



#595 PUFAs in “Healthy” Eggs?: The Truth About Conventional, Organic & Pastured Eggs with Ashley Armstrong

Dr. Wendy Myers

Hello, welcome to the Myers Detox Podcast. I'm Dr. Wendy Myers, and on this show, we talk about everything related to heavy metal and chemical detoxification and the health issues caused by toxins. We talk about bioenergetics and anti-aging, and more advanced topics on health than you'll hear about on other shows. Today we've got a really important show about how to choose the healthiest eggs and avoid high PUFA eggs or eggs that have polyunsaturated fatty acids in them, which are inflammatory, cause health issues, weight gain, and all kinds of problems. I think you're gonna be surprised by a lot of things that you hear on this podcast today with Ashley Armstrong.

She's the founder of Angel Acres Farms, where I personally get my eggs. I first heard about this from Dr. Cola, whom I very much respect, and so they got my attention. I wanted to have Ashley come on the show and talk about these issues. There are so many issues, even with the highest quality eggs that you can get in the grocery store. So, we're gonna unpack all this on the show today. We'll talk about how conventional eggs, what you think are high-quality eggs at the grocery store, and even organic and pasture-raised eggs, can have harmful levels of PUFAs. It's due to feeding chickens with GMO or genetically modified corn, soil, vegetable, and industrial seed oils.

We'll talk about how organic certification doesn't guarantee low PUFAs because organic corn and soy are still high in PUFAs. We talk about egg labels, such as free-range, vegetarian-fed, organic, pasture-raised, and how they can be largely misleading. So we're gonna go through all that and explore the whole range of egg quality and what all those labels actually mean. We'll also talk about how the pasture-raised label alone doesn't guarantee ideal practices because the birds can still be fed antibiotics and vaccines even if the label says pasture-raised. We'll talk about a lot of the problems with conventionally raised eggs, meat, and CAFO operations.

We'll talk about why egg prices are so high. This may be baffling to a lot of people. We'll discuss the bird flu hysteria, which I think is nonsense. We'll talk about centralized food control and other issues about our food supply. We'll talk about how to choose better animal proteins in general. Consider joining food co-ops' direct-to-consumer programs from trusted local regenerative farms, and ask farmers about their feed practices, outdoor access, and medications that they use. I highly recommend that you visit angeld-acresfarm.com. They use regenerative farming practices by limiting flock size to 2000 birds per farm. They're raised outdoors. There are no antibiotics or vaccines, and they're fed a custom low PUFA feed developed to improve the egg nutritional profile. These are the eggs that I'm currently eating.

Our guest today is Ashley Armstrong. She has a PhD in mechanical engineering. She's a first-generation farmer. She's obsessed with metabolism optimization and creating an alternative food subsystem that supports our health, not fights against it. You can visit angel-acresfarm.com or her other business, nourishcooperative.com, to explore the best regenerative food options available. Ashley, thank you so much for coming on the show.

Ashley Armstrong

Thank you so much, Dr. Wendy. It's super exciting to be able to talk to people who are interested in learning more about where their food comes from. I honestly just get so excited with any opportunity to talk about this. I think that that's one of the biggest issues that we all face is that the food system is very hard to navigate, which is

unfortunate because that plays a major role in our health. So, thank you so much for having me on. I'm super excited.

Dr. Wendy Myers

It's hard to navigate even being extremely knowledgeable, and that is the sad state of affairs, especially with Amazon buying Whole Foods. Whole Foods is crap now as far as I'm concerned. I was especially dismayed. I saw a post on your website or on your Instagram about how the Vital Farms eggs are really fed with turmeric. I always thought, oh, the yolks are so dark orange, and I just love that. And then I found that out. I was like, dammit. These eggs that I've been choosing for years have high PUFAs, which you mentioned. Can you explain that issue a bit?

Ashley Armstrong

We are what we eat, but we are also what we eat eats, and our own diets have changed drastically over the last 50 to a hundred years. We've seen butter be replaced by seed oils, but the diet of livestock has also changed quite a bit, and that's with this huge shift in industrial agriculture practices, government subsidies, and this wide-scale shift in producing maximal corn and soy. Well, when you overproduce something, it's gotta be used somewhere. So, livestock diets have changed drastically. There's been a rise in PUFA consumption in what animals are eating. This is particularly relevant for chicken and pork products because. They're similar to us in that we all are single-stomached.

We have monogastric animals, one stomach, and so the fat that we consume directly impacts the types of fat inside of us. That's the same thing with chicken and pigs. If they're eating a diet high in PUFAs, like vegetable oils, soy, corn oil, or other haiku ingredients that are really prevalent in the livestock feed industry, then that means that their fat is going to contain more of those PUFAs, which we would then eat. That's been a huge shift that not many people are talking about.

The food industry is changing, not just with the food that we're consuming, but also the food that livestock are eating as well. That's led to an increase in PUFAs in pork products, chicken products, and egg products, which is very unfortunate because those are very good foods for us. At the end of the day, I think it's helpful to get those

micronutrients and the bioavailable protein in those food options, but we do need to be mindful of the PUFAs in them as well. You shouldn't overconsume them because that has direct implications on our own metabolic health, and it impacts how we're made up. We are literally different humans today than we were a hundred years ago because of our fatty acid makeup.

Dr. Wendy Myers

We're consuming way too much omega-6 fats, not enough omega-3s. One of the reasons I eat chicken eggs is for the healthy fats and the yolk. That's the whole point for me, eating eggs, not because I just love eggs. It's because I want that super dense nutrition from the eggs. It's a very easy, digestible protein, and super healthy fats. It's a super large nutrient profile, but that's gonna be dramatically altered if the chickens that are eating this corn in soy, which so many of them are, all those Trader Joe's cheap eggs. I just look at those like they might as well be in the garbage. They're so unhealthy for you all. The chicken feed has arsenic in it. We'll get to that in a second. Can you talk about what these high PUFA eggs are doing to our health? They're definitely causing inflammation, which is the exact opposite of what you're looking for when you're eating healthy food. What else is going on in our bodies when we eat high PUFA eggs?

