

Eggs: Superfood In A Shell

The humble egg – your everyday disease fighter, orgasm enhancer and testosterone booster.

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It may have a most brittle exterior. But packed within each egg is a gooey mixture that will make muscles hard and bodies hearty. You don't need another reason (apart from these nine) to make this superfood your source of protein, minerals and vitamins.

1. Protein-packed

Eggs are touted to contain the most complete protein of any food. It contains 6g of protein per egg and all nine essential amino acids, making it the most readily absorbable protein out of most other kinds.

2. Lowers heart disease-risk

There's a whole gamut of nutrients in eggs as well: Vitamin D, vitamin K, choline (aids memory), leutin (for healthy eyesight) and can even lower heart disease risk.

3. Muscle- and strength-booster

Research at Texas A&M University found that study volunteers eating three eggs a day doubled their lean muscle and strength over a period of 12 weeks compared with those only eating two.

4. Helps you lose weight

Eggs can help you shed kilos. Like fatty fish, eggs contain omega-3 and protein, as well as vitamin D. Small wonder that eating an egg at breakfast while reducing calories can improve weight loss by 65 per cent and reduce appetite throughout the day, according to two Saint Louis University studies in the US. Protein is also digested more slowly than carbohydrates, says nutritionist Teo Kiok Seng.

5. Burns even more calories – when paired with the right foods

How eggs are cooked will determine their calorie and nutritional content. So, make your breakfast work harder: Combine the eggs with the metabolism-boosting effects of chilli to ramp up your calorie-burn even more. And eat two slices of wholegrain toast with the eggs – they'll aid the digestion process and help you absorb the protein.

6. Fights diseases

In addition to their protein, eggs may contain high levels of disease-fighting antioxidants. While analysing raw and cooked eggs, scientists discovered the presence of the amino acids that also have antioxidant properties. Boil or fry your eggs: These methods preserved more antioxidants than microwaving them does.

7. Enhances your orgasms

Eggs are your quickest route to the neurotransmitter, acetylcholine. US research found that when the chemical was injected into the patient's brain, they reported intense pleasure. And if it means anything to you, eggs have also been found to enhance orgasms.

8. Boosts testosterone levels

Eggs really do have a sunny side! "The yolk's cholesterol is the precursor for testosterone," says clinical nutritionist Kim Pearson.

9. Doesn't spike cholesterol levels

Eggs do not spike your cholesterol levels as much as you think they would. A University of Connecticut study in the US found that subjects could eat three eggs a day without affecting their cholesterol levels. Still,

it's best to stick to the recommended daily allowance of cholesterol of 300mg a day. "Since an egg yolk has about 190mg – or half our RDA – we should limit ourselves to no more than four eggs a week", says dietitian Jaclyn Reutens.
