

The Egg Diet - Part 2

By Dennis Hawkins

Here are a few loose ends about the Egg Diet that you may be wondering about:

Cholesterol: Many of you are probably wondering how the (Atkins) Egg Diet affects your cholesterol levels when you are allowed to eat large quantities of fat with no remorse. Well it seems that both carbohydrates and saturated fats are needed to produce cholesterol. Eliminate one of the ingredients, and you don't have what it takes to make the stuff. Remember from last month that your body doesn't absorb fat and cholesterol directly, it has to be broken down by the digestive system first.

Well I put that theory to the test. Before the diet, my blood was tested for several things. The same blood test was repeated after two months on the Egg Diet. The results, my triglycerides dropped from 282 to 192 - that's almost a 100 point drop. My cholesterol dropped from 164 to 159. This good news is hard to believe and even astonished my doctor who knew about my diet. Not only that, but my blood pressure also dropped from 140 / 90 before the diet to 110 / 70. This was also good news.

While this isn't proof that the Egg Diet is good for everyone, it certainly is proof that it is good for me. If you plan to start on the egg diet, have your doctor check your cholesterol levels before and after. I would be interested in seeing if other people have the same positive experience that I did.

Ketones: Wouldn't it be nice if there was a cheap and easy medical test to see what foods help YOU lose fat and what ones don't? Of course, there is always the bathroom scale, but a scale can't tell the difference between water weight and fat weight. Well, lucky for us, there is a cheap medical test you can do right in your own bathroom. It is called Ketone test.

When your body needs glucose and isn't getting enough from your digestive system, it will convert stored body fat into glucose. Ketones are chemical waste byproducts of this fat-to-glucose conversion. Although not scientifically correct, you can think of Ketones as being "Liquid Exhaust Fumes from Burning Fat". These Ketones are picked up by the kidneys and expelled in the urine. The more Ketones that are present in the urine, the more fat you have lost.

If you go to the drug store, you can ask the pharmacist for a box of Ketone Test Strips. These little guys are thin strips of paper with a ketone indicator on the end. I just bought a bottle of 50 for about \$10. You don't have to use them every day, only when you are curious about the amount of fat you have lost. Essentially what you do is hold the business end of test strip in your urine stream and watch it change color. The box comes with a color chart on it so that you can match it up.

If you want to increase your fat loss rate, ketosis strips are a must. In my case, they always

show a considerable increase in fat loss when I do moderate amounts of exercise.

Water: Adequate water intake is very important for successful fat loss. If you don't drink enough water, you will probably either die or not lose any fat at the very least. If you work outside, you should be drinking about a gallon a day. For those that work inside, a half gallon should be sufficient. Of course, more is always better when it comes to water.

Unless you are under orders from your doctor, you should also avoid taking any kind of "water pills". These pills cause your body to expel unnatural amounts of water. Most diet experts consider these pills as being somewhat dangerous.

I should also point out that soda pop, alcoholic beverages, and fruit juices are not the same as water. They contain large amounts of carbohydrates that mess up the Egg Diet. Even diet soda is bad. Diet soda contains aspartame which has been shown to inhibit ketosis.

If you need to drink something sweet, try getting unsweetened Kool-Aid packets and mix them up with one ounce (two tablespoons) of liquid saccharin and half a gallon of water. Unlike aspartame, saccharin doesn't inhibit ketosis. You can buy liquid saccharin in the grocery store under the trade name "Superose".

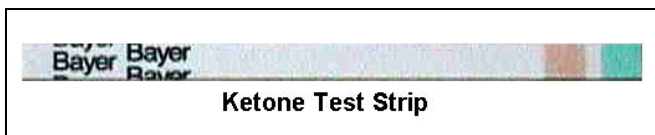
Three Meals Daily: One side effect of this diet is the lack of interest in eating. So therefore, you may find yourself wanting to skip several meals in a row. When that happens, you should resist the temptation to skip a meal and eat anyway. Part of the way that the Egg Diet works is by keeping things regular. Skipping a meal actually hurts more than it helps.

Bad Press: For reasons unknown to me, the Atkins Egg Diet has been attacked by the press and dieticians. They stress the diets bad points as if to imply that this is all you can expect from it. For example, I saw a report on TV the other day about how some people were getting sick with the Atkins diet. Well of course they are, getting sick for the first few days is a normal part of the diet! However, I didn't hear them telling everyone about that.

Before Copernicus, the common scientific belief was that the Earth was the center of the universe and everything else, including the sun, revolved around the Earth. When Copernicus came out and said that the sun was the true center of the solar system and that the Earth revolved around it, there was outrage. Copernicus was ridiculed by the so called "experts" of the day. Of course, today we know that Copernicus was right and the "experts" were wrong.

