



Wisdom for Healthy Living

Eggs - Diabetes and Vitality

“For decades, mainstream media has demonized foods like eggs and meats, claiming they cause all sorts of metabolic diseases. The truth is, they were wrong all along, and the science has consistently proven this in recent years - although pasture-raised is the most important choice for max health benefits.

But let's look at something even more specific: the relationship between **eggs and diabetes**.

A study performed at The University of Eastern Finland and published in the American Journal of Clinical Nutrition studied the diets of men aged 42 to 60 and followed them for 20 years on average to find out if they developed Diabetes. The study concluded that people who ate an average of 4 eggs per week had a **37% lower risk** of developing type 2 Diabetes compared to people that only ate 1 egg per week. (Hmm, I wonder how much lower the Diabetes risk would have been for people eating 10-20 eggs per week!)

They also concluded that egg eaters had lower blood sugar levels on average. As a health researcher, this doesn't surprise me at all... **eggs are almost a perfect food** (especially if they're pasture-raised), and are loaded with appetite-controlling protein, a plethora of vitamins and minerals, powerful antioxidants, healthy cholesterol and saturated fats (yes, HEALTHY fats!), and other nutrients that all help to benefit your hormones and control blood sugar levels.

In fact, other studies have shown that people who eat eggs for breakfast (instead of carb-based breakfasts like cereals, muffins, or bagels), have **reduced appetite levels** for the remainder of the day, and **less cravings for sugar and carbs**, thereby successfully losing or maintaining weight easier.

And speaking of blood sugar & diabetes... If you think that Type 2 Diabetes is irreversible like many misinformed doctors will tell you, then you need to read some of the proof below on how to naturally reverse Type 2 Diabetes... Although eating "paleo" or even low-carb is a good first step, you'll also see below other techniques on just how simple it can be to “fix” your diabetes, control your blood sugars, and lose all of that excess fat sitting on your stomach.”

More on EGGS

“In a recent clinical study of 65 type 2 diabetics, the consumption of 2 eggs per day resulted in a reduction in: blood pressure, insulin, glucose, hemoglobin A1C, total cholesterol and raised blood levels of folate and lutein.

This is astonishing to the conventional mainstream which has traditionally punished eggs because of fear of elevating blood cholesterol levels. Many nutritionists such as myself who consider themselves far from mainstream dogma have known for years that consuming eggs has little to no effect on blood cholesterol levels. This study reveals something that I have witnessed clinically: cholesterol-rich eggs actually *lower* your blood cholesterol!

More importantly, for these type 2 diabetics, consuming eggs also reduced their glucose, insulin and hemoglobin A1C values, which is critical for controlling and reversing insulin resistant diabetes.



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Even more amazing was the elevation of blood lutein and folate levels. Lutein is an antioxidant from the carotenoid family. Lutein is protective of eye health, helping to reduce the risk of developing cataracts. Diabetics are particularly at a risk for developing eye diseases.

Preparing Eggs

On average I eat between 2-4 eggs per day. I feel best when I eat them raw and uncooked. I prefer eating most of my protein foods in a raw or very rare state. To me it is very important to consume non-heat damaged amino acids and nutrients.

There has been some debate over whether or not eating raw egg whites is healthy. Some people claim that the biotin in eggs binds with the avidin, causing a biotin deficiency. I personally think this is not true. Many studies are conducted in a test tube and foods don't necessarily behave the same way in the human body.

The next best way to eat eggs is by poaching them and making sure that the yolks are still runny. I avoid recommending frying eggs because of the carcinogenic effects that can form at high temperatures as well as the fact that much of the amino acids are extremely heat sensitive. This is especially true for the Sulphur amino acid L-methionine."

Author: Michael McEvoy

<https://metabolichealing.com/powerful-new-study-reveals-eggs-lower-blood-pressure-glucose-insulin-cholesterol/>

by Jeff Hays

I eat 3 raw eggs per day. I call it 'liquid chickens'. In my book is a recipe called "Protein Booster Smoothie". It literally tastes like a chocolate smoothie with no hint of egg. I can't wait for my daily protein-booster smoothie.