



Brad Lemley's

Natural Health Solutions

The Definitive Cure for Type 2 Diabetes

Eliminate Medication, Lower Your Blood Sugar, and Get Back on the Road to Health with this All-Natural Remedy

by Brad Lemley

Natural Health Solutions



“Cure” is a powerful word. Not one I toss around lightly.

I don't pretend to offer cures for every person who has every condition known to humankind — and I think those who do so are irresponsible.

But Type 2 diabetes? The modern scourge? The condition that the Centers for Disease Control predicts will afflict one in three Americans by 2050?

The malady that roughly a third of *Natural Health Solutions* readers have told me is their chief health concern?

Yes... that condition is often curable. And the strategy I'll outline below really can, and has, cured it.

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(Note: All of what I'll have to say here is about Type 2 diabetes, which accounts for roughly 90 percent of all diabetes cases in the U.S. Type 1 diabetes is a different disease with different, more complex causes, which I will not address in this article.)

Will this strategy cure everyone? No. Nothing cures everyone. Human physiology is too varied and complex to make that claim.

“The American Diabetes Association's explanation for diabetes is measly-mouthed and weasel-worded.”

But I will predict that this strategy would knock back the incidence of Type 2 diabetes to the “background” level. In other words, I'm confident this mea-

sure, if widely implemented, would push this disease back to the levels we saw in the middle of the last century, when about 1 percent of Americans had the condition. (See the chart on the following page).

So here it is...

Eat a Low-Carbohydrate Diet

To understand why this is the true solution, let's first examine why obesity and diabetes are going parabolic.

The American Diabetes Association (ADA) would have you believe it's largely due to eating too many calories, including calories from protein and fat.

Specifically, its website says, “Being overweight does increase your

The Diabetes Industry: You Lose a Leg, They Get Rich

An old doctor told me this story:

A hospital in the Midwest had a problem. With a staff full of mostly general practitioners — who make far less money than specialists — the place was deep in the red.

So they called in a turnaround specialist — a guy from Chicago who knew how to make hospitals profitable. He reviewed the previous year's billings.

“Here's the situation,” he told the staff. “Each time you counsel a diabetic to change their diet or begin to exercise, you lose \$90. But each time you surgically remove a leg due to diabetes complications, you make \$6,000 profit.”

“Now, pay attention,” the old doctor told me. “Those dedicated physicians did not immediately stop the lifestyle counseling and begin profitably chopping off legs with abandon.

“As far as I know, they didn't change what they did at all, at least not right away,” he said. “That's not the point. The point is that *all of the financial incentives in American medical practice run in the wrong direction.*”

Exactly. Over time, the mere knowledge that *advice equals bankruptcy*, while *surgery and drugs equal profit* exerts a constant, subtle, subconscious pressure on American doctors that eventually takes its toll.

And this is particularly true when it comes to treating Type 2 diabetes, a disease that's almost entirely lifestyle-based.

continued on next page >>>

The Diabetes Industry... cont. from Page 1

So if you wonder why the low-carb, high-fat diet has been so slow to catch on despite the fact that it is clearly the answer to the modern diabetes epidemic, it's because — *often at a level just below consciousness* — everyone in the medical industry knows drugs and surgery are the real moneymakers.

With such knowledge gnawing away at their ethics, it becomes easier and easier for physicians to convince themselves that “counseling never works” because “people just won't change.”

And so it goes, and will go, until enough people know the truth about the real cause of diabetes.

Sincerely,



Brad Lemley
Editor, *Natural Health Solutions*

risk for developing Type 2 diabetes, and a diet high in calories from any source contributes to weight gain.”

This mealy-mouthed, weasel-worded statement sidesteps the *central role that carbohydrates* — not calories per se — play in the development of Type 2 diabetes.

