

PASTURE RAISED EGGS | HEALTH BENEFITS EXPLAINED ⁺

by Dr. Ben Edwards, Local Lubbock Doctor, Veritas Medical

At Alcove Farms, our hens are raised utilizing regenerative farming techniques. Cows, chickens, plants, sunlight, and water come together to create rich soil.

This fertile ground creates nourished land for hens to free range and lay fresh eggs that contain more: **VITAMIN D · PROTEIN · GOOD CHOLESTEROL · OMEGA-3**

“EGGS ARE VERY CLOSE TO WHAT I WOULD CONSIDER TO BE THE **“PERFECT”** FUEL FOR THE HUMAN BODY. THEY ARE PACKED FULL OF VITAMINS, MINERALS, GOOD FAT, PROTEIN, AND ANTIOXIDANTS. HOWEVER, YOU MUST CONSIDER THE SOURCE. THE NUTRIENT CONTENT OF EGGS COMING FROM PASTURED RAISED CHICKENS GRAZING ON FRESH FORAGE IS **FAR SUPERIOR** TO ANY OTHER TYPE OF EGG. AND, CONTRARY TO WHAT WE USED TO THINK, EGGS **DO NOT** RAISE CHOLESTEROL AND CAUSE HEART ATTACKS, **SO EAT YOUR EGGS GUILT-FREE!**”

- DR. BEN EDWARDS, VERITAS MEDICAL

AN INSIDE LOOK

According to Dr. Ben Edwards, a single large, boiled egg contains:



“All of these nutrients are contained in one small eggshell and come in at only around 77 calories,” says Dr. Edwards.

EGGS RAISE HDL “THE GOOD CHOLESTEROL”

HDL stands for High Density Lipoprotein. It is often called the “good cholesterol.” People who have higher levels of HDL usually have a lower risk of heart disease, stroke and various health problems. In one study, two eggs per day for six weeks increased HDL levels by 10%.”

-DR. BEN EDWARDS

OMEGA-3 OR PASTURE-RAISED EGGS, LOWER TRIGLYCERIDES

“ Not all eggs are created equal. Their nutrient composition varies depending on how the hens were fed and raised. Eggs from hens that are raised on pasture and/or fed Omega-3 enriched feeds tend to be much higher in Omega-3 fatty acids. Omega-3 fatty acids are known to reduce blood levels of triglycerides, a well-known risk factor for heart disease. ”

-DR. BEN EDWARDS

EGGS ARE A SUPERFOOD!

“ Eggs are incredibly fulfilling. They are high protein food...but protein is by far the most fulfilling macronutrient. One study showed that eating eggs for breakfast increased feelings of fullness and made individuals automatically eat few calories for the next 36 hours. ”

-DR. BEN EDWARDS

To sum it up, eggs are a nutrient-packed superfood that not only gives you the vitamins your body needs, but it can also help lower levels of unhealthy cholesterol. To get your pasture-raised, nutrient rich eggs, come see us at Alcove Farms at 4th Street & Alcove Avenue in Lubbock, Texas.

