



Egg-citing news on egg rehabilitation!

After years of bad press and speculation on the influence of eggs to human health, the egg is finally starting to lose its 'enemy image' which has resulted in a significant reduction of egg consumption throughout the world.

The chicken egg has long been accepted as a uniquely available source of nutrients. In nutritional terms, it has passed the most rigorous statistical tests, both in time - thousands of years - and replication involving a worldwide population. However, controversy about the role of the egg in human nutrition still remains.

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- Is the egg friend or foe?
- How are eggs produced and what is the difference between various types of eggs such as organic, free range and barn?
- Is there any benefit from omega-3 and antioxidant-enriched eggs?
- What is its structure and which parts are most beneficial for health and well-being?
- Who are the major egg producers and consumers in the world?
- What are the traditions associated with eggs throughout the world?
- What about the cholesterol controversy, characteristics and content of vitamins and minerals?

This book aims to give the reader the answers to these and many other questions related to eggs in our lives, through a unique eclectic blend of science, statistics and unusual and amazing facts.

Written by two amiable professors, who have spent many years in the poultry industry and nutritional research at scientific and practical levels both in the UK and worldwide, this book is sure to provide a great insight into the beneficial functions of the egg and its effects on human health. It is aimed at a wide audience – from housewives to dieticians – and to those who are simply interested in knowing more about the food they eat. Both adults and children of school age and beyond will benefit from reading the book.

We are sure that almost everyone will find something of interest and also fascinating as a result of reading this book.

AVAILABLE NOW

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Eggs in your life



Dr. Peter Surai started his studies at Kharkov University, Ukraine, where he obtained his PhD and DSc in biochemistry studying effects of antioxidants on poultry. Later he became Professor of Human Physiology. In 1994 he moved to Scotland to continue his antioxidant related research in poultry and in 2000 he was promoted to a full Professor of Nutritional Biochemistry at the Scottish Agricultural College. Now he is a visiting professor there. Recently he was awarded Honorary Professorships in 5 universities in various countries. In 2010 he was elected to the Russian Academy of Agricultural Science as a foreign member. He has more than 650 research publications, including 125 papers in peer-reviewed journals and 8 books. In 1999 he received the prestigious John Logie Baird Award for Innovation for the development of "super-eggs" and, in 2000, The World's Poultry Science Association Award for Research in recognition of an outstanding contribution to the development of the poultry industry. For the last 10 years he has been lecturing all over the world visiting 70 countries.



Ray Noble holds an Honours Degree in Agricultural Biochemistry from the University of Durham and a Ph.D. for his study on the effects of gonadal hormones on aspects of avian mineral metabolism using radioisotopes. He was awarded a D.Sc. by the University of Newcastle for research and published work on lipid metabolism. His career has covered basic biochemical research with additional teaching involvements at graduate and postgraduate levels. In 1989 he was appointed to be Head and Professor of the Department of Biochemical Sciences at the Scottish Agricultural College. His major areas of interest embrace lipid metabolism in mammalian and avian species, male infertility and sperm function, nutrition and health and radiotracer methodology. He is author of more than 440 original research papers, chapters and reviews and has been the recipient of a wide range of national and international awards, research funding, sponsorships and consultancies. He is involved in fifteen national/international patents in various aspects of biotechnology. His personal awards include an International Atomic Energy Award, a Scottish Institute of Bankers Prize, the Tom Newman Memorial Medal and International Award for meritorious contribution to avian research and Scottish Food and Drink Award for Best New Innovative Product.

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