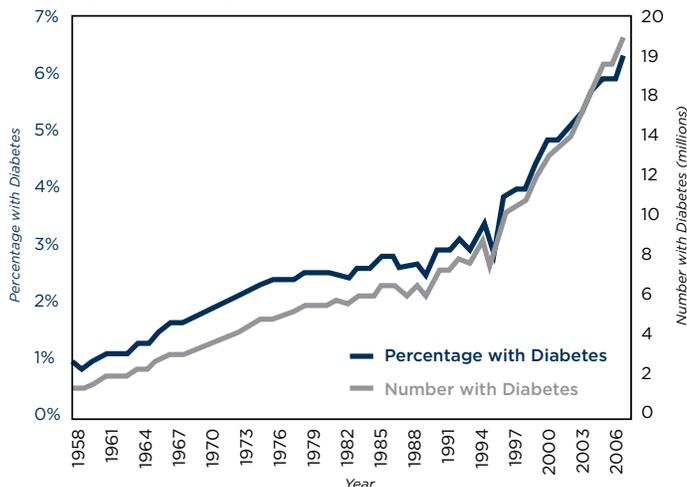
“Carbohydrate restriction should be the central strategy for both weight loss and diabetes prevention, alleviation and cure.”

Note that all are carb-intensive. None, with the possible exception of the chicken, is a significant source of fat or protein. These are the types of food that are driving the diabetes epidemic.

Consider... in this, the age of obesity and diabetes, or what many now call “diabesity,” here are the top four foods, ranked by daily caloric consumption, that modern Americans eat:

1. Grain-based desserts (cakes, cookies, doughnuts, pies, chips,

The Diabetes Boom



Note that the incidence of Type 2 diabetes begins ratcheting skyward in 1988 — roughly the same time low-fat foods became ubiquitous in the American diet.

- cobblers and granola bars): 139 calories daily
2. Yeast breads: 129 calories daily
3. Chicken and chicken-mixed dishes: 121 calories daily
4. Soda, energy drinks and sports drinks: 114 calories daily

The Real Experts Agree

Meanwhile, all that needs to be said about the amazing power of a low-carb diet's ability to reverse Type 2 diabetes is included in a definitive scientific paper called...

“Dietary Carbohydrate Restriction as the First Approach in Diabetes Management: Critical Review and Evidence Base.”

It was published in January 2015 in the prestigious journal *Nutrition*.

Co-written by 20 of the top researchers in the field, it summarized dozens of high-quality studies

showing that a low-carb diet *quickly and decisively lowers high blood sugar, which is the fundamental cause of Type 2 diabetes.*

Its conclusions are unequivocal:

- “Current knowledge dictates that carbohydrate restriction should be a default treatment for Type 2 diabetes”
- “The benefits of carbohydrate restriction in diabetes are immediate and well documented”
- “Dietary carbohydrate restriction reliably reduces high blood glucose, does not require weight loss (although is still best for weight loss) and leads to the reduction or elimination of medication.”

Note the phrase “elimination of medication.”

In other words — a cure.



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Uniquely Frustrated Researchers

I read many, many papers on nutrition and health. This one is unique in that one can actually *feel* the exasperation of the top-notch research team that came to the conclusion that carbohydrate restriction — not drugs, not even exercise — should be the primary intervention for Type 2 diabetes.

Believe me, for a scientific paper to contain a statement like the one below, from Eric Westman, MD, is unusual:

At the end of our clinic day, we go home thinking, 'The clinical improvements are so large and obvious, why don't other doctors understand?'

And here's the kicker. Dr. Westman, whose patients have had extraordinary success (I plan to visit his program's Durham, North Carolina, location and report back to you), notes that:

By reducing the carbohydrate in the diet, we have been able to taper patients off as much as 150 units of insulin per day in 8 days, with marked improvement in glycemic control — even normalization of glycemic parameters.

Dr. Westman is reluctant to say the word "cure," but that's exactly what he means by "normalization of glycemic parameters."

And to repeat, this was in just eight days.

What About Exercise?

Exercise is vital. Exercise accelerates and solidifies the progress one can experience with a low-carb diet. But the research is clear — *the low-carb diet is primary, exercise secondary*.¹

The carbohydrate industry's big lie is arguing that if we all "just get moving," we can eat all of the grains and sugar we want (I explore this lie in my [rant about Big Soda's "Balance" program](#)).

