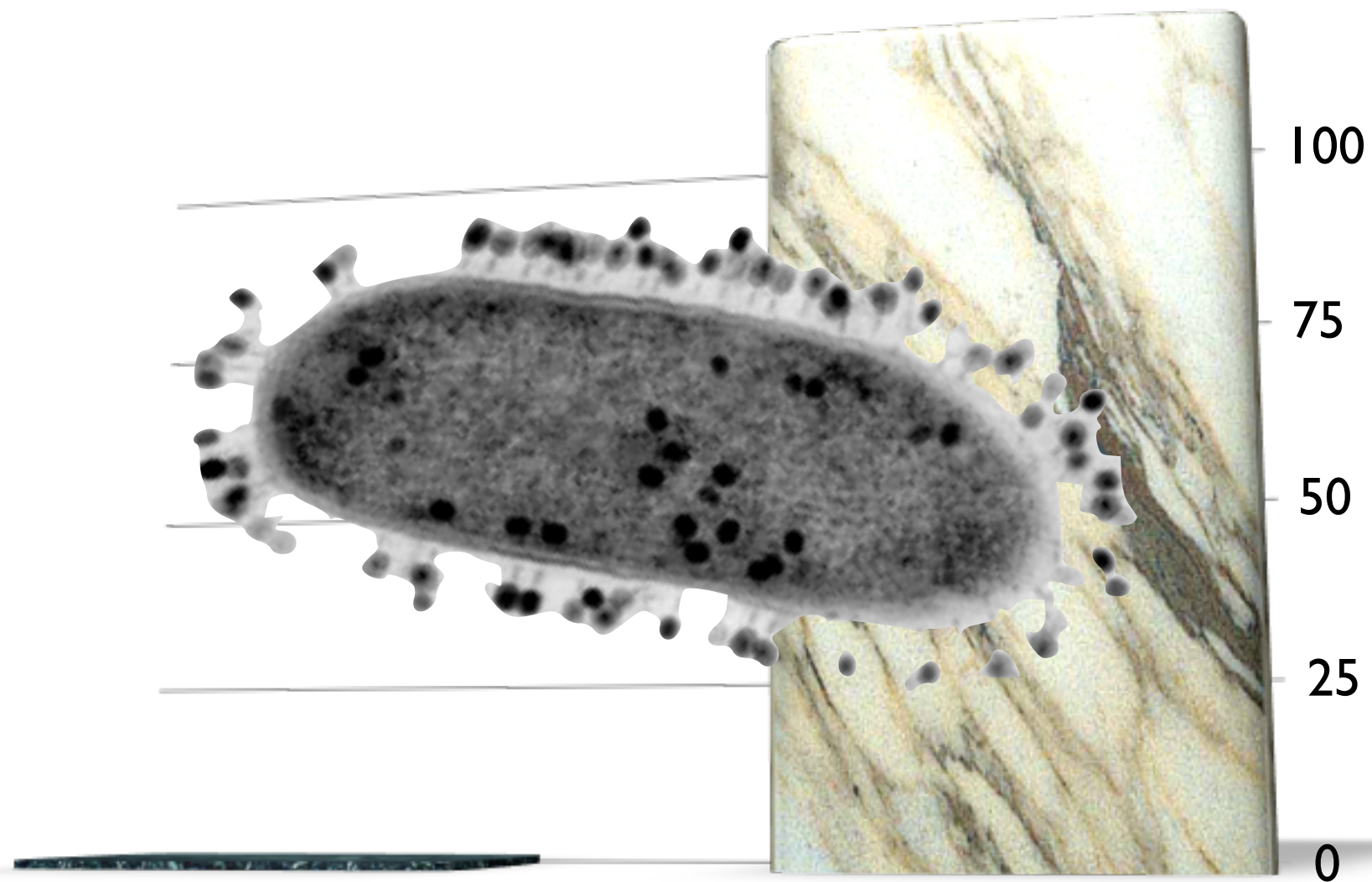
Portion of DNA that:



Regulates genes



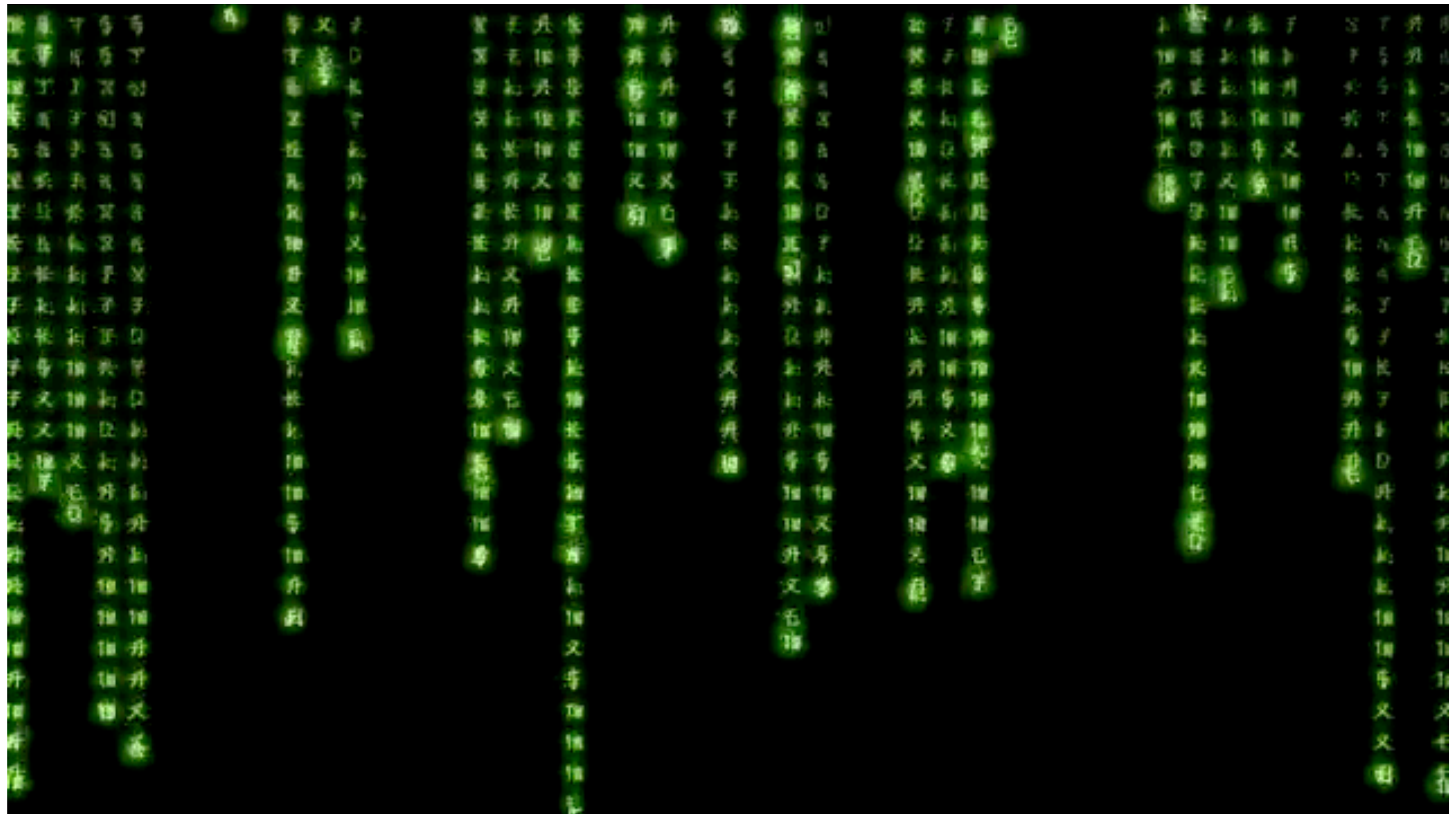
Makes genes



99%

1%

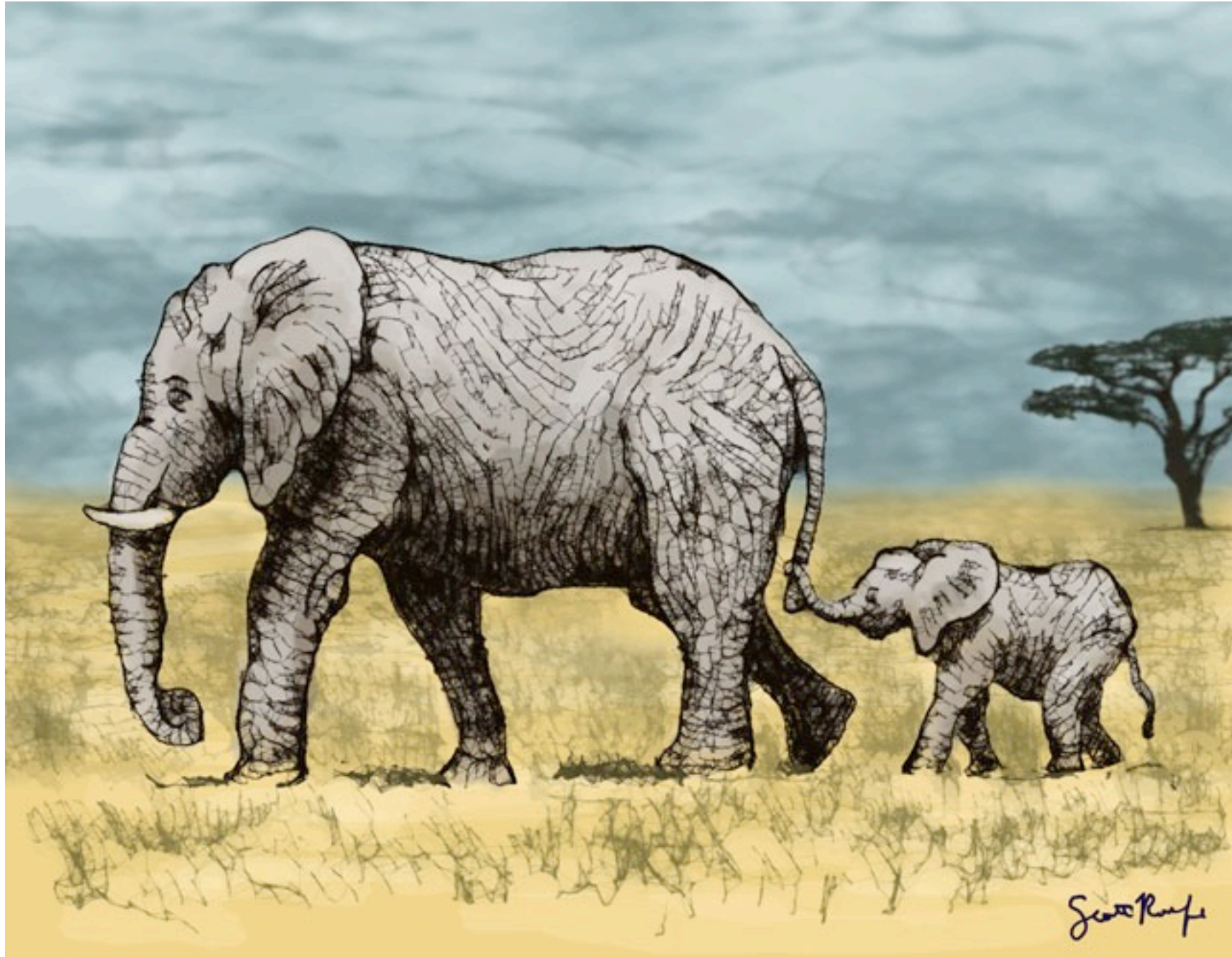
1990s Science: Evidence for Language in DNA



Moeritherium: Arose 50 M Years Ago



Elephant: Arose 5 M Years Ago





2010 Science: We are Changing our Genes in a Bad Way

"We have a new generation of children who are metabolically different.