Ashley Armstrong

I think eggs are incredibly nutrient-dense. They're gonna be the best source of choline and vitamin K2, which are nutrients that not many people get enough of. Getting as high-quality eggs as you can and making those part of your diet, I think, is important for supporting your overall health and metabolism. But due to how animals are raised and the increase in confinement, feeding operations, CAFOs, eggs have become this commodity product, and it's not okay. So now people view like it's somehow acceptable to have as cheap eggs as possible, but you have to ask why they are so cheap. When you look at an egg, it contains fat and it contains protein. All fats contain some amount of saturated fats, monounsaturated fats, and polyunsaturated fats.

The amount of each of those is impacted by what that animal is eating. If the chicken is eating higher PUFAs in the feed that it's eating, then the egg itself will contain

higher PUFAs. Meaning if you are avoiding seed oils, if you are avoiding vegetable oils, then you wanna be paying attention to what the chickens are eating because they are vehicles for vegetable oils. If they're eating high amounts of soy, high amounts of distiller grains, corn oil, vegetable oil, seed oils, that's going to increase the amount of those same types of fats that you may be avoiding in the egg itself because it's just passed through. The chicken eats it and then it gets deposited into its own fat, into its own egg. So, being really mindful of where you're getting your eggs from and what those chickens are eating, I think is really important to understand and navigate in this current food system.

Government subsidies have led to this large increase in corn and soy, and it's also led to a large increase in things like biodiesel and ethanol. That's led to an increase in things called dried distiller greens. Unfortunately the food of livestock these days is pretty crappy, and that is impacting the types of food that we eat. If a chicken eats more PUFA, it's gonna have more PUFA in the final egg. It's kind of like a seesaw. If something goes up, something else has to go down. And in this case, that's very health-promoting stearic acid saturated fats that we need more of to support our metabolism and bring back the fatty acid balance in us. So, when omega 6s, PUFAs are going up, steric acid is typically the fat that's gonna be going down because you can't continue to add, something else has gotta go down for something else to go up.

We have to think about, okay, if PUFAs, if Omega-6s are going up, what's going down? And that's typically the stearic acid levels. I have a controversial opinion on omega threes. Chickens, eggs are not naturally high sources of omega -3s. Omega-3s are still PUFAs, polyunsaturated fatty acids. They still have unstable double bonds. They're not something that we should try to just push and get more and more and more of, PUFAs Omega-6s and Omega-3s, oxidize when exposed to heat, light, and oxygen. There's plenty of research studies showing that Omega-3 enriched eggs are not the best option because one, it's not natural. Eggs are not naturally high in Omega-3s, but also those Omega-3s can really oxidize when they're cooked.

So many people report a fishy taste of when they have oxidized Omega-3s in their eggs. It's just not something that we should try to be pushing. Something that I'm really obsessed with is going back to the early 1900s, late 1800s, and studying how

they used to do agriculture then before this large increase in Omega-6s and PUFAs and oleic acid in the food system. What we try to do at our farm and our partnerships of farms is go back to how food production used to be before the large shift in the food system. I think everyone should be a very informed consumer and ask food producers the difficult questions. I think that that helps us all create a better food system.

Understanding, are the chickens eating higher PUFA ingredients? That will unnaturally increase the level of PUFA in the eggs themselves. That can lead to the formation of harmful lipid peroxides because PUFAs are unstable. So, they'll form damaging oxidized metabolites that you will then ingest. Those can be oxidized inside your body through enzymatic and non-enzymatic reactions because we are warm-blooded animals, 98.6 degrees Fahrenheit. Those unstable fats can oxidize inside of us and they can also oxidize due to enzymatic reactions, combining with or being exposed to free radicals. And so just being mindful of our total PUFA consumption, I think is an important piece of improving overall health and metabolism.

Ads 13:20

This show is brought to you by Bon Charge, and I wanna take a minute to tell you about one of their amazing products that I'm absolutely in love with. There's something I've been doing for about 10 minutes a day, and it's wearing a face mask, but it's not just any face mask. It's this Bon Charge red light face mask, and it's essential to my nightly skincare routine now. Believe me, red light therapy really works. It's well established in the research to improve the appearance of your skin. How it does that is it penetrates deep into the skin to boost collagen production. It reduces the size of your pores, reduces inflammation, and eases the signs of aging.

Bon Charge's red light face mask makes it so easy to take care of your skin. It's like a mini spa session every night that I'm doing. It can be used easily at home. There's no cord, so you can wear it while you're doing other tasks. Plus, the mask is totally painless and it doesn't heat up. Unlike some other beauty, anti-aging treatments, Bon Charge's red light face mask has been a game changer. It's part of my everyday skincare routine now, and I'm seeing such great results already from using this mask.

My skin is more clear, it seems more plump, fresh, juicy, and my redness and dark blemishes are fading.

There's a very special offer for all of my listeners right now. My listeners get 15% off when you order from boncharge.com and use my promo code, Wendy at checkout. This discount applies sitewide. You'll also get free shipping and a 12-month warranty. Go now to get this exclusive offer. That's boncharge.com and with promo code, Wendy, you get. 15% off. This is one of my secrets to super healthy, young-looking skin. I'm trying to reverse the clock. I'm trying to do everything I can to anti-age and this is one of the secrets in my toolkit.

Dr. Wendy Myers

Let's also talk about how conventional chicken feed also contains arsenic. I know arsenic is fed routinely to chickens around the world because it makes them grow faster. It makes the meat look pink and it's definitely the case for chickens that are grown for meat. It may be different for chickens that are grown with eggs. Can you touch on that a little bit?

Ashley Armstrong

The unfortunate thing is when in doubt support your local farmer, support regenerative agriculture, support farmers that are producing livestock outside in much more natural living conditions. The less money that we can spend as consumers supporting confinement operations, I think that that will just naturally improve everyone's health because. In these buildings, these confinement operations, the whole goal is minimizing costs and maximizing production. That is going to come to growth over everything. They want to get those livestock, especially chicken meat. Like you said, they wanna push that lifecycle as quickly as possible, get those birds in and out five to six weeks, push their growth as much as possible.