While exercise can help somewhat against both obesity and diabetes, carbohydrate restriction should be the central strategy for both weight loss and diabetes prevention, alleviation and cure.

So What's the Holdup?

It infuriates me that the powers that be, especially the leaders of the American Diabetes Association, refuse to clearly and concisely tell people suffering with this debilitating, life-shortening condition that eating far *fewer carbohydrates — which means eating more protein and, especially, more fat — is the solution to their problem*.

So why doesn't the ADA tell you this? Here, direct from its own website, is a list of its top sponsors:

- AstraZeneca
- Boehringer Ingelheim Pharmaceuticals
- Eli Lilly
- GlaxoSmithKline
- Janssen Pharmaceuticals

- Johnson & Johnson Diabetes Solutions
- Merck
- Novo Nordisk
- Pfizer
- Sanofi.

That's right. The biggest drug companies in the world sponsor the ADA. So do you think they are eager to reveal the simple, safe method to cure Type 2 diabetes, thereby cratering their backers' profits?

Bottom Line

My High-Fat, Real-Food Diet, described in the [June 2015](#) issue, is an example of a health-promoting low-carb diet, one based on extensive research.

Another great diet resource is pioneering low-carb physician Dr. Andreas Eenfeldt's [Diet Doctor website](#), which walks you through the basics of what one should and should not eat.

"The biggest drug companies in the world sponsor the American Diabetes Association."

For those who crave more structure, Dr. Westman's [HEALcare low-carbohydrate program](#) offers both an on-site program (based in Durham, North Carolina) and an online diet program which have been clinically shown to alleviate and reverse Type 2 diabetes.

Whichever low-carb diet you choose to follow, do so confidently. Such diets are powerful preventatives for anyone at risk for Type 2 diabetes and powerful curatives for those who already have it.

And — above all — *ignore the ADA*. ☹

Citations available [here](#).

Contributor List

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Six Reasons to Go All The Way

It Doesn't Just Burn Calories, Sex Also Offers a Wide Range of Health Benefits

by **Barbara Hauck**
Sex Educator



Here in *Natural Health Solutions*, we've covered the importance of exercise at length. Well, sexual activity burns calories and fat, and it's been suggested that people with active sex lives tend to exercise more frequently and have better dietary habits than those who are less sexually active, according to a 2007 report published in cooperation with the Society for the Scientific Study of Sexuality.

So let's take a look at six ways sex does a body good:

- **A stronger immune system.** A 2013 study conducted at the University of Michigan indicates there is a strong correlation between an individual's sexual habits and the level of antibodies in the saliva. Scientists at Wilkes University, in Wilkes-Barre, Pennsylvania, have found that people who engaged in sex one–two times per week had more of the antibody immunoglobulin A in their external body secretions (sweat, saliva and tears) than people who engaged in sex less frequently.¹ This is a good thing, because as the first line of immune defense, immunoglobu-

lin antibodies attach to foreign invaders and help eliminate them, keeping colds at bay

- **Sounder sleep.** Hormones and endorphins released during sex decrease stress, relaxing the mind and priming the body for sleep. Orgasm floods the brain with oxytocin, which has a proven anxiolytic (anti-anxiety) effect.² A surge of the hormone prolactin upon climax adds to the feeling of sleepiness. Be sure to note that rigorous sex, like any strenuous exercise, increases energy levels. But a slow session can help you snooze

“Orgasm floods the brain with oxytocin, which has a proven anxiolytic (anti-anxiety) effect.”