We think there's been a series of genetic mutations...over the last few generations that have led to this"

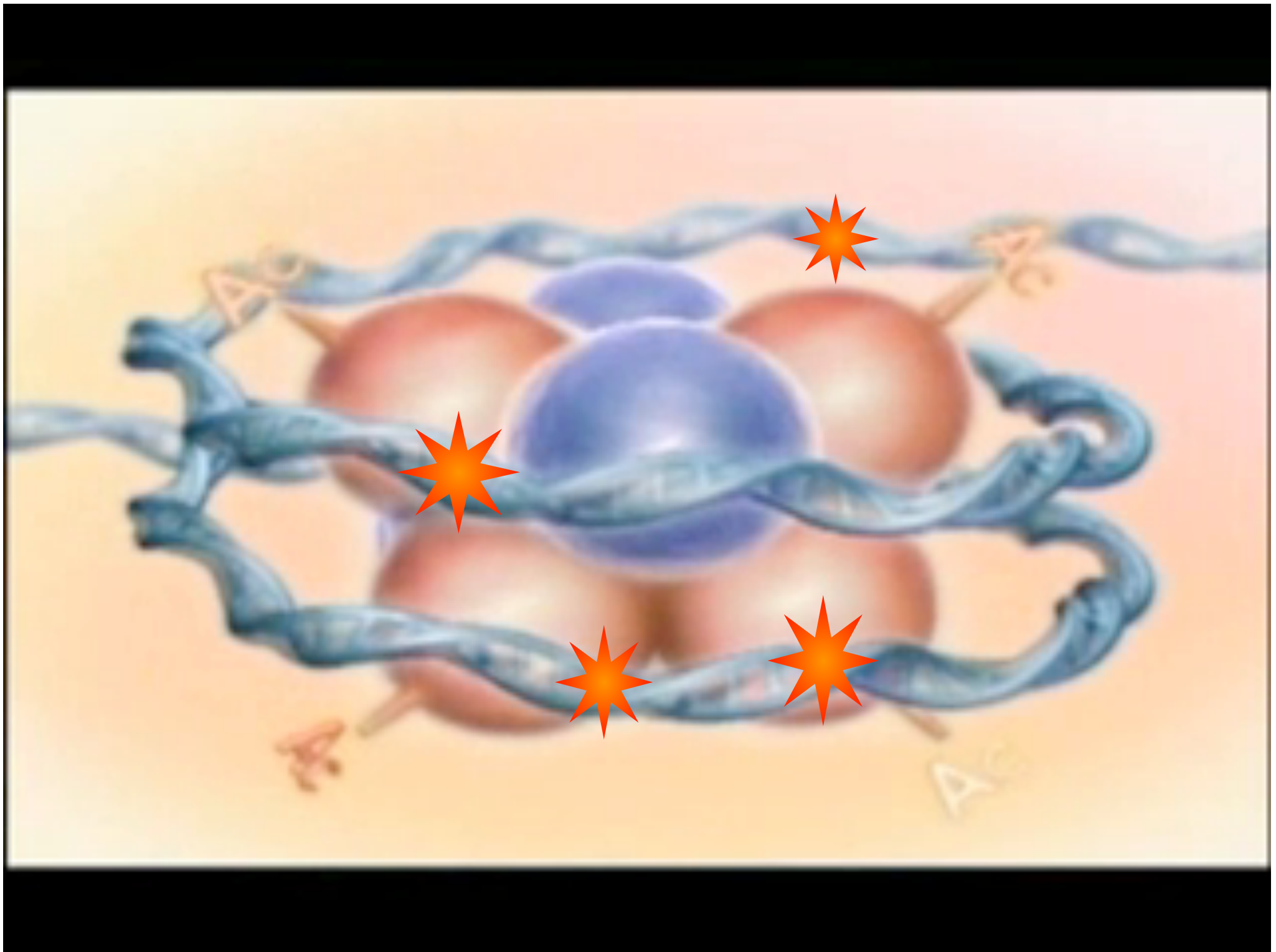
~ Melinda Sothorn, PhD



The Broken Human Genome



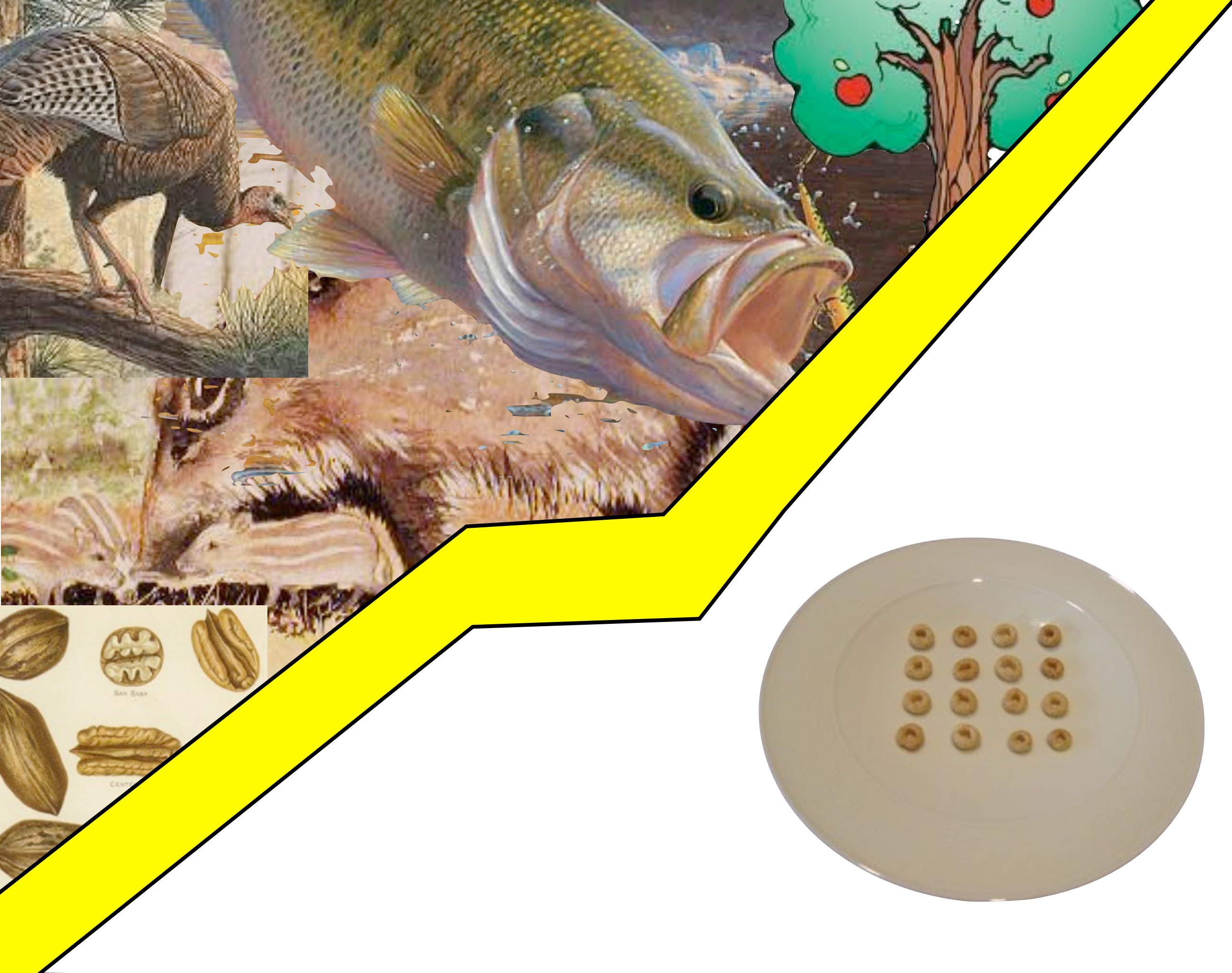
