

The Incredible Edible Egg

Perhaps no other food has ridden the Good Food/Bad Food roller coaster more than eggs. Vilified throughout the last 50 years because of its high cholesterol content, the “incredible edible egg” now seems to be on the “Approved” Food List by the government. What you should know is that

Eggs, by themselves, do not give you heart disease

In a study published in June 2004^[1], researchers had subjects eating 3 whole eggs each day for one month, which added an extra 640 mg/dl cholesterol intake per day. After the month was over the researchers found that even though eggs had raised cholesterol, the TYPE of cholesterol raised was not the type associated with heart disease. The researchers concluded:

'The results of this study clearly indicate that egg intake by a healthy population of men and premenopausal women does not have negative health implications with regard to LDL atherogenicity.'

What has also been discovered about LDL cholesterol (the “bad” cholesterol) is that there are actually seven different types of LDL cholesterol (LDL-1 through LDL-7). The first three types of LDL (LDL 1-3) are much more harmful than the last 4 (LDL 4-7). In fact, people with more LDL-1, 2 and 3 are 3 times more likely to get heart disease.^[2]

Increase Your Antioxidant Intake To Prevent Cholesterol Oxidation

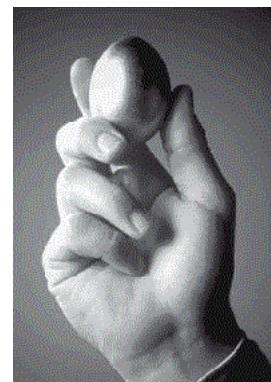
Since it has been shown that oxidized cholesterol is what causes heart disease^[3], taking plenty of antioxidants, such as Vitamin C and Vitamin E may help prevent the deposition of plaque in your arteries, helping to keep you free of heart disease.

Buy the Right Type of Eggs

The reason why eggs have received a bad reputation is because of what the conventionally-raised hens are fed throughout their life...GRAINS. Grains contain omega-6 fatty acids that increase the inflammation that is in part responsible for causing chronic disease.^[4] Be sure to buy ‘Free Range Eggs’ or ‘DHA Eggs’ because their hens are NOT fed grain and don’t set off the inflammation cascade.^[5]

Reference:

1. Herron, K.L., et al., *High intake of cholesterol results in less atherogenic low-density lipoprotein particles in men and women independent of response classification*. Metabolism, 2004. **53**(6): p. 823-30.
2. Gardner, C.D., S.P. Fortmann, and R.M. Krauss, *Association of small low-density lipoprotein particles with the incidence of coronary artery disease in men and women*. Jama, 1996. **276**(11): p. 875-81.
3. Goulinet, S. and M.J. Chapman, *Plasma LDL and HDL subspecies are heterogeneous in particle content of tocopherols and oxygenated and hydrocarbon carotenoids. Relevance to oxidative resistance and atherosclerosis*. Arterioscler Thromb Vasc Biol, 1997. **17**(4): p. 786-96.
4. Broughton, K.S. and J.W. Wade, *Total fat and (n-3):(n-6) fat ratios influence eicosanoid production in mice*. J Nutr, 2002. **132**(1): p. 88-94.
5. Seaman, D.R., *The diet-induced proinflammatory state: a cause of chronic pain and other degenerative diseases?* J Manipulative Physiol Ther, 2002. **25**(3): p. 168-79.



It's time to put this "complete protein" back into your diet.