- **Lower risk of cancer.** The AARP highlights an eight-year study where National Cancer Institute researchers tracked orgasms and risk of prostate cancer in 29,342 men, ages 46–81. As the frequency of orgasms increased, the risk of developing prostate cancer decreased — by as much as 33%.³ And according to the National Health Service of England, it's been suggested that regular exercise, which would include sex, can reduce your risk of developing breast cancer by as much as a third⁴

- **Improved cardiovascular health.** In women, both a larger waist size and a higher waist-hip ratio are associated with heart risk. In men, a larger waist size is considered to be the most powerful measure

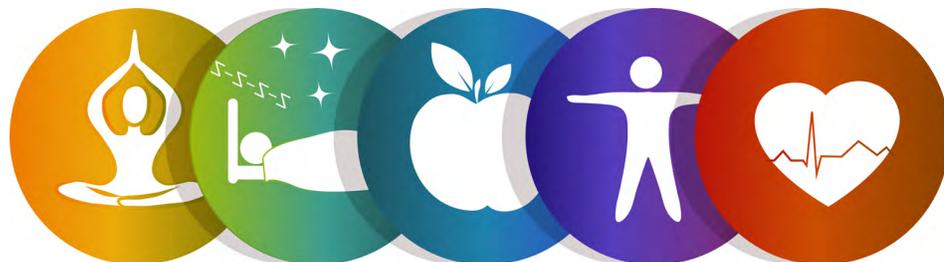
of CHD risk. And in both sexes, an increased waist circumference is the strongest predictor of Type 2 diabetes.⁵ How does sex come into play here? Well, researchers have identified that for both men and women, there is a correlation between sexual activity and a *decreased* hip and waist circumference

- **Better bladder control.** Ever laughed so hard you peed a little? How about when you sneezed? Sex can help combat this, as sex strengthens your pubococcygeus (PC) muscles, minimizing the risks of incontinence. Healthy PC muscles also amplify sensations of pleasure, increase vaginal lubrication and improve core strength. Women who continue to enjoy sexual activity after menopause are also less likely to experience significant vaginal atrophy
- **Pain relief.** Sexual arousal and orgasm both increase levels of endorphins and corticosteroids in the body, thereby raising pain thresholds and easing discomforts associated with arthritis, menstrual cramps, migraines and other conditions. Sex is also a distraction from discomfort, as it provides relief by shifting your focus from pain to pleasure.

Of course, these aren't the only reasons to have sex, nor are they the only perks that sexual activity can provide. With so many health benefits to gain, doesn't that just put you in the mood?!

Citations available [here](#).

Barbara Hauck has worked as a sex educator in Baltimore since 2012. She is also an associate editor at *Laissez Faire*.



Get Up Off That Butt!

Why Sitting Too Much Is Seriously Bad for Your Health

by Joe Leech, M.S.

Dietitian



Modern society has been engineered for sitting. As a result, humans spend more

time off their feet than ever before. However, recent studies show that all this sitting is doing much more harm than anyone thought.

People Are Sitting More Than Ever Before

The idea that sitting can be harmful seems ridiculous at first thought.

Sitting is a default human body posture, and when people work, socialize, study or travel, they often do so in a seated position. It's second nature. However, that doesn't mean sitting is harmless. It's like eating — necessary, yet incredibly harmful if you do too much of it.

Unfortunately, sedentary behavior, or sitting too much, is now at an all-time high. Over half of the average person's day is spent sitting, doing things like driving, working at a desk or watching television.

In fact, the typical office worker may spend up to a whopping 15 hours per day sitting.¹

Sitting Limits the Amount of Calories You Burn

Your everyday nonexercise activities, like standing, walking and even fidgeting, still burn calories.

This energy expenditure is known as nonexercise activity thermogenesis (NEAT), the lack of which is an important risk factor for weight gain.² Sedentary behavior, like sitting or lying down, involves very little energy expenditure. It severely limits the calories you burn through NEAT.

To put this in perspective, studies report that agricultural workers can burn up to 1,000 more calories per day than people working desk jobs, because farm workers spend most of their time walking and standing, rather than sitting in a chair.³

The Longer You Sit, the Fatter You Get

When it comes to weight management, the fewer calories you burn, the more likely you are to gain weight. This is why sedentary behavior is so closely linked to obesity.

“Observational data from over 1 million people show that the more sedentary you are, the more likely you are to die early.”