Free Radicals Strike While DNA Breathes



Dietary Factors Promoting Free Radical Formation

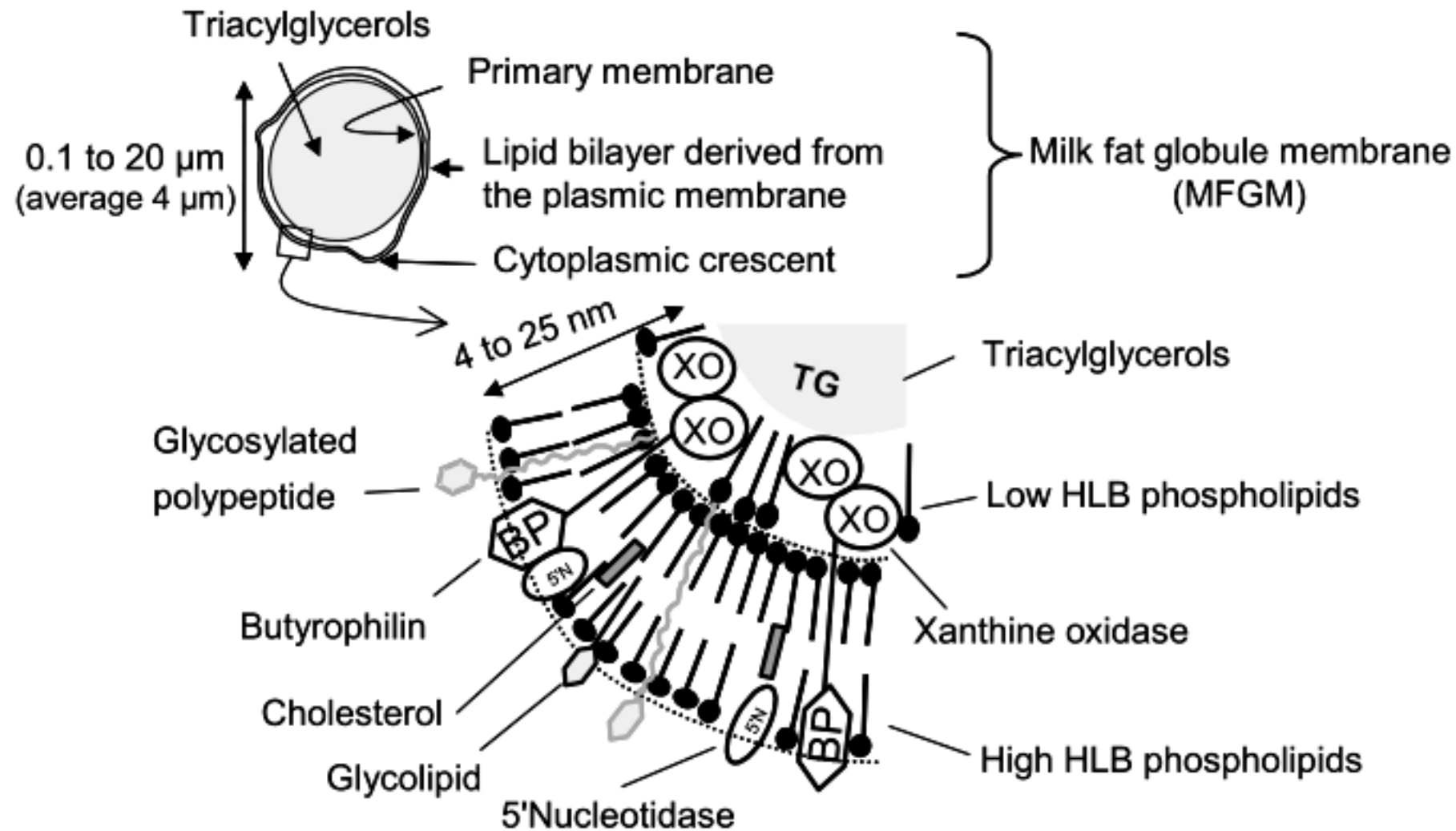
Carbohydrates

Oxidized/Processed Fats

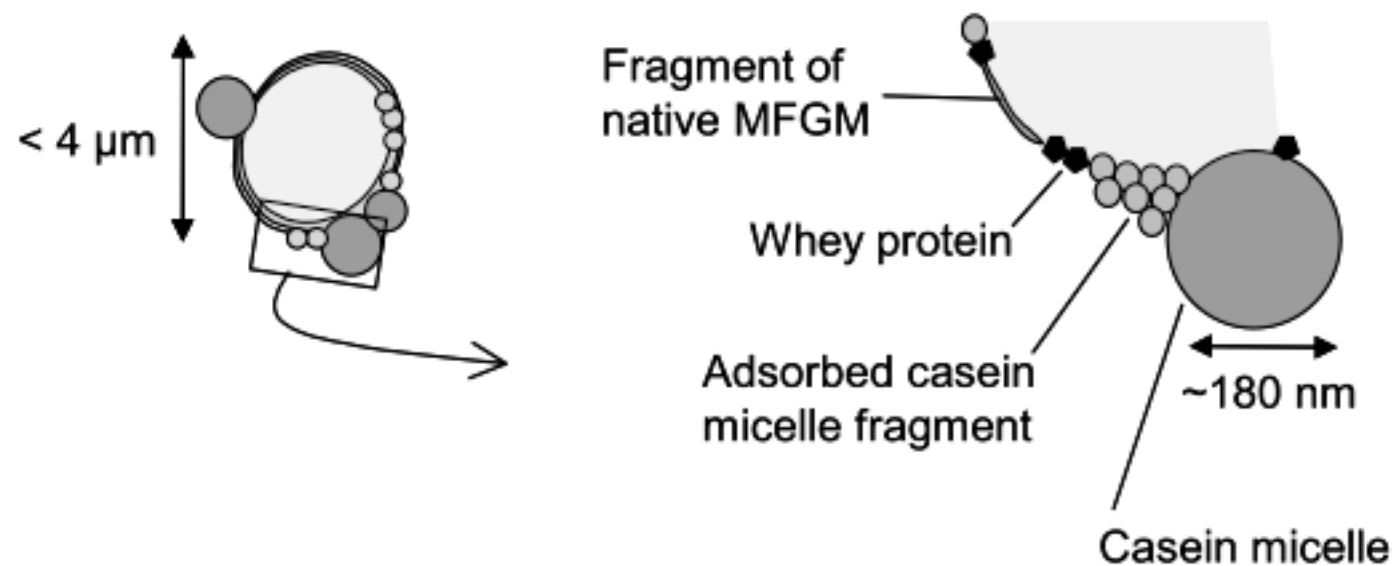




→ Organization of the native milk fat globules



