

The EGG DEBATE



Are eggs good or bad? Everywhere I go, all I hear is egg whites, egg whites, and egg whites. Egg's reputation has taken a beating. First it was about cholesterol and how it can contribute to heart disease. Then it's cutting out the extra fat to keep you leaner. This leaves consumers uncertain about the safety of their egg dishes.

Let's get the record straight and visit this whole egg conundrum. Eggs are known as super food and could help prevent heart disease. It contains saturated fat that is beneficial to the immune system. So why do most people stay away from egg yolk? Like most propaganda, this was another business idea that was set out to cash in more money, ultimately creating more nutritional deficiencies in our society today.

Eggs contain powerful nutrients such as Tryptophan, Tyrosine, Lutein, Zeaxanthin and vitamin A.

What are the benefits of these Nutrients?

Tyrosine

- . Protecting the protein structure of the body
- . Responsible for neurotransmitter production such as: dopamine and norepinephrine

Tryptophan

- . Serves as a precursor to the neurotransmitter serotonin
- . Aids in melatonin production which induces drowsiness/sleep

Lutein and zeaxanthin

- . Important to eye sight offering protection against macular degeneration

Vitamin A

- . Prevention of blindness, infection, diarrhea, anemia, building a strong immune system, protection against pathogens, learning disorders, helps psoriasis

Most of the nutrition is found in the yolk. They are crucial to our health and we are being told to take them out of our diet in fear of getting a disease. Mother Nature didn't get it wrong. We did. Start incorporating eggs into your diet by soft boiling then for 3-5 minutes; or the superior way, raw. Do not scramble your eggs as it oxidizes the cholesterol in the yolk which can have harmful effects on your health.

So let's get cracking