

## January 2019 News Letter.



Some might find this one a little controversial considering my aim is to eat raw organic vegan as much as possible.

Eggs, yes chicken eggs. Not factory farmed eggs but natural organic eggs from happy chickens living in a happy environment. Do not be fooled by labels in the supermarket saying free range. Very often this means they are not kept in a cage but thousands are crammed into a big warehouse. Organic can mean just a small percentage of their feed is organic. Do your research. I am fortunate to live on an island where chickens roam wild and some of the locals keep chickens and the children make a few extra dollars selling the eggs. Chickens will naturally produce eggs daily for a couple years during their life cycle and chickens are smart enough to know which eggs are fertilized and which ones are not. They will lay an unfertilized egg in the bush and walk away from it. These are the ones I eat. The hens will only stay with fertilized eggs and incubate them until they hatch.

On my recent travels I found eggs labelled free range organic at a farmers market. The seller invited me to come by their home. I did and was pleased to see a happy healthy environment. If you can get these natural eggs locally, have a couple for breakfast. I like three eggs every other day with some chopped red onion, tomato or non GMO corn, bell peppers and veggie left overs in my fridge. Throw it in the pan with a little coconut oil and gently heat producing a delicious omelette. Season with some fresh cracked black pepper, turmeric curcumin and a pinch of Himalayan pink salt.

Voila!

This video demonstrates the benefits of natural eggs a couple times a week in your diet with articles on Onions, Turmeric Black Pepper, Himalayan Pink Salt and Coconut Oil.

**What Happens to Your Body When You Start Eating 2 Eggs a Day. 6 minute video.**

<https://www.youtube.com/watch?v=u1Bgzf9ZJNA>

**Use 1 Onion per Day, and See What Happens to Your Body. 11 mins.**

<https://www.youtube.com/watch?v=aRsgashOYPU>

**Turmeric article.**

<https://www.healthline.com/nutrition/top-10-evidence-based-health-benefits-of-turmeric>

**Why Turmeric & Black Pepper Is a Powerful Combination. 4 mins.**

<https://www.youtube.com/watch?v=fpOclIprex0>

**Coconut oil article**

<https://realpharmacy.com/cold-truth-coconut-oil-10-facts-need-know/?fbclid=IwAR0TNVkv35EMqstg7FO3kiadw9FhoJ8-GPtIEjXO0nN37Os3z20nUW44>

**Himalayan Pink Salt article.**

<https://www.livestrong.com/article/534033-what-are-the-84-minerals-in-himalayan-salt/>

*My occasional emails are to update you with information, events or discussions where I have been invited to participate as a guest speaker. If you no longer wish to receive these emails, please simply click reply and I will remove you from my list.*