

# Inner Healing Academy

## Courses & Coaching

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## What's wrong with eating eggs from free-range hens?

This is a common question because it is difficult to see why eating eggs from backyard and free-range hens could be in any way cruel and, certainly, on the surface it appears that there is no issue with regard to animal cruelty but let's take a deeper look at this.

### Where do chickens come from originally?

They come from the tropical jungles of Southeast Asia but, over the last 8,000 years, chickens have been domesticated and spread around the globe. They are one of the most valued farmyard animals for their eggs and meat.



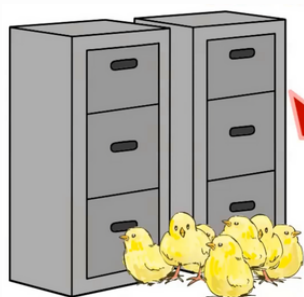
### Caged hens

A lot of people have rightly shunned eating eggs from caged hens. It's quite clear that these hens have no quality of life and it's just plain cruel. Instead people have turned to free-range and backyard hens for their eggs.



### Free-range hens

We've all seen free-range hens roaming happily on green pastures; they look healthy and the people who have them on their hobby farms are generally very kind to them and make sure that they are well fed and cared for. So what could possibly be wrong with eating the eggs from these hens?



### Incubation of chicks

Well, most hobbyists starting a backyard flock will order their chicks from the same hatcheries that supply factory farms. The chicks are incubated in metal drawers and denied the loving care of their mothers. The chicks hatch after 21 days into a cold, grey, metal environment instead of into the warmth and loving care of the mother hen.

## Male chicks

Then there's the issue of the male chicks. What happens to them? Since they don't lay eggs, they are not needed by the egg industry. Therefore, the vast majority of them are disposed of on their first day of life either by being thrown into a grinding machine, put into a gas chamber or suffocated in a smothering bag. Sadly all these practices are deemed necessary to keep the egg industry profitable and to be able to supply backyard hobbyists with their hens.



approx 12 eggs/year



approx 300 eggs/year



## Breeding

Let's now consider what breeding has done to the hens. In their natural state they would lay around 12 eggs/year like most birds do but, due to genetic manipulation, they now lay around 300 eggs/year. This puts enormous strain on the hen's reproductive tract and leads to them suffering from a host of painful disorders, many of which can be fatal.

## Isolated from their natural environment

Chickens are now isolated from their natural environment and forced to remain forever vulnerable and dependent on the very individuals who profit from them. It's humans who now decide:

- where they will live
- if they can procreate
- what, when and how much they will eat
- if they will be allowed the company of roosters (usually they are not)
- when, where and how they will die.

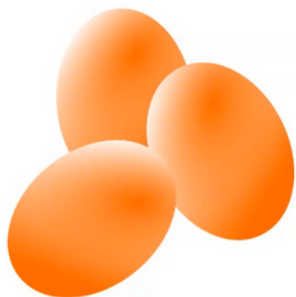


## Are eggs good for you?

Cholesterol

Saturated fat

Choline



## Are eggs healthy?

Now let's consider the nutrients in eggs. Although they contain protein and vitamin D, they are very high in cholesterol which is associated with an elevated risk of cardiovascular disease. Eggs are also praised for their iron content but a little known fact is that eggs can actually block iron absorption. This is known as the 'egg factor' and has been observed in many studies. One boiled egg has been shown to reduce the absorption of iron by as much as 28%. Eggs contain saturated fat which increases heart disease risk factors, and they contain choline. Excess choline can lead to hypotension and liver toxicity.



# How will we manage without eggs?

## Commercial egg replacements

The good news is that you can give up eggs with their high levels of cholesterol and use one of the many substitutes available in the grocery stores. Popular vegan egg replacers are Just Egg, Vegg and Vegan Egg. Most are cholesterol, gluten and GMO free so these are good reasons to make the switch. Use these egg replacers on a temporary basis only, just long enough to help you withdraw from eggs. They are processed foods so I wouldn't advocate using them on a long-term basis. You will discover, ultimately, that you will not need them at all but they can be helpful in that intermediate stage, when you are transitioning to a plant-based diet. It is relatively easy to use egg replacers for scrambled eggs and in baking. They are generally made from ingredients such as soy protein, pea protein and nutritional yeast. You can also use them in baking for cakes, cookies, quiches, omelettes, etc.

Just  
Egg

Vegg

Vegan  
Egg

## Eggless baking

In baking, you have several options for swapping the eggs. If a recipe includes eggs, you can substitute them with bananas, apple sauce, flaxseeds or aquafaba - this is the juice that is left over after cooking beans or some other kind of pulse. Chickpea juice is best. You can whip it and it will look like whipped cream. It can be used in many recipes which call for eggs.

Try out this eggless pancake recipe. You will see that the egg has been replaced with a banana. Give it a try and let me know how you find it and, if you are feeling adventurous, whip up some aquafaba, add a little sweetener, and pop it on top of your pancake. Delicious!

### *Eggless and Dairy free Pancake recipe*

#### *ingredients*

- 1 very ripe small banana or half a large banana
- 3/4 cup (180ml) plant-based milk (eg, almond, soy, oat, cashew, coconut)
- 1 tsp maple syrup
- 1 cup (125g) sifted almond flour
- 1 tsp baking powder
- olive oil



#### *instructions*

- Mash the banana in a bowl
- Add the milk and maple syrup and whisk together
- In separate bowl, combine the sifted flour and baking powder
- Add the wet ingredients to the flour and whisk until blended
- Allow the batter to sit for 10 minutes (this helps to make it light and fluffy)
- Heat a pan or griddle over a medium heat and spray lightly with olive oil
- For each pancake, put 3 tbs of batter into the pan and cook until bubbles form
- Flip the pancake and cook until golden brown (about 1-2 minutes)
- Serve with maple syrup and toppings, eg blueberries, raspberries, orange slices

# Want to learn more?

*Courses*

**Go Dairy Free & Thrive**  
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**Go Vegan Successfully**  
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*ebook*

**Go Dairy Free & Thrive ebook**

A quick and easy guide explaining how and why to go dairy free. Includes easy recipes, a baking guide, a plant-based shopping guide and much more.

[CLICK HERE to learn more](#)



*Coaching*

Coaching by Dr Kim Benson, a recognized expert in plant-based nutrition. This one-on-one coaching is designed to meet your specific needs. You'll be educated and motivated to achieve the results you deserve and have fun along the way!

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