

Eggs- A silent killer

# ไข่ - ฆาตกรเงียบ

A silent killer for human race, birds, male chicks, natural resources as well.

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How eggs are produced in modern time?



# Why people eat EGGS?

## Why they believe EGGS are healthy?

- EGGS have more protein or better protein or complete protein. (Type of fallacy is in their mind)
- Apart from as a Protein intake, people prefer it as a source of dietary cholesterol (our body makes it) and saturated fats of animal source.
- Source of minerals like Iodine, Selenium and vitamin like Choline.
- Vitamin D and Vitamin B-12. (But, missing in modern eggs)
- Eggs are also preferred because low calorie food.

# But, what is really there in Eggs?

- Stress hormones/chemicals released by adrenal glands of birds so effect on eggs too.
- Antibiotics (Chemicals) fed to birds are absorbed by Egg Whites.
- Pesticide in their food and otherwise come through Egg Yolks in our body. Pesticides are fats soluble.
- Impact of injection of recombinant chicken growth hormone (cGH) given to birds for their quicker growth.

# Risk with consumption of EGGS

- Elevated level of LDL Cholesterol.
- Saturated Fats of animal origin result in to obesity thus higher blood pressure, diabetes and cancer.
- Health risk (kidney and bones) with excessive unwanted protein intake.
- Eggs are also consumed for sake of Choline but studies have suggested that there is increased risk of prostate cancer growth/progression with abnormal high level of Choline. –Harvard Study.
- A type of bacterium, *Salmonella*, can be on both the outside and inside of eggs that appear to be normal, and if the eggs are eaten raw or lightly cooked, the bacterium can cause illness.

# There is no such thing as incomplete PROTEIN

- Nature has designed vegetable foods to be complete. If people living before the age of modern dietetics had had to worry about achieving the correct protein combinations in their diets, our species would not have survived for these millions of years.
- **It's true that meat has more protein than vegetables, but the amount in vegetables is already much more than you need.**

# INCOMPLETE PROTEIN

We've all heard that plant protein is "incomplete" compared to meat protein, and that plant foods have to be carefully combined to make a "complete" protein.

**But that's just an urban legend that was never based on science.** The American Dietetic Association abandoned that idea decades ago.

# 9 TYPES OF AMINO ACIDS

- Isoleucine
- Leucine
- Lysine
- Phenylalaline+Tyrosine
- Methionine
- Threonine
- Tryptophan
- Valine
- Histidine

Now all plant based food items contain all 9 amino acids. You can figure it out on Google.

They have every essential amino acid, in excess of what we need. It might not surprise you that beans are a complete protein by themselves, but even carrots are a complete protein. Tomatoes are a complete protein. Celery is a complete protein. Even *iceberg lettuce* is a complete protein.



# Plants have enough protein for us

- **So plant foods *easily* supply our protein needs.** The truth is that if you're eating food, you're eating protein—and almost certainly more than enough.
- You don't have to eat certain, special foods to get protein. You just have to eat any whole food. That's it.
- Have you ever come across any Vegetarian who died of PROTEIN deficiency?

# How protein works in our body?

- Why one need protein?

In order for your body to build muscle, produce hormones, and fight off viruses and bacteria, you need to get enough protein in your diet.

- Proteins are large, complex molecules comprised of long amino acid chains. These make up the structure of your body's tissues and organs. Without protein, your body could not function properly.
- Unfortunately, the body's ability to break down and absorb protein decreases with age.

Countering this is not as easy as simply eating more protein rich food in the breakfast. Adjustments are required to compensate for poor protein absorption.

## How can you improve its absorption

- You need to eat food like Orange, Lemon, Apple, Sweet lime, Tomatoes and other fruits.
- Consume Vitamin B-6 (Pyridoxine) rich food for example Banana, nuts, beans, seeds, whole grains.
- Include complex carbohydrates. Eating carbohydrates right before a high-intensity workout yields the best protein-absorbing results. With this body releases insulin. Elevated insulin levels help your muscles absorb amino acids, especially during muscle-building exercises.
- In addition to eating complex carbohydrates right before a workout, it's also beneficial to eat protein immediately before and after exercise to give your body an ample supply of amino acids to absorb during and after exertion.

# EGGS Vs. PEANUTS

Nutrition Facts			
Egg, boiled ▾			
Amount Per 100 grams ▾			
Calories 155			
		% Daily Value*	
<b>Total Fat</b> 11 g			16%
Saturated fat 3.3 g			16%
Polyunsaturated fat 1.4 g			
Monounsaturated fat 4.1 g			
<b>Cholesterol</b> 373 mg			124%
<b>Sodium</b> 124 mg			5%
<b>Potassium</b> 126 mg			3%
<b>Total Carbohydrate</b> 1.1 g			0%
Dietary fiber 0 g			0%
Sugar 1.1 g			
<b>Protein</b> 13 g			26%
Vitamin A	10%	Vitamin C	0%
Calcium	5%	Iron	6%
Vitamin D	21%	Vitamin B-6	5%
Vitamin B-12	18%	Magnesium	2%