It's such a different mindset as opposed to how things were done like a hundred years ago. Confinement operations weren't really a thing. It's not allowing animals to express their natural instincts, move around, develop connective tissue, get sunlight exposure, have a wider nutrient intake with grasses and bugs and various things that they're exposed to outside. Knowing where your food is coming from I think can help

us better. Connect to our food and just naturally eat better if we're just choosing the cheapest option at the grocery store or not really having a basic understanding of where that's coming from. You don't really know what the inputs are because some of those things, like you said, arsenic, that's added to the feed to push growth as quickly as possible.

Those types of things aren't needed to be on labels because that's in the feed ingredient. But when we are putting animals into confinement buildings, CAFOs, it's just further disconnecting us from what's actually natural, what's actually real, and food that we actually are designed to consume.

Dr. Wendy Myers

Whenever I see eggs that say vegetarian fed, I say, that's the exact opposite of what I actually want. I don't know why some markers will put that on there. I'm like, that means they're fed corn and soy basically. I'm like, I want them eating worms and bugs so I can get a healthy nutrient profile on the egg.

Ashley Armstrong

I've made some viral videos on our Instagram over the last two to three years where I'll go to the butcher shop, local butcher shop and I'll get like all the organs, meat scraps and bones. Then I'll go and bring those out to our chickens. I'll put text on there, chickens are not vegetarians. It gets people upset because they think when they go to the grocery store, they think they're buying the best option. When they see vegetarian fed chicken, vegetarian fed pork guys, chickens and pigs are not vegetarian. And again, that's further disconnecting us from what's actually natural, what's actually real.

At the beginning of this conversation, you mentioned Vital Farms. So much of the food industry is marketing and they're very good at marketing. They're very good at convincing you that this product is better just purely due to a label. But we've gotta peel back the label. We can't blindly trust these things. You can't even blindly trust organic anymore. We can't stand behind labels as a way to make informed decisions. The more we can truly better understand who our farmers are, the better off everyone will be.

Dr. Wendy Myers

Let's blow up free range because nothing irritates me more than seeing the words free range on a dozen eggs. Let's talk about what that means exactly.

Ashley Armstrong

It's not much, unfortunately. There are a few different models of confinement barns. So, in confinement barns, you can have a closed barn where the chickens can't go outside and they can just free range inside the barn, or you can have a barn structure where there are cages inside the barn and the chicken can't move except for a cage around them. Imagine just sitting in a cage all day long trying to eat, drink water, and you're not living a natural life at all. You're literally just there to mass produce. A cage is definitely like the worst option. However, free range doesn't really mean much. It does not have much more meaning. Granted, they're not locked in cages, but there's no requirement of what they can be doing outside or should be doing outside or what they're eating.

I think that that's the most important thing. These arbitrary labels, vegetarian, fed, age, free range, those are great sounding things, but what is it saying about what the animal is eating? When in doubt, they're eating very cheap feed that has been government subsidized. A huge issue is that our food system is shaped around government subsidies that weren't here a hundred years ago, and they're all based on this lie that saturated fat is bad for us and polyunsaturated fats are good for us. So, let's mass produce corn, soy, get vegetable oils, heart healthy vegetable oils, and get rid of butter. It's all built upon a fundamental fear of cholesterol, saturated fat, and it's like, oops, that was wrong. So, what do we do now?

Dr. Wendy Myers

I love that the FDA has backtracked and said, eggs are heart healthy now. I was like, yes, finally. Sanity. Some common sense. I hope there's much more of that with RFK Junior coming outta the scene. He's gonna be coming out with his guns blazing, blasting all these lies. Let's talk about pasture-raised. Is there any lies surrounding that with the words pasture-raised being on the label?

Ashley Armstrong

I think that it's a better option for sure. If you're gonna choose between no label, free-range and pasture-raised, definitely go with pasture-raised. However, there isn't really much inspection. There are not many rules about that because technically what a pasture-raised system could be is a barn with a small door. They have access to a small grass lot right there. But imagine if that barn is stationary and that pasture is just used year after year, year after year, it gets degraded. There's a ton of chicken manure. There's not enough grass species growing. There aren't a lot of bugs because it's just getting used and used and used and used.

Some are pasture raised. It's a great concept, but it's another marketing term because there isn't much regulation on it. What happens if that pasture is just a dirt lot? I understand that food sourcing is hard. Everyone is so busy. They just wanna be able to buy the best option for their family. They just wanna go to the grocery store and just know what to purchase. What's frustrating to me is that people are selling high-priced items, even though they're the same quality as something else, all due to marketing and label confusion. I do think that regeneratively sourced products from your local farmer or from buying clubs such as ours that do ship directly to your door, I think that are worth the higher prices.

What gets me very frustrated is that people are being brainwashed and greenwashed into buying more expensive products at the grocery store that really aren't that much better. The most frustrating thing is when there's this middleman that serves as the marketing company that puts all this hype and cool, cute labels and logos and wants you to think that this is a better product, when in reality it's the same. It's very similar to just a barn raised product. I like to challenge people to think about everything that they buy week to week for their family, then choose one of those products. Just one. Start with one to not be overwhelmed and learn exactly where that food is coming from.

So, let's say you start with eggs. Don't buy eggs at the grocery store anymore. Instead, go find your local farmer and buy directly from them. We ship online. Other people ship online. Other people ship eggs and they can show you exactly where it's coming from. Just start with one of your products and know exactly where it's coming

from. Once you feel very comfortable with sourcing that product, knowing where it's coming from, then move on to something else. But never try to completely change where you're buying everything from because that's way too exhausting, way too much work. But if we can just make small tweaks in where we're sourcing, you're not only gonna be able to buy better products for your family, but you're also voting with your dollar and you're supporting an alternative food system.

I think that, at the end of the day, consumers want small scale regenerative farmers. They want to be able to source their food from those types of farms, but distribution and accessibility I think is a big problem. Knowing where we are spending our food dollars, shifting that slowly over time is how we're gonna build a better food system together. It's not gonna come from the government. It's not gonna come top down. It's just not because big food, big pharma, it's way too profitable. They want a centralized food system where they can control everything. Supporting smaller scale systems is necessary. It's gonna come from the bottom up, from consumers sourcing when they can, smaller farms.

Ads 25:51

I wanna take a minute to give a shout out to one of our sponsors, True Energy Skincare. They have an amazing serum that I am cuckoo about. I've been using their facial serum here for well over a year for a reason. This is just bar none my favorite product. It's very, very light. It's just a serum you'll put on under your moisturizer. And the reason I use it is because it's a frequency-based skincare. They have frequencies imprinted on this serum that improve collagen, improve elastin. Collagen is that support matrix in your skin that makes it look firm and juicy and we lose that as we age. That accelerates rapidly after we hit menopause. You lose 30% of your collagen within two years after menopause. I'm using everything I can get to improve collagen. This has over 2000 frequencies imprinted on it for skin nutrition, to help the appearance of your skin, the fine lines, the age spots, and it will smooth out the texture of your skin as well.

This has been my secret weapon that I've been using to improve my skin, look and feel healthy, like I said, for well over a year. And so, I'm not promoting this because they're a podcast sponsor. I'm promoting this because this is one of my secret

weapons. I love this product and I use it every single night under my moisturizer. This has no toxic ingredients in it whatsoever. It has lots of nutritive ingredients as well. It's got fruit, enzyme extracts. It's got oat kernel extract. It's got oat beta glucans. It's got beach bud extract and it's got algae and chlorella in it as well. It has lots of great nutrition in this as well as the frequency enhancing aspects of it. Any old product can moisturize your skin. That doesn't impress me, but the results you get from this are bar none, and that is why I highly recommend it. They have a very good offer for my listeners. Go to trytrueenergy.com/wendy and get a very special deal for my listeners

Dr. Wendy Myers

That's why I buy from you. I buy our Angel Acres eggs. They're fantastic eggs. I look at the quality. The shells are really thick. They're hard to break. That's because the chickens are healthy and they're eating a healthy diet. Some of the eggs that I've, like my mom, love to buy just the cheapest eggs, it just drives me insane. You crack them and they are almost falling apart. The shells are so thin because the chickens are sick. They're very sick. It makes it a lot easier ordering from you and then just having it shipped directly. I just have you on autoship. I've got my four dozen eggs that show up every month. It makes my life a lot easier. I did find some local farms, but one of them is 45 minutes away. I loved it because I drive up and I'm almost like running over the chickens as they're running around, like literally they're just running around on the grass.

There were incredible eggs, but I had to drive 45 minutes to get them. I found some egg places around. My mom has a big ranch herself, and there are a lot of people there growing their own food, including my mom. I found some guys that had chicken eggs, but what are you feeding them? They're feeding them corn. I'm like, no, I'm gonna pass on that. You gotta question these people, even though the chickens are raised naturally and on a ranch and that they're pastured, they're still feeding them corn.

Ashley Armstrong

I think if we make a hierarchy, avoid the plant-based egg replacements. We don't want those eating eggs over mung bean eggs or whatever. There's no nutrient comparison with what mother nature gave us in the form of eggs. However, if you

can only buy conventional eggs, you really should limit yourself to one a day. Otherwise, you're gonna really start increasing your PUFAs intake. For example, four conventional eggs contain more PUFA than a tablespoon of canola oil. So, if you're avoiding vegetable oil, yet you're eating a bunch of conventional eggs, it's a little bit hypocritical. I would say the next step up would be pasture raised, because then at least the chickens aren't just eating feed.

You can think about yourself. If you keep to yourself just eating grains, you're gonna be made up differently than if you ate a wider variety of fruits and vegetables and grains. So that's like pasture-raised. The chickens are still eating corn and soy in their barn, but they're also getting some grasses and bugs. Then the next step up would be, okay, the farmer is rotating their animals outside in pasture in like a regenerative system. That's a mobile pasture raised. There's barn raised, pasture raised, and then there's mobile pasture raised. That's Joel S style. You see chickens moving around in coops throughout the farm, and that's good because it builds soil health. It's improving our environment, and chickens are constantly getting a wide variety, intake of grasses, shrubs, bugs, and you're not degrading the soil. The chickens are eating a diverse diet, but they're still potentially eating some corn and soy and other high poof ingredients.

The next step above that would be mobile pasture raised, but the farmer's paying attention to the feed ingredients. That's what we're doing. I'm a first-generation farmer. I came into this questioning everything and being like, why would I wanna feed the chickens this when I know it will lead to eggs high in PUFAs? So, we made our own feed. I think there are steps that one can take and just as you feel more and more prepared, don't feel overwhelmed or pressured into making this. But as you feel more and more prepared to make these next steps in asking farmers and sourcing better, that is a natural progression of finding higher and higher quality products.

We have the fatty acid testing to show that our custom designed low PUFA feed leads to significantly lower PUFA levels in the final egg products. Again, it's very similar to humans. If you are eating a high PUFA diet, you're gonna have more PUFAs inside your body. There's plenty of research studies showing there's been 136% increase in the amount of linoleic acid circulating inside of our body relative to early 19 hundreds. We've drastically changed the types of fat that we're consuming in our

diet, which of course is gonna lead to different metabolic processes and different functioning inside of our body. The same thing is happening with livestock as well. As one feels more and more prepared to source higher quality, asking those difficult questions to producers can help us all build a better food system together.

Dr. Wendy Myers

Let's talk about antibiotics also, because I don't want to eat any food, any animal that has been fed antibiotics. You're asking for antibiotic resistance in the future. Plus, the animals are diseased because of their living conditions. Can you discuss that?

Ashley Armstrong

I guess imagine if you were to stay in the same area your entire life, you never moved from where you're at right now, and you had to poop. You had to pee. You had to bathe yourself. You had to eat all in this small area. You're constantly exposing yourself to your own waste products. Of course you're gonna get sick. How could you not? That's not how we're designed to live. So, in these types of confinement operations, in order for these animals to be healthy, they're heavily vaccinated and they are constantly drinking water with antibiotics in them. There's a pig barn down the road from us. I've toured it before, and they have antibiotics just on tap. You go to a bar and you've got beer on tap, they've got antibiotics on tap all day long. That's because if they're exposed to high amounts of bacteria or anything like that, they don't have the good immune system to be able to fight that off.

They need very sterilized environments in order to stay healthy. They have very strict biosecurity measures there where you can't really walk on the property if your boots have been on another farm and things like that are very disconnected from nature. Mother nature is filled with microbes. We have trillions of microbes inside of our gut, and when we have a natural balance. Our bodies are able to take things in, and when our guts are balanced, we don't get sick. We have strong immune systems with a natural functioning gut microbiome. So, we are disconnecting these livestock, these animals from Mother Nature, where they're not living outside, they're not grounded, they're not getting sunlight, they're not being exposed to soil, microbes building a strong immune system, having the space to practice their innate instincts.

Instead, they're stuffed into cages, into these buildings on antibiotics and vaccines. It's a completely different quality product, completely different.

This is an unfortunate thing. Big pharma, vaccines and antibiotics are a huge part of the livestock industry. Big pharma wants confinement operations to stay business as usual, stay as it is because they make a ton of money from these types of confinement operations and antibiotic resistance is becoming a huge problem. Of course, Mother Nature is gonna figure out another way. We cannot outsmart her. I think that that's the biggest thing with regenerative agriculture and small-scale pasture raise systems.

We will never fully understand the complexity of Mother Nature, but we understand her principles and we work with her. We support Mother Nature. We don't try to fight against mother nature with chemicals or like heavy pharmaceutical use. Instead, in these buildings, confinement operations require a chemical fight. We're always gonna be two steps behind, always. At some point, it's just not gonna work anymore. We're not kicking that down the line, like, oh, we'll just develop another antibiotic. Oh, another one. Oh, another one.

Dr. Wendy Myers

No, we're out of options. There are no more antibiotics. We're out of options. That's the scary part. For me, given the fact that maybe AI's gonna figure something out, but I do not want to do anything that will contribute to my own personal antibiotic resistance, which is consuming animals that are sick and that contain antibiotics that are killing my gut bacteria. Any egg that's not organic very likely has antibiotics. What organic means is they're not gonna have antibiotics and hormones and things like that. That's why there's this conundrum. Well, obviously when I'm buying eggs, I see eggs that are pastured, but they're not organic. I'm like, okay, great. So, they're pastured, but they have antibiotics in them because they're not organic. It's such a minefield in the egg aisle.

Ashley Armstrong

With our small scale farmers, one of our principles is quote, needle free. So, no vaccines, no antibiotics, no hormones, none of that. It's a big mental step for a farmer

because unfortunately these are very routine things. Oh, when something is born, give it this antibiotic or give it this vaccine or give it this. When you take a step back like a hundred years ago, those things weren't here. They weren't needed, they weren't required. So why do we need them now? Oh, it's because we're trying to mass produce in these conditions that animals are not meant to live in confinement. Operations are not natural. They're not something that we're around a hundred years ago. So, of course they're gonna require some sort of medical intervention to try to make it possible. Many people will say, oh, well we have a growing population, so we need to produce more and more food. Well, as a world, we produce enough food to feed 1.5 times population size. We don't have a food production problem.

Dr. Wendy Myers

That's all marketing distribution. That's a marketing scam we have. Yeah, we have more than enough food for.

Ashley Armstrong

It's a distribution problem. It's a food waste problem. We don't need to be mass producing anymore. The mass production methods are what's hurting our health, and it's making big pharma very profitable in the process.

Ads 39:45

Are you taking collagen supplements? Well check this out. Our friends at Organifi have sourced the best collagen on the planet, and you can get it with 20% off savings today too. So, what is collagen? It's the most abundant protein in our body. It's everywhere. It's in your muscles, joints, hair, skin, fingernails, everywhere. It's one of the fundamental building blocks of life. Your body uses collagen constantly to keep itself refreshed and repaired. But as you get older, especially as women that are going into menopause, you can lose 30% of your collagen within the first five years of menopause, and that starts in perimenopause as well. Your body just stops making as much of it and you start losing it, especially as your estrogen levels come down. That's why consuming collagen is such a great idea every single day. It gives your body a fresh supply to keep working at its best.

It's not only good for your hair, skin, and nails, but it helps to support your gut and metabolic health, immune system, cardiovascular strength, and all of your muscles and moving parts too. Collagen is nothing new. It's one of the oldest supplements out there. Collagen supplements have been around for quite a while now. But what makes Organifi so special is it's all about the quality. The non-organic collagen scare 16 me. They're really problematic because they can be full of glyphosate, pesticides and other chemicals that you do not wanna be taking on a daily basis. Not all collagens are the same. It can come from many different sources and the source can drastically impact its potency and effectiveness as well.

Some manufacturers just go with the cheapest stuff that they can find and then add fillers and artificial flavors and they still charge you a lot of money for that. Organifi always goes the extra mile to ensure their quality is the best. They blend five collagen types from four different sources, and they taste and test until it's perfect. And then they go even further to test for things like glyphosate residue and other sneaky toxins that can get into the mix. After passing through all of these goalposts, it finally gets the Organifi seal of approval so you can rest assured it's the highest quality and non-toxic. I love that this company is a company that I can trust that their products will be safe and effective exactly as they say they will be.

In the supplement world these days, that kind of honesty and transparency is getting harder to come by. So, if you've never tried collagen, now is a great time to start. And if you're already taking it, now is a great time to switch to a better brand. Upgrade what you're doing right now so you and your entire body is gonna love Organifi Collagen. It is something that I take on a daily basis. It's been a part of my supplement routine for the past five years, since I went into menopause, and so I can't recommend it highly enough. Now let's talk about saving you some cash as well. Here's what you do. Go to organifi.com/myersdetox and put in coupon code Myers detox to get 20% off. Go to organifi.com/myersdetox and don't forget the Myers detox coupon code as well. You'll save an extra 20% off by putting in my special coupon code Myers detox.

So, like I said, collagen's one of those things that I take every single day. It's one of the most important parts of my anti-aging protocol, the things I'm doing to fight off the

clock. So for me, taking clean collagen is really important. It's hard to find, so I highly, highly recommend Organifi collagen.

Dr. Wendy Myers

There are a lot of concerns like egg prices right now. I don't know why people focus on inflation on egg prices. I think there are also concerns right now with the bird flu going on. Personally, I think that's a huge scam. Just FYI, Bill Gates owns all of the patents for the bird flu and the bird flu vaccine. And oh, he went and visited the UK, and then two weeks later there's a bird flu outbreak and it's all just very convenient. I won't get into too much, but it's just who owns the patents and who stands to profit. I just don't buy the whole bird flu thing. Birds get sick sometimes and we all get the flu. Sometimes we get sick, but I just see the writing on the wall. There's a kind of a collusion going on to harm the food industry for billionaires to make even more money in profit. What is your take on that?

Ashley Armstrong

Yeah, exactly. Follow the money. Who is going to benefit from the solution to this quote problem? So if we take an honest step back and evaluate the situation, bird flu's been around for a while. Do chickens get sick? Absolutely, but it's chickens in these confinement building conditions. Of course, they're gonna get sick when exposed to anything that is like a high viral load or high microbe load. But the fact that bird flu keeps coming back means what we're doing isn't working. When are we going to realize this? A hundred million chickens have been euthanized since February 20, 23. A hundred million chickens.

Dr. Wendy Myers

It's a total scam. It's a total scam because they're using PCR testing.

Ashley Armstrong

What if the PCR testing the cycle threshold is way too high? What if those were false positive tests and we've killed a hundred million chickens in the process? If you look up what's required from these barns to clean out their barns after they test positive, it's a nightmare. They have to go in and they've got to spray this horrible chemical

that kills all the chickens in the building. Then what do you do with all those carcasses? It doesn't just go away. They've gotta pay people to come and pick those carcasses up, go bury them. It takes a long time. It takes a few weeks to clear these buildings out. But again, take a step back. How is that natural? Why do we have millions of chickens living in a barn?

This is no one's fault except our own. When we are supporting and choosing these confinement building situations, it's like you just said, antibiotic resistance. We don't have any more solutions. The solutions aren't to put more birds and more animals back into confinement and develop some sort of new novel vaccine or medical intervention because there's just gonna be something else down the line. We need to be able to raise animals in a way that they have natural immunity, they're healthy outside, and they're when they are exposed to pathogens. Some of them may get sick. That's a part of life. We're not going to completely avoid some of these things. But when we're seeing these mass killings, one, it's completely inhumane, but also it's just blatantly obvious, hello, this isn't working.

Dr. Wendy Myers

And it's not necessary either. I'm just hoping with RFK Junior coming in as head of the Health and Human Services Secretary, that he's gonna be putting a stop to some of these just crazy practices that are hurting people and hurting their health and driving prices unnecessarily of eggs.

Ashley Armstrong

Well, I think the reason that egg prices are so high are for a few reasons. First, when you kill a hundred million chickens, that's a huge dent in the total chicken population. Considering supply and demand, the supply is down. Was the supply man-made down? Was this intentional? Who knows? Right? The reality is that the supply is way down. So, of course the prices are gonna go up and the supply is down due to the bird flu. Whether or not that's a real thing or whether or not it's something that we should actually be concerned about, the food system is a great way to control people's health. It's a great way to have control of a large group of people. And when you look at, hey, beef numbers are at an all-time low, chicken numbers all time low, egg numbers all time low. These are very nutrient dense products that are necessary

for human health. So you have to question, take a step back and think about why is our food system so centralized such that one incident like this can severely impact supply?

That is a non-resilient food system. That is a centralized food system, and that is one of the biggest issues with the American food system today. There's this term called CR4, which refers to the percentage of the market that the top four firms have. CR4 for our food system is way too high relative to any other industry. For example, pork CR four is like 88% or something, and it's owned by four firms, Tyson, JBS, Smithfield, and I forgot the fourth one. There's way too much centralization in our food system. So, if there's any sort of disturbance or issue with supply, we're gonna see a huge issue in pricing. We're gonna see a huge issue on our shelves, and we're seeing that day-to-day right now with the eggs.

Dr. Wendy Myers

Bill Gates is the number one owner of farmland in the United States. It gives me a lot of concern for him. He owns soil. He's trying to grow lab grown meat, and there's all these different agendas. He's pushing in his association with the world economic forum, and they're completely crazy plans about food and food control. It all stinks. It's all rotten. Again, like I said, Bill Gates owns the patents for the bird flu vaccines and things like that. So, there are a lot of different pieces of this puzzle you can put together. I'm hoping that Robert F Kennedy Jr. Coming in here is gonna be breaking up all of this centralized control, the food supply and the grip that big Ag and the pharmaceutical companies have on our food supply.

Ashley Armstrong

So, unfortunately, HHS has zero control of USDA, the United States Department of Agriculture. That is a completely different category than what RFK and HHS is involved in. Unfortunately, Brooke Rollins, the new head of the USDA is big Ag. She spoke out against Proposition 12 and there are concerns. I don't think that there's gonna be much solution from top down. I really don't. That's why I really try to empower consumers. It's going to come from having more and more informed consumers supporting local farms supporting regenerative agriculture from the bottom up.

Now, what is involved in HHS Health and Human Services is the FDA and more of the pharmaceutical side of things. So, I'm hoping he can come in chop and block right, and get rid of a lot of that. But when it comes to the USDA, unfortunately, the USDA is involved with bird flu testing, bird flu regulation, all of that, and RFK isn't the head of that.

Dr. Wendy Myers

That's unfortunate. I know why I thought the USD was underneath that umbrella of HHS.

Ashley Armstrong

There are way too many things. It's hard to keep track of.

Dr. Wendy Myers

There are a lot of agencies that need to be audited. Come on, Alan, let's do some auditing here.

Ashley Armstrong

Yes, but when you take a step back, at what point did we just hand the government saying, here's our health. I trust you to take care of it. No, it shouldn't be that way. Our health should be our responsibility. And what's unfortunate is that there are systems in place where these large behemoths have really taken control of our food system, and the food we eat every single day plays the biggest role in our health. I think the most unfortunate thing is that somehow we've let our food system become centralized and in the hands of a few. That is extremely problematic.

Dr. Wendy Myers

So, everyone starts with your eggs. For me, eggs are so foundational to my diet because they're so nutrient dense. They have such a broad range of nutrient profiles, with fats and proteins and things like that, and they're very easy to digest. So, for me, eggs are something I eat almost daily and super important to get that right. It's

really, really important. Why don't you tell us what your website is and where people can get your eggs.

Ashley Armstrong

Our website is www.angel-acresfarm.com. You can just search in Google Angel Acres Farm and we will deliver what I believe to be some of the highest quality eggs you can find. It's my passion. I started with human metabolism in understanding that fatty acid balance, the types of fat that we consume, play a major role in our metabolism. Fats just aren't an energy source. Fats also serve a structural role. They also serve as signaling molecules. Knowing the types of fat that you're consuming in your diet, prioritizing, you know, steric acid, saturated fat, minimizing pupa consumption, I think is very important in supporting optimal metabolisms.

Going back to how our great-great grandparents used to live, right where their saturated to unsaturated ratio was higher, now we are higher unsaturated and lower saturated due to higher exposure to vegetable oils, livestock eating very unsaturated fat sources. So that's why I became obsessed with trying to produce the healthiest egg possible so you can find us online. I would say, if you're not able to get our eggs delivered, try to support your local farmer and source eggs close to you from a farmer that is raising chickens outside, like you said, not on antibiotic drip, not in these confinement barns, because that's gonna be healthier than a chicken raised in a barn where they're just eating their feed, not exposed to sunlight, and they're on antibiotic and vaccine drip all day.

I would say, source your eggs better. Once you feel comfortable with egg sourcing, hey, maybe start investigating where your dairy's coming from, and then your meats, and then your grains and your produce. So. take things one step at a time so that way it's not very overwhelming.

Ads 55:08

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware.

That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive, but it's used at most restaurants giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, and not to mention, the non-stick cookware that has many PFAS or PFOS that is so toxic. It's one of the forever chemicals. So, you really have to pay attention to what you're cooking in.

That's why I recommend the P600 line by Chef's Foundry so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox to get an exclusive discount, just for my listeners. I want you to be thinking about what you're cooking your food in, and I highly recommend the P600 line by Chefs Foundry.

Dr. Wendy Myers

What is your goal with Angel Acres?

Ashley Armstrong

We have another business called Nourish Food Club. We're transitioning to a new website. We're building a fun new website on the backend. So, Angel Acres eggs will be available at Nourish Food Club, but we are trying to build a small food system or a food club where we have a hundred percent grass fed vaccine, antibiotic free beef lamb, and then we have low PUFA corn, soy free chicken meat, pork meat. We also have long fermented sourdough because I think that bread was an important part of our ancestors' past, but obviously grains and bread are made completely different today than it was a hundred years ago.

So, basically my whole goal is, let's go back to the 1800s and produce food how it was then when we didn't have metabolic problems, chronic disease, autoimmune conditions, food sensitivities out the gazoo because how our food is grown and produced plays a huge role in how we digest it and how we metabolize it in our overall health.

My passion is food production. I am opposed to industrial mass-produced food. Instead, I want to provide a market and provide guidelines and tips for our farm partners. Basically, I've got this SOP document where for each of the products that we sell, here's our requirements for the max number of animals you can have. This is what we want you to do with the practices, the feed. And if you can do all these things, I'd love to be able to buy your products and support you. It's basically building a small food system that customers can trust. I've done the vetting. We've grouped together these small farmers in our area. We're close to an Amish community here. I've got a lot of Amish partners and I just have an extreme passion for producing food the way Mother Nature intended, and working with Mother Nature because food is life. I love food. It's such a beautiful culinary experience, but it's also this wonderful way to connect to Mother Nature.

It's a wonderful way to connect to what it means to be human, and it's just my passion and I'm obsessed with it. I could talk about it all day, but my goal is to build this small-scale food system where you can source everything that you need in one place, and it's not coming from these big barns. It's not coming from these mass-produced buildings. Instead, it's like a partnership of small-scale farmers.

Dr. Wendy Myers

I love that. I love what you're doing so much because I'm really passionate about food too, and it's one of the reasons why I left Mexico. The food there is crap. It just is. You cannot get organic food. The meat is of horrible quality. You don't have a lot of choices. I think the food system there is run largely by cartels. So, you don't have a lot of different businesses competing. You don't have a lot of choices. The seafood is good, but I live near the ocean. You just can't get good quality meat, unfortunately.

The grass of organic ain't happening. It just doesn't exist at all. Anywhere I looked, you can't get raw food. You can't get like raw dairy. It's just not happening. A lot of the stuff that is organic is coming from like Costco or coming from the United States. That's all that's available. I came here to source high quality food. I came back to the US and I love what you're doing. It is challenging to find raw products. I had to really search to find raw milk in Houston, which is a massive city. The eggs I found are 45 minutes away. I can certainly drive there once a month or something. It is

challenging to find high quality meat and eggs and dairy. So, I really applaud what you're doing and I really urge people to go check out angelacres.com and also support your local farmer. Do some research and search around for someone near you to support them. They need your support. There are a lot of farms going outta business because of regulations and just a bunch of nonsense that is coming from the government. Like you saw, even though there were some Amish farms that were rated and all their food supply was thrown away.

Ashley Armstrong

I was that person that was rated last year.

Dr. Wendy Myers

Oh, wow.

Ashley Armstrong

If you look up, \$90,000 of raw dairy rated, that was us.