→ Organization of an homogenized lipid droplet



Name _____

Address _____ Date _____

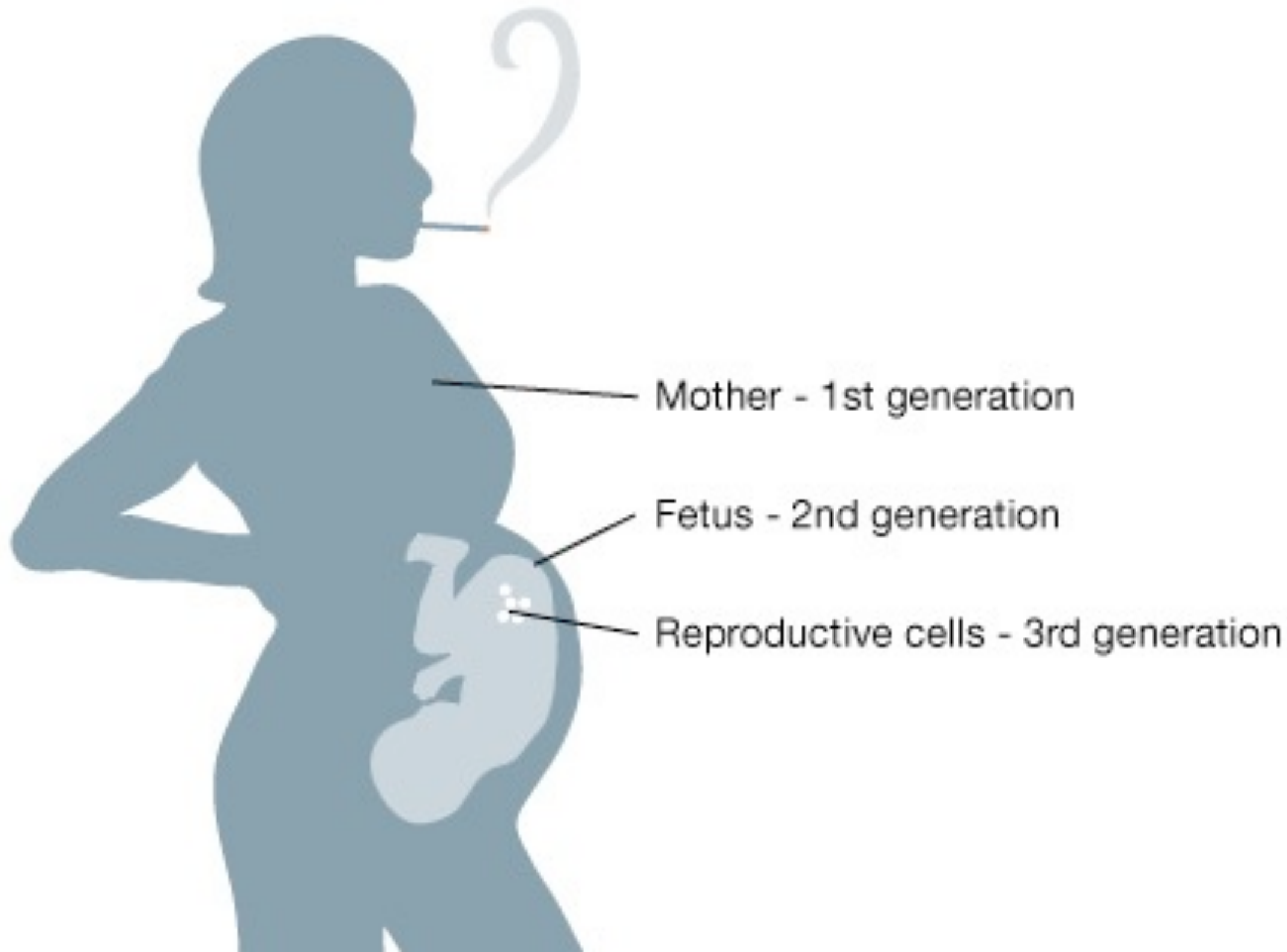
R_x



MD _____

Signature _____

Many Child Diseases May Be 'Genetically Temporary'



Genetic Re-hab with Nutrition



+



=



Fat Gene

Fat Gene



