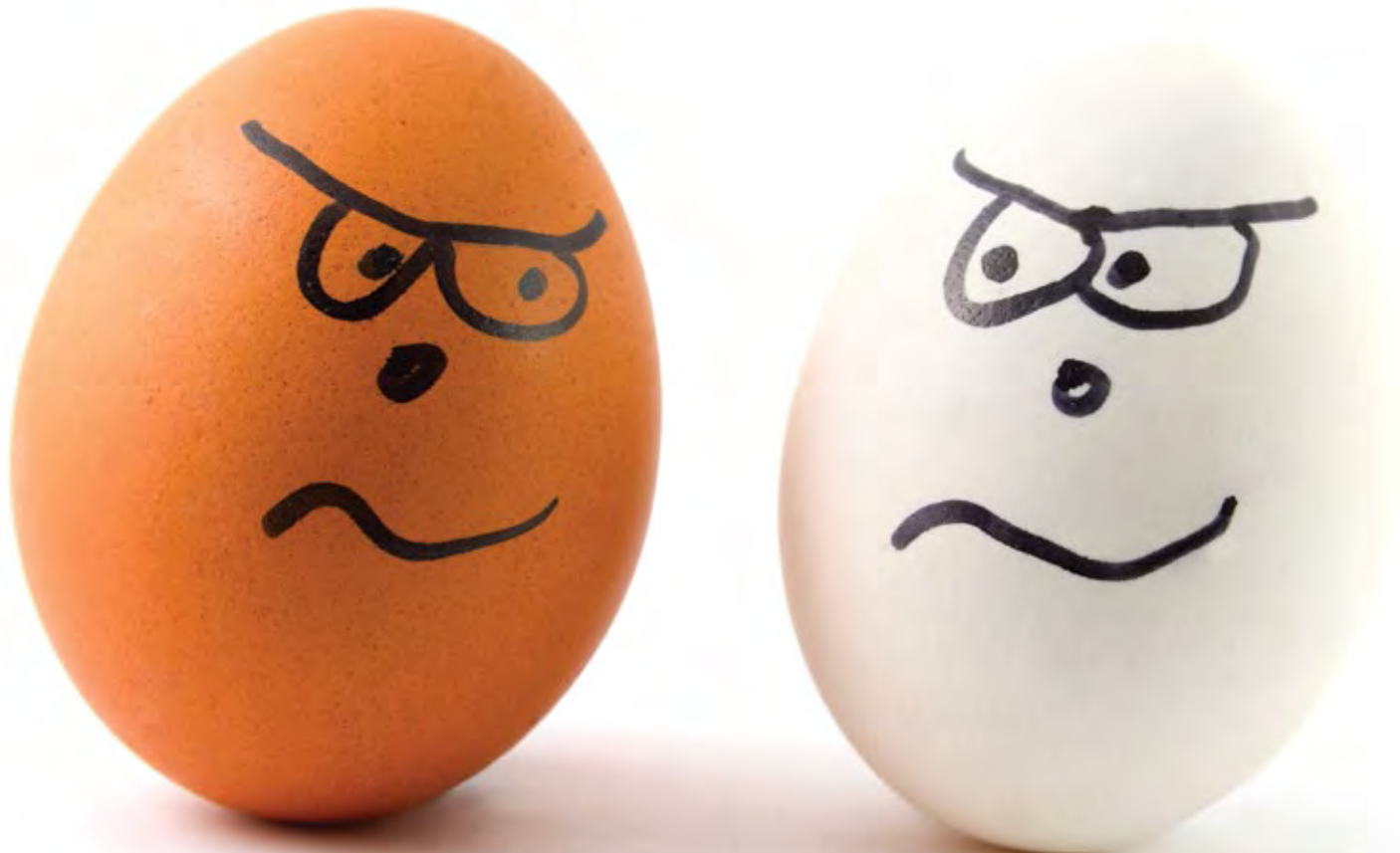


# ROTTEN EGGS



By Kymythy R Schultze CN AHI

In the last issue, we unscrambled some common myths about feeding eggs to your dog. We found that raw eggs contain an impressive collection of nutrients in their compact, calcium-rich shells. Their gooey goodness includes high quality protein, fats, vitamins, and minerals. The sulphur amino acids they provide are excellent for health and are combined with many B vitamins, along with vitamin A, D, E, K (in fact, eggs are one of the few food sources of vitamins D and K); and the minerals calcium, phosphorus, magnesium, iron, potassium, zinc, copper, selenium, manganese and iodine, to name a few! They supply your dog with essential fatty acids, which increase in quantity and quality when the eggs come from pasture fed chickens.

These little gems can be an egg-cellent addition to your dog's diet; however due to some unfortunate human intervention; eggs may

contribute to health issues in some dogs. It's not really the egg's fault; it's our manipulation of it that's changed its nature and the way your dog's body may react to it. We'll begin with a simple error that we make with eggs in our own kitchens, before heading downstairs into the scary laboratory to see what Doctor Chickenstein has done with our poor innocent egg.

Good eggs can go bad after cooking them. Applying heat to eggs changes them greatly, destroying those wonderful nutrients. Heat changes the molecules and alters the protein, creating unnatural cross links. It also makes amino acids less available, such as cysteine, which is needed to synthesize glutathione, the master antioxidant of the cell. If you cook eggs, you can say goodbye to those wonderful essential fatty acids, as they're quite sensitive to heat, as are food enzymes and most vitamins and minerals.

Okay, cover your eyes because here comes some really scary stuff. No, wait, don't do that or you won't be able to read the rest of the article! So, let's follow our egg as it heads out of the frying pan and into the fire.

You're a savvy dog person. You read this magazine. You've probably done your research on the best food to feed your furry friend. So why give a second thought to what the chicken that supplies you with eggs eats? Because what that chicken eats directly affects the quality of the eggs it produces.

Most commercial chicken feeds are composed of ingredients you wouldn't want to feed your dog (or your chicken, for that matter). And yet, those food residues may end up in the egg you put in your dog's dish. It's fairly well known that soy can cause or, at least, contribute to a multitude of health problems in our carnivorous canines. You probably know that and avoid feeding it to your dog. However, if you're feeding eggs from soy fed chickens, you may actually be putting soy into your dog's diet. So, the eggs may cause soy related reactions, as if you were indeed putting soy in Fluffy's bowl.

Some dogs may show allergy-type symptoms to soy; however there are other potential pitfalls as well. Multiple studies have found concentrations of isoflavones in eggs from soy fed chickens. Unfortunately, this is not good news. Isoflavones are estrogen-like compounds found in soy. In fact, it was in animal studies that the scientific community became aware of the fact that soy isoflavones are endocrine disrupters. Reproductive and growth problems, thyroid and liver disease have been observed in several species of animals, due to dietary intake of isoflavones.

But wait, there's more! The mother of the eggs you use may have also been fed genetically modified feed (most commercial hens are). Chickens fed GMO feed may pass along these very unnatural qualities in their eggs. Your eggs may contain foreign DNA and toxins used in GMO production. Also, your eggs could come from frankenchickens raised at a corporate

farm that has genetically engineered their own birds for egg production. Some of these chickens are injected with synthetic female estrogen hormones for faster development. They produce eggs that are sterile, devitalized, and won't hatch under any circumstances. They're not exactly the wonderful natural eggs that come from chickens raised in natural conditions, eating species specific, healthy food. Can you picture the cartoon of the hen using all her might to pull a worm from the ground? You may be able to; these chickens cannot.

Let's take one last look at a potential problem with eggs, and this one's ostrich sized. The source of our concern is ... drum roll please; vaccines! Yep, as it turns out, vaccines are cracking the egg's good reputation. Any ingredient used in a vaccine can cause an allergic reaction or sensitivity to that ingredient. In fact, the terms "allergy" and "anaphylaxis" were created following a strange illness called "serum sickness" that occurred in the 1800s after a mass vaccination program. A study discovered that any protein, including those from food proteins found in vaccines, injected into the bloodstream results in sensitization on subsequent exposure to the food. The study injected minute quantities of proteins into animals that showed that anaphylaxis (release of histamine) is a universal immune system defense. How it's expressed depends greatly on the individual. Now, guess what protein is commonly used in vaccines? If you said EGGS, you are eggs-actly correct! Egg containing vaccines have been shown to cause egg allergy in animals.

Even with the above information, we don't need to fear the egg. Pasture raised eggs from chickens fed diets free of soy are available; you may just have to look a little harder. Feed raw, organic and check your sources to see that they are GMO free. And put the vaccine/egg information in your arsenal and make choices you feel comfortable about. Awareness helps us take proper action. As Maya Angelou once said "When you know better, you do better." Good advice for not winding up with egg on your face (let the dog have that pleasure)! 🐾



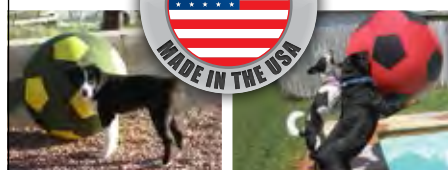
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