

# Eggs – nature's power pack



**Are they good for us or are they bad for us? We have been told for so long to avoid eating too many eggs because of the cholesterol and its link to heart disease.**

Well, I love eggs and I wanted to do some research and find the facts and then give them to you.

The average Australian eats 3 eggs per week. This isn't many but we have been scared away from them because of their connection to heart disease.

The first thing to understand about cholesterol is that it is an essential part of the cell membrane of every cell in our body. There are two types of cholesterol; LDL is the bad stuff as it sticks to the artery walls and causes blockages and leads to heart disease, but HDL is the good stuff as it cleans up the mess and reduces blockages and risk of heart disease.

The question is; which type of cholesterol do eggs contain?

Dr Andrew Rochford puts his medical know-how where his mouth is to find out if eggs are bad for our heart and if there is a limit to how many we should be eating. He decided to do a test and eat 4 eggs per day for two weeks to see if there was any impact on his cholesterol. This was about 9 times the average Australian consumption of eggs. If after the two weeks his cholesterol increased then that was an indication that the cholesterol in the eggs was LDL and that they are bad for us.

Before Andrew started his cholesterol was measured at 3.8, a very healthy level. Two weeks and 56 eggs later, yolk and all, his cholesterol not only fell below 3.8, but so far below that the machine didn't have a number for it!

**Whoaaaah – this is great news for egg lovers!!**

Eating eggs won't give you high cholesterol, it will lower it. In fact, eggs are full of high-quality proteins, vitamins and minerals and should be a part of any healthy diet.

Eggs are not only great for you nutritionally but they are also great as a natural form of skin and hair care. Eggs add shine and strength to hair and essential nutrients and firmness to skin when used as a mask.

Here are some great reasons why eggs should be an essential part of your daily health routine:

- They taste great
- They are full of essential and complete proteins, vitamins and minerals
- They lower LDL cholesterol in the blood
- They are a great source of protein for vegetarians
- They are incredibly versatile for numerous delicious and nutritious meal options and ingredients including;
  - Fried, poached, boiled, scrambled, omelettes
  - Frittatas and quiches
  - In rice dishes, soups, meat loafs, burgers and casseroles
  - Desserts – pavlova, custards, meringue, cakes, ice cream
  - Smoothies, egg nog
  - And the list goes on...!
- They are great for skin and hair
- They keep our chickens active and healthy

Make sure you go for ideally organic, but definitely free range eggs. Avoid barn or battery laid as they come from poorly treated and stressed hens.

Enjoy some of the following ideas:

