

Eggs and Poultry

Mass-produced chickens and turkeys are raised in similar circumstances to other factory farm animals. They are crammed into very small quarters and fed foods that are unnatural to them, such as all-vegetarian grains that include soy.

These unnatural foods make birds sick, requiring treatments with vaccines and antibiotics. Meat and eggs from these confined, sickly birds not only results in poor quality eggs and meats that lack nutrients, but they also have less taste and less good fats required for human health.

Good fats that are required for human health include essential fatty acids, including omega 3 and omega 6. However standard diets contain too much omega 6 and not enough omega 3.

The best source of omega 3 is meats and eggs, however as Sally Fallon writes in her cookbook *Nourishing Traditions*: “Most commercial vegetable oils contain very little omega-3 linolenic acid and large amounts of the omega-6 linoleic acid.”

In addition, modern agricultural and industrial practices have reduced the amount of omega-3 fatty acids in commercially available vegetables, eggs, fish and meat.

For example, organic eggs from hens allowed to feed on insects and green plants can contain omega-6 and omega-3 fatty acids in the beneficial ratio of approximately one-to-one; but commercial supermarket eggs can contain as much as nineteen times more omega-6 than omega-3!

But there is an important difference in the ratio of omega-6s to 3s according to how the animals are fed and raised. For example, grain-fed beef can have ratios that exceed 20:1, but grass-fed beef is down

around 3:1. Similar ratios are found in all grain-fed versus grass-fed livestock products.

Grass-fed livestock are rich in all the fats that are health-enhancing and provide the body with good fats for the production of cholesterol. Similarly free-range chickens produce eggs with an omega 6:3 ratio of 1.5 to one, whereas the 'supermarket egg' has a ratio of 20 to one."

Like all birds, their natural food consists of seeds, fresh greens, insects, bugs, worms, and other meats. Alan Nation writes in his article *How We Farmed: Traditional American Farming Techniques and What We Can Learn from Them* [from 1916]:

"The best size flock was said to be between 300 and 500 birds. Flocks larger than this were thought to be too susceptible to disease. One hundred hens were said to consume as much pasture per year as a 1000 pound beef cow and were considered to be one animal unit.

Sprouted oats were fed during the winter to keep both the mature birds and particularly chicks healthy. Access to pasture was recommended for chicks as soon as they could be released from the heated brooder, in order to prevent disease.

... winter-confined birds cut off from their access to bugs and worms were supplied with meat scraps daily."

Chickens were not seen as vegetarians in 1916!

Poultry and Eggs

Poultry & Eggs should be from free-range birds that eat their natural diet which includes green grass and other green plants, insects, worms and meats. Do not buy poultry or eggs that are vegetarian-fed.

Poultry that are pastured naturally will come from farms that are lush with pastures, which will produce deep yellow to orange colored egg

yolks and yellow fat. Local farms are a good source of free-range 'certified organic' poultry and eggs that are free of antibiotics, hormones, pesticides and herbicides.

These poultry are not 'stressed,' while mass-produced chickens are raised in severely cramped quarters and fed foods that are unnatural to them. This results in not only reduced health value, but less taste and less good fat.

Eggs are one of the most nutritious foods you can eat - They are a great source of high-quality protein and are rich in vitamins and nutrients essential to health, including B vitamins, vitamin A and vitamin E.

In fact the only reliable and absorbable sources of vitamin B12 are from animal products, especially organ meats and eggs. Vitamin B12 is vital to a healthy nervous system and healthy blood and the one of the important nutrients lacking in vegetarians.

Raw, whole, organic eggs are an incredible source of high-quality nutrients that many of us are deficient in, especially high-quality protein and fat. While it may take getting used to them, eating raw eggs is a simple way to improve your mind and your overall health.

Eating cooked eggs will not have the same effect, although the less you cook the egg yolk (such as soft-boiled), the better it will be nutritionally.

Contrary to popular belief eggs are not a likely source of salmonella contamination.