



Knight Family Farm Newsletter* – December 19, 2016

Is he crazy!?

Ok...I'm really going to do it this time. I think the balance has tipped enough, sufficient research has been done and now publicized, that I can state this in the newsletter and not have you all think I'm a total nut.

Not only do our eggs taste great, but...eggs really are good for you.

There...I said it. You can delete this now and tell me to remove you from our list if you want. :)

But seriously, true organic free-range eggs like ours really are good for you.

Even our government (not that what our government says is necessarily fact) finally admits that their food guidelines of the past were wrong. However, it would be too embarrassing to just come right out and state it all clearly and up-front. So the establishment is getting there in phases.

They have now admitted that people do indeed need "good fats." They have also officially, though quietly, reversed course on even cholesterol in food, recognizing that eating food with cholesterol does not cause high blood cholesterol levels.

That's huge, but it only goes half way by saying they're not bad for you. There is some mainstream research showing eggs are actually good for you, but not as much - yet. But again, "mainstream" doesn't necessarily mean right, as the decades-old Food Guide debacle clearly shows. In reality, there is plenty of information and research showing that the right kind of fat and cholesterol are absolutely essential to good health. It is just taking a while to turn the ship around.

Science can be good, but sometimes we lose common sense in the name of "science." We think that just because someone in a white lab coat hasn't been paid millions of dollars to scientifically prove something and have it peer reviewed, it can't be trusted. Or worse, if someone does a study and says something is bad for you, we just roll over and decide that we'll be progressive and stop doing whatever it is.

We need to start thinking for ourselves again...

At our recent Thanksgiving dinner, while both of my dear elderly relatives talked about their diabetes medications, they were also talking about how a certain recipe really was healthy because it didn't have any fat or eggs in it. Take that in for a moment...

We have blindly followed the experts, straight to the doctor's offices, and the hospitals, and the pharmacies. Somehow we have lost the connection between our health, the advice of "experts" and what we eat. We're comfortable just eating some processed food with a 10 year shelf life that someone has labeled "healthy" and stopping by the pharmacy to get our drugs and we never make the connection. It really doesn't have to be this way.

Rather than try to synthesize more information about eggs, I'm going to just list a few of the most notable highlights. One is from a very good book. The others are available on the Internet.

Yes, eggs are good for you...ok they're GREAT for you!

"Eggs are one of the most nourishing and easy-to-digest foods on this planet. Raw egg yolk has been compared with human breast milk because it can be absorbed almost 100% without needing digestion... The majority of people do not know that 85% of blood cholesterol does not come from food but is produced by the liver in response to consumption of processed carbohydrates and sugar."

"The human brain is particularly rich in cholesterol: around 25% of all body cholesterol is taken by the brain. Every cell and every structure in the brain and the rest of our nervous system needs cholesterol..." (*Gut and Psychology Syndrome*, Dr. Natasha Campbell-McBride M.D.)

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"On the contrary, the evidence clearly shows that eggs are one of the most healthful foods you can eat, and can actually help prevent disease, including heart disease." -Tony Mercola, M.D.

<http://articles.mercola.com/sites/articles/archive/2011/09/02/why-does-this-commonly-vilified-food-actually-prevent-heart-disease-and-cancer.aspx>

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Eggs raise HDL

"A free range egg has over 200 mg of cholesterol and raises HDL (the "good" cholesterol)"

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=92>

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Government revises Dietary Guidelines for Americans: Go ahead and have some eggs

"The federal government on Thursday told Americans not to worry so much about cholesterol in their diets...In what may be the most striking change, the new [Dietary Guidelines for Americans] drops the strict limit on dietary cholesterol, stepping back from one of most prominent public health messages since the '60s."

<https://www.washingtonpost.com/news/wonk/wp/2016/01/07/government-revises-dietary-guidelines-for-americans-go-ahead-and-have-some-eggs/>

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An egg a day can cut chances of suffering a fatal stroke

"Eating an egg a day can cut the chance of a stroke, according to a study of 300,000 people over more than 30 years."

<http://www.thetimes.co.uk/article/an-egg-a-day-can-cut-chances-of-suffering-fatal-stroke-kr3lf0m3t>

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A few other articles about eggs being good for you.

<https://authoritynutrition.com/10-proven-health-benefits-of-eggs/>

<http://www.webmd.com/diet/features/good-eggs-for-nutrition-theyre-hard-to-beat#1>

<http://nelliesfreerange.com/certified-humane-free-range/good-eggs-nutrition-health/>

<http://www.alive.com/health/nutritional-value-of-healthy-eggs/>

Thanks for your patience in reading this longer email. I pray it will be useful. May you take your health into your own hands and lean more on your own understanding than the expert advice (and/or drug) of the day.

Delivering to Lexington Wednesday

Please send us any orders by Tuesday night, or very early Wednesday at the latest – preferably by 8:00 am. We will be at Gluten Free Miracles Wednesday from 2:30 – 3:30 and Mill Pond Chiropractic from 4:00 – 6:00. Delivery to Hamburg is available if you let us know ahead of time. Call if you have any questions. Let us know if you are interested in delivery to your home, work place or another location.

For the family,

Adrian

www.KnightFamilyFarm.com

Knight Family Farm

Pasture-raised non-GMO jumbo eggs . \$4.00 / dz

Roast (Chuck, Rump, Shoulder) \$7.00 / lb

Tri Tip Roast.....	\$10.50 / lb
London Broil	\$9.00 / lb
Flat Iron Steak.....	\$9.00 / lb
Top Sirloin Steak	\$11.00 / lb
Tenderloin/Filet Mignon.....	\$5.50* (\$18.00 / lb)
New York Strip Steak	\$5.60** (\$14.00 / lb)
Rib Eye Steak	\$10.50*** (\$14.00 / lb)
Cube Steak	\$7.50 / lb
Minute Steak	\$7.50 / lb
Sirloin Tips.....	\$9.50 / lb
Short Ribs.....	\$6.00 / lb
Bones for broth.....	\$2.50 / lb
Beef Heart	\$3.50 / lb
Beef Suet.....	\$3.00 / lb
Leg of Lamb (bone-in).....	\$11.50 / lb
Lamb Shoulder Roast (bone-in).....	\$10.00 / lb
Lamb Shoulder Roast (boneless)	\$11.00 / lb
Lamb Shoulder Chops	\$11.00 / lb
Lamb Loin Chops	\$14.50 / lb
Lamb Rib Chops	\$14.50 / lb
Gift Certificate	Any amount

* Price per steak based on average 1/3 pound steak weight

** Price per steak based on average 6 ounce steak weight

*** Price per steak based on average ¾ pound steak weight

*Send an email to info@knightfamilyfarm.com if you would like to receive these newsletters each week.