

## Do These Images Make You Hungry?

From [David Jack James](#)

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Doesn't that developing embryo look delicious? Many people don't realize that eating eggs is very unhealthy for humans. Egg consumption can lead to heart disease, stroke, several types of cancer, diabetes, salmonella poisoning, and premature death, as evidenced by the studies referenced below. In fact, in the United States, it is illegal for eggs to be advertised as healthy, nutritious, or safe! (For more information, watch "Who Says Eggs Aren't Healthy or Safe?" by Dr. Michael Greger: <https://nutritionfacts.org/.../who-says-eggs-arent.../>).

Eggs are extremely high in cholesterol, a fatty substance that travels through the bloodstream. The human body produces more cholesterol than it needs. It is not necessary for humans to consume any dietary cholesterol at all. One average-sized egg contains 186 milligrams of cholesterol, which is 62% of the US recommended daily allowance. Excess cholesterol can lead to coronary artery disease and heart attacks because the human body can't manage it.

In fact, a study (<http://www.atherosclerosis-journal.com/.../S0021.../abstract>) published in the Journal of Atherosclerosis Research found that eating one egg per day is as bad for the heart as smoking five cigarettes per day!

Another study (<https://pubmed.ncbi.nlm.nih.gov/26062990/>) found that people who eat more than seven eggs per week have an 80% higher coronary artery calcium scores, a measure of heart disease risk. Unlike fat, cholesterol can't be burned for energy through exercise; it has to be processed by the liver, and excess

cholesterol gets deposited along the walls of blood vessels, which can lead to heart attacks and strokes. High cholesterol is also linked to breast cancer, liver cancer, joint pain, inflammation, and infertility.

Egg consumption has been linked to several types of cancer. One study (<https://pubmed.ncbi.nlm.nih.gov/1639534/>) found that the consumption of eggs is associated with an increased risk for colon cancer. Studies have shown links between egg consumption and increased risks of bladder cancer (<https://pubmed.ncbi.nlm.nih.gov/16142557/>) and breast cancer (<https://pubmed.ncbi.nlm.nih.gov/26293984/>).

Eating eggs is also linked to the development of prostate cancer. Eggs have toxic levels of choline, a nutrient that humans need for brain function, as well as for the formation of cell membranes. Too much choline can be very dangerous. A study (<https://www.ncbi.nlm.nih.gov/pubmed/22952174>) of 47,896 men found that participants with the highest choline intake had a 70% increased risk of fatal prostate cancer.

Another study (<https://pubmed.ncbi.nlm.nih.gov/21930800/>) found that men who consumed 2.5 eggs per week increased their risk for a lethal form of prostate cancer by 81%, compared with men who consumed less than half an egg per week. Furthermore, research (<https://pubmed.ncbi.nlm.nih.gov/23614584/>) finds that a byproduct of choline increases the risk for a heart attack and stroke. When a person eats eggs, gut bacteria break down choline, releasing a toxic compound called trimethylamine oxidase (TMAO) into the bloodstream. Research suggests that TMAO promotes the growth of cancer, and specifically increases the risk for breast, ovarian, and prostate cancer (<https://pubmed.ncbi.nlm.nih.gov/26293984/>, <https://pubmed.ncbi.nlm.nih.gov/24500371/>, and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4135488/>).

Egg consumption is also linked to diabetes. A review (<https://pubmed.ncbi.nlm.nih.gov/23643053/>) of 14 studies published in the journal *Atherosclerosis* found that people who consume the most eggs increase their risk for diabetes by 68%. Another review (<https://www.pcrm.org/.../egg-consumption-increases-risk...>) found a 39% higher risk of diabetes in people who eat three or more eggs per week. Egg consumption also increases the risk of gestational diabetes, according to two studies (<https://pubmed.ncbi.nlm.nih.gov/21324948/>) referenced in the *American Journal of Epidemiology*: Women who consumed the most eggs (more than seven a week) had a 77% increased risk of diabetes in one study, and a 165% increased risk in the other, compared with those who consumed one egg per week.

Egg consumption poses other health risks for humans. According to the CDC (Center for Disease Control), approximately 1 in 10,000 eggs is infected with *Salmonella*, a type of bacteria that is a principal cause of hospitalizations related to food poisoning. Egg consumption is the second leading cause of *Salmonella* poisoning worldwide (the first is chicken consumption). *Salmonella* bacteria in eggs can survive most cooking methods, and over 10,000 Americans are food poisoned by *Salmonella* from eggs annually. In 2010, half a billion eggs were recalled, and thousands of people in 14 states were poisoned due to a *Salmonella* outbreak (<https://www.cdc.gov/salmo.../2010/shell-eggs-12-2-10.html...>).

Eggs are also linked to premature death. A study (<https://pubmed.ncbi.nlm.nih.gov/18400720/>) that included more than 21,000 participants found that people who consumed seven or more eggs per week had an almost 25% higher risk of death than those with the lowest egg consumption. For participants with diabetes, the risk of death was twofold compared with those who ate the fewest number of eggs.

For more information on these studies and more, visit the Physicians Committee for Responsible Medicine:

<https://www.pcrm.org/.../nutrit.../health-concerns-with-eggs>

## THERE IS NO REASON FOR HUMANS TO CONSUME EGGS!

In addition to being unhealthy for humans, eggs come from suffering and violence. The egg industry may be the cruelest of all industries that exploit and slaughter animals because of the prolonged suffering inflicted on the greatest number of animals. There are now many delicious, healthy plant-based replacements for eggs! Below are some links to companies that make plant-based egg alternatives. Go to the websites for more information. Many of them will ship directly to you, or you may order these products from online shopping platforms. And you may always ask for these brands and products at your local grocery stores. You will find store locators on many of these websites, to let you know where to find these products locally.

- JUST Foods – <https://www.ju.st/en-us/products/consumer/egg/scramble>
- Follow Your Heart – <https://followyourheart.com/products/veganegg/>
- Vegg: <https://thevegg.com/>
- Neat Egg (Atlantic Natural Foods) – <https://atlanticnaturalfoods.com/.../neat-the-neat-egg.../>
- Bob’s Red Mill: <https://www.bobsredmill.com/.../gluten-free-vegan-egg...>
- Ener-G Foods: <https://www.ener-g.com/products/egg-replacer>
- Vegan Easy Egg (Orgran) – <http://www.orgran.com/products/vegan-easy-egg-2/>
- Namaste – <https://namastefoods.com/>

Why would anyone eat eggs anyway? The only reason rational humans consume eggs is because they have been duped by egg industry propaganda. It’s all about exploiting, harming, and slaughtering animals for profit. Eggs are not healthy or safe—and they come from horrendous suffering and violence. The egg industry permeates television, radio, internet, and all media outlets with propaganda in order to fool you into believing that a female chicken’s bodily secretions are healthy, necessary, humane, and guilt-free. This insidious agenda is so pervasive that most people don’t even realize that they have been deceived since they were young impressionable children. It’s all about money, and most people don’t realize it.

Finally, let’s be clear about what eggs actually are. Eggs develop from a hen’s ovulation cycle. Female chickens ovulate to reproduce, just like female humans. During a hen’s cycle, an ovary sends a yolk on its path. The yolk forms the egg white goo as it moves through the reproductive tract into the shell gland. (It’s not technically the same as a female human’s period/menstruation cycle because a hen’s reproductive system is different, but it’s the same basic concept.) After the shell is formed, the chicken discharges an egg from the same hole that she poops from! Why would anyone eat something that comes out of someone’s ass?