+



+



=

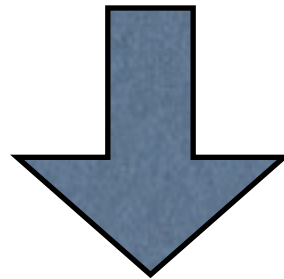


Fat Gene

Fat-Gene
Turned OFF



Fat Gene OFF

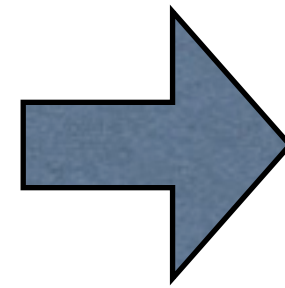
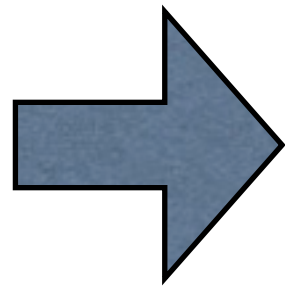


Fat Gene Stays off Even Without Extra Vitamins

How to Create and Fix Genetic Disease

Unhealthy
Chow?
Survival
strategy

Sleepy gene
revived?
Nutrient
Blast



Normal
Mouse

Fat
Mouse
Cancer
Diabetes
Heart disease

Normal
Mouse

















Deep Nutrition

Why Your Genes Need
Traditional Food

CATHERINE SHANAHAN MD
LUKE SHANAHAN