The same thing is happening right now with "expert" dieticians and the Atkins Egg Diet. These people have gone to college to become "expert" dieticians. They have devoted most of their lives toward studying diets. They have always been taught that fat in the diet is bad. Now here comes the Atkins egg diet which says that all of what they have learned about fat in the diet isn't entirely accurate.

Speaking for myself, the Egg Diet has markedly improved my overall health, caused me to lose fat (about 20 pounds so far), and considerably improved my blood chemistry. The "experts" can say what they want. I am sticking to the Egg Diet for now.



Linda McCartney

Compiled from an article in U.S. News

If you follow the news, you may already be aware that Linda McCartney has died of breast cancer. She was the wife of Paul McCartney, a rock star from the '60s. While it may sound a bit cruel, she may have gotten what she deserved.

You see, in 1996, Paul and Linda McCartney received PETA's Lifetime Achievement Award. They were animal rights activists. PETA and other animal rights groups have been trying for years to abolish legitimate Cancer research. Cancer researchers must use laboratory animals, such as mice, to test new drugs and treatments. PETA, and other animal rights groups, have even gone so far as to burglarize and burn over 300 Cancer research institutions and destroy the precious research data. Violent activities by animal rights groups at Michigan State University has destroyed 32 years of valuable (Human) life saving research.

PETA claims that researchers don't need to use animals for Cancer research. They claim that computers can somehow magically provide all the medical answers that researchers need. This, like everything else that PETA claims, is a lie. No such computer or software exists. If it does, why don't they simply produce it?

The fact is, that without animal research over the years, there would be no treatments at all for cancer. Polio and Smallpox would be ravaging the country. Surgery would be very rare and painful without anesthesia. The nation's 1,000,000 insulin-dependant diabetics wouldn't need insulin because they would be dead. People with bad kidneys wouldn't have to worry about going through dialysis, because they would be dead also. People with cataracts would have to buy long white sticks with one end painted red in order to get around. Thanks to animal research, that is not the way things really are.

So if a cure for breast cancer didn't exist when PETA member Linda McCartney needed it, it is her own fault for being part of an organization whose goal is to sabotage cancer research. Unfortunately, thousands of innocent people will also die from cancer because groups like PETA prevented researchers from finding a cure. PETA isn't concerned about the welfare of humans - only animals.

Hangup Calls

Are you getting calls from people that hang up as soon as you answer the phone? If you are like most people, you probably thought it was a prankster or a problem with the phone lines. Not so. It was more than likely a telemarketer using a device called an Autodialer. This device is a special kind of computer that actually dials four or more telephone numbers at the same time. Only the first person to answer actually gets the telemarketer. This saves the telemarketer a lot of time, but it means that at least three people will get hung up on when they answer their phones. For more information, visit:
<http://www.antitelemarketer.com/hangup.htm> on the Internet.

June Meeting

by Lee Salmon

The June meeting of the P.B.C.P.F.A. was called to order at 8:15 on Fri., June 19th. in the Mts. garden Pavilion. Those of you who missed this meeting missed a very special Guest speaker. With us, was Tom Ortolivo, a food safety inspector. I think we all learned a great deal. One fact that sticks in my mind is that all meat should be cooked to 160 degrees.

There were no visitors present at this meeting. There was an order placed. for two tee shirts, but I need more than that to make a trip out there. Arvis has no update on the incubators at this time.

We voted yes to the issue of a color, cover page for the handbook, if we decide to do one this year. We need to carry this over until we can talk to Dennis.

We also carried over the trivia contest. Everyone is keeping their answers quiet until the next meeting. In the "Wizard of Oz", it was very difficult to get a good look at those chicks. The first part of the movie was not in color which made it harder also. In the second movie, "Return To Oz", the answer was a piece of cake. I know, but I'm not telling.

We will look into the possibility of having Ritchie Maycheck from the Farm Bureau as a future guest speaker. Maryann will also try to get us a pigeon expert. As we are trying to build the pigeon show, this will give us a new prospective on the birds.

We voted to raffle off a new incubator as an additional fund raiser at the fair. At the first livestock meeting I'll check into this and see if it's acceptable. A suggestion was made by Jeanette Robinson that we sell the small mason jar feeders and at the fair. Mike is going to talk to Higgs feed about this and let us know at the next meeting. We want to thank Pam Marietta for the great refreshments. The Robinson family volunteered for next month. We carried over the brag box and adjourned around 11:00.