\*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts			
Peanut ▾			
Amount Per 100 grams ▾			
Calories 567			
		% Daily Value*	
<b>Total Fat</b> 49 g			75%
Saturated fat 7 g			35%
Polyunsaturated fat 16 g			
Monounsaturated fat 24 g			
<b>Cholesterol</b> 0 mg			0%
<b>Sodium</b> 18 mg			0%
<b>Potassium</b> 705 mg			20%
<b>Total Carbohydrate</b> 16 g			5%
Dietary fiber 8 g			32%
Sugar 4 g			
<b>Protein</b> 26 g			52%
Vitamin A	0%	Vitamin C	0%
Calcium	9%	Iron	25%
Vitamin D	0%	Vitamin B-6	15%
Vitamin B-12	0%	Magnesium	42%

\*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# LOW CALORIE HIGH PROTEIN SOURCES

SEITAN – 75 gm per 100 gm (Not gluten free but great substitute for Turkey and Chicken).

LENTIL – 26g per 100g. Good for Vegan Omelets.

Hemp Seed – 23g per 100g

Black Beans – 21g per 100g

Sunflower Seeds – 21g per 100g

Tempeh – 19g per 100g

Quinoa – 14g per 100g

# EGGS have Saturated FATS

100 gm of boiled Egg = 11 gm Saturated Fats. Eggs are high in cholesterol.

A fat that naturally circulates in your blood. You need some amounts of cholesterol in your diet to stay healthy which our body produces for itself.

For example, cholesterol is responsible for building the protective cell walls in your body. If you have too much cholesterol in your blood, however, the blood becomes thicker and harder for your heart to pump. The result can be high blood pressure and heart disease if your cholesterol levels creep up too high.

# Egg Yolk contain Cholesterol

The average large egg yolk contains an estimated 186 mg of cholesterol, according to MayoClinic.com.

The recommended daily cholesterol intake for a healthy person is 300 mg, while a person with risk factors such as heart disease, diabetes or high low-density lipoprotein, or “bad” cholesterol, levels should consume less than 200 mg of cholesterol per day.

But, why to have added cholesterol at all?

# What is Cholesterol?

Cholesterol is a waxy substance that comes from two sources: your body (liver and cells) and food. Your body, and especially your liver, makes all the cholesterol you need and circulates it through the blood.

But cholesterol is also found in foods from animal sources, such as meat, poultry and full-fat dairy products.

Your liver produces more cholesterol when you eat a diet high in saturated and *trans* fats.

If you eat foods without cholesterol, the carbs, fats and proteins all break down eventually and release carbon, which your liver turns into cholesterol.



# EGGS and Cholesterol

Excess cholesterol may form plaque between layers of artery walls, making it harder for your heart to circulate blood.

Plaque can break open and cause blood clots. If a clot blocks an artery that feeds the brain, it causes a stroke.

If it blocks an artery that feeds the heart, it causes a heart attack.

# How cholesterol moves around the body

Cholesterol is a white, insoluble and waxy substance. It is carried around the body by two key transport systems in the blood, which include:

Low-density lipoprotein (LDL) cholesterol – carries most of the cholesterol that is delivered to cells. It is called the ‘bad’ cholesterol because when its level in the bloodstream is high, it can clog up your arteries.

High-density lipoprotein (HDL) cholesterol – is called the ‘good’ cholesterol, because it helps remove excess cholesterol out of the cells, including cells in the arteries.

# Analogy of Cholesterol

- Cholesterol is not technically a fat; rather, it's classified as a sterol, which is a combination of a steroid and alcohol. It's crucial to understand that you don't have a cholesterol level in your blood. Cholesterol is fat-soluble, and blood is mostly water. In order for cholesterol to be transported around the body in the blood, it has to be carried by special proteins called lipoproteins. These lipoproteins are classified according to their density; two of the most important in cardiovascular disease are low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

Imagine your bloodstream is like a highway. The lipoproteins are like cars that carry the cholesterol and fats around your body, and the cholesterol and fats are like passengers in the cars.

Scientists used to believe that the number of passengers in the car (i.e. concentration of cholesterol in the LDL particle) is the driving factor in the development of heart disease. More recent studies, however, suggest that it's the number of cars on the road (i.e. LDL particles) that matters most.

Iodine source: Strawberry, Potatoes, Bananas, Navy Beans, Crane berries, Iodized Salt, Himalayan Crystal Salt, Dried Sea Vegetables.

- Iodine is needed for the production of thyroid hormone.
- The body does not make iodine, so iodine needs to be an essential part of our diet.
- The thyroid gland affects the metabolic rate as well as the growth and development of the body.
- Iodine is absorbed through the foods we eat and excreted through urine.
- Less iodine can lead to an enlarged thyroid gland (goiter) or other iodine deficiency disorders such as hypothyroidism, hyperthyroidism and even thyroid cancer.

Children need to get enough iodine in their diets as iodine deficiency in children can cause mental retardation. The thyroid hormones are needed for normal growth and development of tissues, such as the central nervous system, as well as playing a broader role in the development of the body as a whole. They are also important for energy production and oxygen consumption in cells, helping maintain the body's metabolic rate.