In fact, research shows that obese individuals sit for an average of two hours longer each day than lean people do.⁴

This is bad news, because sitting is linked to early death.

Observational data from over 1 million people show that the more sedentary you are, the more likely you are to die early. In fact, the most sedentary people had a 22–49% greater risk of early death.⁵

Sedentary Behavior Is Linked to Disease

Sedentary behavior is consistently

Are Cattle Wrecking the Planet?

by Brad Lemley

You've heard it a million times — cattle and other livestock are destroying the Earth. The Worldwatch Institute, in a widely distributed 2009 report, claimed livestock account for 51 percent of worldwide greenhouse gas (GHG) emissions. So meat eaters bear more responsibility for the Earth's warming trend than anyone else, right?

Well, no. After a comprehensive analysis, the Food and Agriculture Organization of the United Nations recently put the actual number at 14.5 percent — less than a third of Worldwatch's number. Even better news, according to the Environmental Protection Agency, livestock emissions account for just 4.5 percent of total greenhouse gas emissions from this country.

But as a society, we can make that small contribution even smaller. The secret is a practice called managed rotational grazing, which, according to a new paper in the *Journal of Soil and Water Conservation*, “makes farmland a net sink of greenhouse gases.”¹

In other words, intelligent crop/cattle rotation — common on small American farms before the dawn of industrial agriculture — can actually *pull greenhouse gasses out of the air and lock them up in the soil.*

That's one more reason to seek out grass-fed, organic cattle, which are far more likely to come from rotation operations rather than confined industrial feedlots.

Citations available [here](#).



linked to more than 30 chronic diseases and conditions.

This includes a 112% increase in the risk of Type 2 diabetes and a 147% increase in heart disease risk.

Insulin resistance — a key driver of Type 2 diabetes — has been a particular area of interest for those researching sedentary behavior.

Studies have shown that walking fewer than 1,500 steps per day or sitting for long periods without reducing calorie intake can cause a major increase in insulin resistance.⁶

Researchers believe that being sedentary has a direct effect on insulin resistance, and this can happen in as little as one day.

Exercise Doesn't Completely Eliminate the Risk

While regular exercise is always recommended, it can't completely offset all the health risks of sitting too much.

One study tested this theory by measuring metabolic markers in 18 people following different exercise protocols. When the entire day is spent sitting, one hour of intense exercise cannot make up for the negative effects of inactivity.⁷

Additionally, a recent review of 47 studies found that prolonged sitting was strongly linked to negative health outcomes, regardless of exercise levels.⁵

As expected, the negative effects were even greater for people who rarely exercised.

Designing a Chair-Based World Was a Mistake

Modern humans spend a lot of time sitting and are only now beginning to realize how bad it is for health.

That's not to say you should never sit down and relax, just that you should try to minimize the time you spend sitting during the workday.



Minimizing sedentary time is just as important for health as a nutritious diet and regular exercise. Exercising for 60 minutes a day, so that you can sit or lie down for the other 23 hours, is not going to cut it.

“You should try to minimize the time you spend sitting during the workday.”

You can't outrun a bad diet, and you can't out-exercise a sedentary lifestyle. ☘

Joe Leech, M.S. studied for over five years in both Australia and Finland, and in 2011 graduated with a Master's Degree in Nutrition & Dietetics.

Citations available [here](#).

A Most Unusual Way to Reduce Stress

by Brad Lemley

I grew up in green, wet Portland, Oregon. But for the last 10 years, I've lived in brown, dry Tempe, Arizona.

One thing I missed profoundly after landing here is the sound of rain. In Oregon, we got too much (at times, it felt like it had been raining for nine months). But here in the Sonoran Desert, we get virtually none.

That's a problem. Studies have established that natural sounds such as that of falling rain can reduce the activity of the sympathetic branch of the nervous system — the part that controls activation and arousal, otherwise known as “stress.” Such sounds may also improve productivity.^{1,2}

Technology to the rescue! For several years, I did most of my writing

while playing audio from a YouTube video — artlessly but accurately titled “**8 Hours of Rain Sounds**” — on my Bose QuietComfort 15 Noise Canceling headphones.

Bose no longer sells this model of headphones. I've heard that its successors — the **QuietComfort 25** and the wireless **QuietComfort 35** — are as good or better.

But just as no one wants to hear only one song forever, that audio got old after a bit.

So after some intensive research, I discovered an app called **Thunder-space 5k**. I've never looked back.

It costs \$4.99 and comes preloaded with three storm sounds, “Roof Garden,” “Waterscape” and “Park.” You can also pay \$2.99 per additional

storm, or \$24.99 for multistorm “bundles.”

Hi, I'm Brad, I'm a stormaholic. I own 15 storms.

The app and its upgrades may seem expensive, but you get what you pay for. The sound is absolutely flawless — rich, deep, relaxing, with no trace of the “blip” that indicates where the sound loop restarts in cheaper programs.

You don't have to trust the lab-coat brigade on the value of this app — anyone who has ever felt relaxed, refreshed and focused by the symphony of a storm can rest assured that he or she will love it.

With the possible exception of Oregonians, who should just open a window.

Citations available [here](#).

Are You Eating Too Much Meat?

You Should Be Eating Meat on a Regular Basis... But How Much *Exactly*?

by **Mark Sisson**
Mark's Daily Apple



There are upper limits on meat intake, just as there are upper limits on everything.

Let's ignore the outliers — the folks who really do feel better on all-meat diets and the people who insist they thrive on zero-meat diets. Instead, let's focus on regular people: people trying to lose some body fat. People following a strength training regimen. Elderly people. The upper limit of how much meat you can consume is affected by all the different contexts in which people find themselves.

How?

Strength training

Strength training's relationship to protein intake is a curious one. Lifting heavy things actually makes you more efficient with your protein.¹ As long as you're lifting, you do more with less. You can get away with eating less protein.

On the other hand, lifting weights makes higher doses of protein safer. Animal studies show that large, acute increases of protein intake can stress the renal system and cause metabolic disturbances. Left unchecked, this is dangerous. If the animals are performing resistance training, however, the kidneys can handle larger doses of protein without issue.²

Humans seem better adapted to higher protein intakes (it doesn't harm our kidneys unless they're already damaged), but I'd imagine the protective effect of resistance training is similar.

What this means is that strength

training both *reduces* your protein requirements and increases the amount of protein you can safely utilize. Weird, right? You can eat more, but you don't necessarily have to.

As for the 1 gram per pound of bodyweight bodybuilder diets you hear about? Novices can probably benefit from higher protein intakes, as they have a higher "gains ceiling" and gain muscle fairly quickly. More experienced lifters who are closer to their ceiling and gain muscle more slowly (if at all) don't need as much

protein. For natural lifters, 1.8 grams per kilogram seems to be the absolute ceiling. After that, the benefits level off and you're just wasting protein.

Dieting

Dieters don't just lose body fat. They lose lean mass, too. Protein content of the cutting diet is a major determinant of how much lean you lose. In study after study, high protein intakes while dieting preserve lean mass and preferentially burn body fat.

A 2013 study³ split dieters into three groups: one eating the protein Recommended Dietary Allowance (RDA) of 0.8g/kg, one eating twice the RDA (1.6g/kg, or about 120 grams per day) and one eating three times the RDA (2.4g/kg, or about 185 grams per day). Fat intake was constant across all groups, and carbs filled in the rest.

There were no differences in weight loss, but the two latter groups lost more body fat than lean. The group eating the RDA lost significantly more lean mass.

The more you cut calories, the

more protein you need. And not in a relative sense — you need to increase your absolute protein intake to limit loss of lean muscle mass.

OK, OK. Got Any Numbers, Sisson?

Start with about a pound of meat a day, give or take a few ounces.

Depending on what type of meat you're eating, that'll give you about 85–90 grams of protein. Additional protein from other foods (dairy, eggs, nuts, seeds)

should put you in the realm of 100–120 grams of protein. That's where I am most days — between 100 and 120 grams of protein. It's a good place to start.

Eating a greater proportion of gelatin, either supplementarily via [delicious chocolate almond bars](#) or by favoring gelatinous meats (skin, cartilage, shanks, necks, oxtails) and drinking bone broth, will increase your safe upper limit of meat.



There are no hard-and-fast answers. There is no single number that's right for everyone. It depends on many factors. In biology, that's typically the case. But hopefully, you feel equipped to tailor your meat consumption to your personal context. ☘

Mark Sisson is the author of the best-selling book [The Primal Blueprint](#); publisher of [Mark's Daily Apple](#), the world's most well-trafficked blog on paleo, primal, and ancestral health; and owner of [Primal Nutrition Inc.](#)

Citations available [here](#).

"The more you cut calories, the more protein you need."

Pastured Egg Nog Nirvana

Start Your Morning with this Supercharged Vitamin Cocktail

by Brad Lemley

Natural Health Solutions

This low-carb eggnog is an excellent choice for your first small “meal” of the day.

Be sure to make this with “pastured” eggs — that is, ones from a chicken that runs on grass and eats bugs and worms. I get them from a local grower, but Whole Foods sells a brand called “Vital Farms.”

Yes, they’re more expensive, but pastured eggs have up to twice the omega-3 fatty acids and seven times the beta-carotene of typical commercial eggs. Such eggs make a fantastic breakfast in dishes like my Bodacious Breakfast Greens (see the [February 2016 issue](#)), which I still enjoy regularly.

How can you get even more nutrient density from these eggs? Eat them raw, and consider eating only the yolks.

The Raw Truth

A careful analysis of antioxidant levels in a recent study showed that raw chicken eggs have twice the antioxidant values of microwaved,

boiled or cooked eggs.¹

To further boost nutrient density, I consume only the yolks, as these contain by far the largest concentration of vital fat-soluble vitamins. Egg whites are rather nutrient-poor and contain a substance that binds to biotin, a vital nutrient.

The yolks’ high cholesterol levels won’t

“The yolks’ high cholesterol levels won’t raise blood levels of cholesterol in most people.”

raise blood levels of cholesterol in most people. Instead, the liver responds by making less cholesterol. And if blood levels *do* increase slightly, that’s not necessarily bad, as low blood cholesterol, in fact, *raises* mortality risk, especially in people over 60.²

But aren’t raw eggs dangerous? No, actually. Only one in 30,000 commercial eggs carries salmonella. And there’s good reason to believe pastured eggs are even safer than that, as pastured chickens, unlike commercially raised chickens, don’t live in crowded conditions that tend to foster disease.

The Recipe

Using pastured eggs, separate three egg yolks from the whites. I use the low-tech method: Crack the egg into your open palm, spread your fingers slightly and let the white flow through.

Place the yolks in a juice glass.

Add a quarter cup of



A quarter-cup of golden, supercharged, highly bioavailable, low-carb nutrition to begin your day.

your liquid of choice. I use Organic Valley grass-fed milk from Whole Foods, but you can use juice, coconut milk or even water.

If desired, add roughly half a teaspoon of organic maple syrup for a touch of sweetness. Lately, I’ve skipped this step, as I’ve come to enjoy the yolk flavor on its own.

Beat roughly 40 strokes with a spoon until thoroughly blended. Drink.

Bottom Line

The nutrients that this little morning cocktail delivers in abundance are precisely those in which Americans are likely to be deficient: vitamins A, D and B12.

This recipe, if it can be called that, is the essence of simplicity — it can be made in roughly three minutes, leaves virtually no mess and is deeply satisfying in a way that’s very difficult to describe. I’ve found that no morning is complete without it. ☘

Brad Lemley is a science and health writer and former senior correspondent for *The Washington Post* and *Discover* magazine.

Citations available [here](#).



Low-tech egg separation: Just spread the fingers and then bring them together to “cut” the white away.