Mini Membership Application

Send your name, address, telephone number, and check (no currency please) for the dues to:

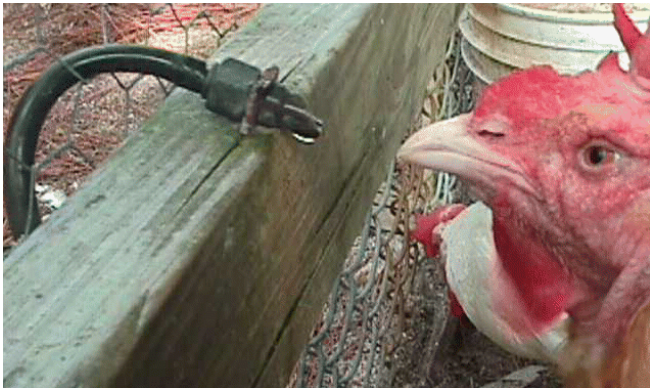
PBCPFA c/o Rose Greggs, Treasurer
8643 El Paso Dr.
Lake Worth, FL 33467-1109

Include the names and ages of your children (if any), your Email address (if applicable), and your full 9 digit zip code (if in USA). The dues for the PBCPFA club are \$12 for families and \$8 for individuals and run from January 1 to December 31. New members joining after June 30 are eligible for an initial half price rate. For existing members, all renewals are due December 31 and are for one year. Non-US members, please add \$8 for postage. Sorry, we can only accept checks payable in U.S. funds.

Refreshments served and a raffle at every meeting!

Nipple Drinkers

Here is how nipple drinkers work. First, a small drop of water attracts the bird.



Then the bird bites down on the center paddle valve and water is squirted into their mouth.



A Very, Fowl Pox

by Lee Salmon

Summer has just started and already my first case of Fowl Pox has made it's appearance. Fowl Pox comes in two forms, wet and dry. The wet manifests it's self with sores inside the chickens mouth and throat. The dry Pox appears as sores that usually show up on the birds face first. Of the two, the wet is by far the worse. The best cure is prevention which can be done

When the birds are young and before summer's hot weather rolls in. There is a vaccine available which is given under the birds wing. If, you have failed to vaccinate, there are a few things you can do which will stop the sores from spreading. These methods are effective on the dry pox only. Black shoe polish which contains wax can be dabbed on the sores. The wax seals the sores from the air and stops them from spreading. It also helps to dry them up. There is a corn and callus remover called Mosco which works in much the same way. Fowl Pox is spread from bird to bird by mosquitoes. The dry is almost never fatal but you should seal off the sores as they will cover the eyes and obstruct breathing. Once the birds have survived the Pox, they are immune forever.

Trivia Contest Extended

Because of personal problems, the editor was not able to attend the last meeting. Unfortunately, the editor is the only one with the contest answers. Hopefully, everything will go as planned for the July meeting. To make up for the inconvenience, we have doubled the number of raffle tickets that you can win to 10 tickets for each question. Write your name and answers on a piece of paper, fold it, and put it into the bowl at Lee's table. The papers will be drawn out one by one. The first person to get one of the two questions correct will win for that question. If nobody has the correct answers, then a second drawing will determine the winner. The editor's answers are presumed correct even if they are wrong. If you missed the questions, they are:

1. In the barnyard scene of the movie, "The Wizard of OZ", which featured Judy Garland as Dorothy, an incubator was being used to hatch what breed of chicks?
2. In the Disney sequel, "Return to OZ", what breed of chicken took Toto's place and accompanied Dorothy back to the land of OZ?



Classified

Rate: \$1 per line. Members get first three lines free. Send check payable to PBCPFA to Rose Greggs, 8643 El Paso Dr., Lake Worth, FL 33467-1109.

FOR SALE:

PBCPFA T-Shirts, excellent quality, beautiful logo. Assorted sizes are available for \$10.00 Contact Richard Greggs (561) 433-8157. Don't be chicken, get yours today.

Rhode Island Red Pullets and Cockerels of various ages. Contact Richard Greggs at (561) 433-8157.

Chickens for sale. Various breeds, ages, and prices. We also have live meat birds. Call Richard or Linda Wright at Heavenly Acres: 561-793-5696.

Exhibition Quality Guinea Keets - \$3 each. Assorted pheasant chicks \$5 and up. Wood Duck/lings \$10 and up. Call Kathi Talbert, Joe Martin, or Laurelle Balog at 790-7870, 790-3821, or 753-2881.

FOR LOAN OR RENT:

Don't let your flock fall victim to predators! The poultry club owns two live animal traps that members may use free of charge. To reserve your time to use one of the traps, contact our Property Manager, Richard Greggs, at (561) 433-8157.

WANTED:

Newsletter articles for the PBCPFA newsletter. The deadline is the fourth Friday of the previous month. Submit articles to the editor by mail, Email, or in person at the meeting.