# Eggs contain Choline

- But, Choline is an essential nutrient your body makes in small amounts also we have other plant based sources of Choline (part of B complex vitamins) via various vegetables.

Your most nutrient-rich options here include collard greens, Brussels sprouts, broccoli, Swiss chard, cauliflower, asparagus, Shitake Mushroom, Wheat Germ (Toasted), Soymilk, tofu, and quinoa.

Among all Wheat Germ and Shitake Mushrooms are fantastic source. 1 cup of Wheat Germ contain 172mg of Choline. It takes over 50 pounds of wheat to make one pound of wheat germ. 1 cup of Wheat Flour (120 gm) contain 37 mg of Choline.

- Vegan women who are considering getting pregnant should make sure they are meeting the DRI for choline (like Folic acid) to reduce the risk of neural tube defects, and might need a modest supplement ([Veganhealth.org](http://Veganhealth.org)).
- It's recommended that pregnant women consume 450 milligrams of choline a day, but the new study found this may not be enough...
- Primarily in the phosphatidylcholine (PC) form, choline supplements are useful.

# Why we need Choline?

- Choline is needed for brain development in a growing fetus and may also be important for brain function in adults.
- Choline is needed to synthesize low-density lipoproteins (LDL).
- Deficiency of Choline may lead to increase in Homocystein levels with risk of stroke.
- Choline is needed for various Cell functions.
- It is also essential for the metabolism of fats and the removal of fat from the liver. In humans, choline deficiency can lead to liver impairment.

# Eggs contain Vitamin D and B-12

- Egg may contain Vitamin D or B12
- But, not in modern Eggs.
- Modern battery birds are not lucky enough to enjoy Sunlight. In the absence of Sunlight, they are deficient in Vitamin D, hence fed Vitamin D as a supplement.
- Getting B-12 not possible in in battery eggs even in free range eggs.

# EGGS are good for Eyes

- Eggs do contain concentrated amounts of antioxidant like carotenoid lutein which are helpful for our eyes and prevention from age-related macular degeneration and Cataracts.
- But, Lutein is also found in Spinach, Kale, Collard Greens, Swiss Chard, Romaine lettuce, Winter/Summer squash.
- Study shows that fruits and vegetables of various colors can be consumed to increase dietary intake of lutein and zeaxanthin.



# Why no EGGS? - 1

- We are at risk of getting higher dietary cholesterol. Our body produces needed cholesterol, so why to add dietary cholesterol.
- Excess protein has been linked with osteoporosis, kidney disease, calcium stones in the urinary tract, and some cancers. (PCRM)
- Iron Disorder - **Eggs** contain a compound that impairs absorption of iron. ([irondisorder.org](http://irondisorder.org))

# Why no EGGs? -2

- This iron inhibiting characteristic of eggs is called the “egg factor”. The egg factor has been observed in several separate studies. One boiled egg can reduce absorption of iron in a meal by as much as 28%.
- The link between eggs and diabetes may be due to cholesterol or because high-fat diets correlate with increased blood sugar levels, since foods rich in fat can increase insulin resistance.

# Why no EGGs? -3

- People who consume just 1.5 eggs per week have nearly five times the risk for colon cancer, compared with those who consume less than 11 eggs per year, according to a study published in the *International Journal of Cancer*.  
(PCRM)
- In analyzing data from 34 countries, the World Health Organization found evidence that eating eggs is associated with death from colon and rectal cancers.<sup>11</sup> Research published in *International Urology and Nephrology* suggests that even moderate egg consumption can triple the risk of developing bladder cancer. (PCRM).
- A type of bacterium, *Salmonella*, can be on both the outside and inside of eggs that appear to be normal, and if the eggs are eaten raw or lightly cooked, the bacterium can cause illness.

# Using Some Common Sense

- **The largest land animals in the world, elephants, are exclusively vegetarian.**

They grow up to 10,000 pounds, by eating nothing but plant matter. They couldn't grow so big if plants weren't loaded with protein.

- All protein, whether plant or animal, is broken down into the individual amino acids before the body uses it. And that goes for any body, elephant, human, or otherwise.
- There are also horses, camels, giraffes, elk, rhinos, cattle, and more.
- **Clearly if these massive animals are eating only plants, then *plants have more than sufficient protein.***

# Inflammation: The Good, the Bad, and the Ugly

- Inflammation in the body is not like irritation and swelling what you were thinking in your mind.

Inflammation is always there in that body tries to heal itself, defend itself from various normal infections in our body. Body's immune's system becomes active to defend itself from various attacks.

The trouble occurs when that defense system runs out of control, like a rebel army bent on destroying its own country.

**We may feel healthy, but if this inflammation is raging inside of us, then we are in trouble.**

Have you had your C-reactive protein tested?

How to prevent inflammation going up?

- **Right Vegan Food, Exercise, Intermittent Fasting, Reducing stress (Yoga & Meditation), healthy fats, avoid allergens, avoid pollution, heal your gut, necessary supplement needed in your body from time to time specially Vitamin D.**