Dr. Wendy Myers

Oh, wow. I did see that. I didn't realize that. I didn't make that connection.

Ashley Armstrong

We had to throw away everything in a dumpster and we lost 92,000 dollars of raw dairy.

Dr. Wendy Myers

It's just incredible. So why is that happening?

Ashley Armstrong

That is a deep question and it goes back to the centralization of the food system because at the end of the day, when you support a farmer directly, big agra and big food gets \$0 of that. When you are supporting these farmers, like when you're buying more from the central centralized food market, they get a lot of that. When you

support more of the centralized confinement, feeding operations, those rely heavily on medications, toxic chemicals, and insecticides. A lot of very profitable chemicals are involved. When it comes to dairy, the big ag and big dairy, it's a huge business. It's a huge business, and it goes back to controlling the food system.

So, when you buy directly from a farmer's raw dairy, they don't get a say in that. I think that you should know and you should trust where your dairy's coming from because there's a right way and a wrong way to produce raw dairy. Of course, you shouldn't be consuming raw dairy from confinement buildings. That's like a recipe to get sick, but raw dairy is something we've been consuming for thousands of years and knowing where that's coming from, knowing the cleanliness of how the farmer is cooling the milk, how they're cleaning things, of course that's very important. I think it just goes back to controlling the food system at the end of the day. And yeah, the less, the more that they can keep control of that and know where more regulations, more control. It puts more money in their pockets.

Dr. Wendy Myers

There's a reason why raw dairy is illegal in a handful of states and it's just complete nonsense. When you look at the research, raw milk has less bacteria than pasteurized milk. The reason for that is because there's probiotics. There's living probiotics in the milk that fights the bacteria that will kill bad bacteria. Not always. All milk can have some sort of contamination. But for me, I don't tolerate milk, but I only want raw dairy, raw kefir for the probiotic benefits. I even can tolerate raw milk because it has probiotics in it.

Ashley Armstrong

Raw cheese is mother nature's natural probiotic.

Dr. Wendy Myers

I take raw cheese only.

Ashley Armstrong

It's so good for the gut. It has so many beneficial bacteria and we've been consuming it for thousands of years.

Dr. Wendy Myers

It's very upsetting to me when I see small farmers being bullied by the government and the FDA who's just really an arm of the government that's bullying small farmers. It's very upsetting and I hope that at some point that the whole cycle of control is controlled. There's a counter opposition to it.

Ashley Armstrong

Something I'd love for someone to really break down is go back and figure out the last 50 to 60 years, when did all of these bureaucrats get put in place and when did all these regulations in our food system get put in place? I guarantee you our great grandparents didn't have all these food agencies regulating every little piece. When did this become a business? When did we sign up and say, government, I trust you to regulate my food. I trust that you have my best interest at heart and I trust that you know what's best for my health. I didn't sign anything. Did you sign anything?

Dr. Wendy Myers

I did not. I don't remember.

Ashley Armstrong

Looking back the last 50, 70 years, when did these agriculture regulation industries, when did they start to add up and up and up and up? Back in the early 1900s, you would just buy directly from a farmer or buy from a co-op. The government really wasn't involved, but you would only buy food from a place that you trusted and a place that made you feel good. You wouldn't continuously buy food that got you sick. You would buy food from a place that you would enjoy, that you trusted. It was a very capitalistic and healthy market, a healthy economy of buying from somewhere that offers a good product. And now you can only buy food that passes the government regulation standards. It's a weird thing to think about.

Dr. Wendy Myers

I do not buy meat or eggs or dairy at the grocery store. It is not happening. I don't trust these large corporations and the products and not to imagine the eggs are sitting on the shelf for how long

Ashley Armstrong

30 days on average

Dr. Wendy Myers

It's gross, not to mention that the majority of pork is vaccinated with mRNA vaccines. Now I do not eat pork now because of that.

Ashley Armstrong

I think pork fat and canola oil have the same fatty acid composition now.

Dr. Wendy Myers

It's the way that most pork is raised. It's really terrifying. Um, so yeah, so that's something to consider. You only want to get your pork from small farmers that are not vaccinating them with the mRNA. It's really important to be aware of all these things.

Ashley, thank you so much for coming on the show. Is there anything we haven't touched on that you wanted to say?

Ashley Armstrong

I think if someone were to reflect, they could say like, wow, what you guys talked about today was a little depressing. I wouldn't view it in that way. I wouldn't view it as empowering because as a consumer, you can play a role in making this change and it comes with just small tweaks. Like we said, just make one change in where you're buying your one part of your food grocery bill from one change. That makes a huge difference. It really does. It is empowering that you can be a part of the change. How cool is that? The main thing that I hope to help encourage people to do is slowly over time know where your food is coming from. It is really fun to be a part of the food production and supporting farmers. It's really rewarding.

Dr. Wendy Myers

I love it too. I love going to this ranch that I found, and I can see the chickens running around. I'm getting chicken from them and I know it's good quality. I know there's no garbage in it. I'm getting ground beef that I know is raised on a small farm and it tastes so much better. The steaks are so good. The nutrient profile and the fat profile are totally different. It's completely chemically different from the CAFO stuff you're getting at the grocery store. Your co-op Nourish, what is the website for that? Is that up yet?

Ashley Armstrong

It is nourishcooperative.com. We're slowly building that from the ground up and adding small farmers over time. It's so fun. I'm so blessed I have to go on there.

Dr. Wendy Myers

I'll have to go check that out. I didn't know that you had this co-op before we had our conversation.

Ashley Armstrong

We started the egg business three years ago, and then Nourish was just started like a year ago, so we are working on combining them both into one place. Now it's a little hard to manage both. Soon, we're working on building this new website behind the scenes. But yeah, for now it's Angel Acres Farm. You can just search in Google and that's where the eggs are. Nourish Cooperative is where all the other stuff is. Over time we'll be combining that into one to make it a little bit more convenient and take advantage of modern shipping. It gives us some convenient solutions to be able to source high quality and utilize FedEx UPS for home delivery of food you can trust delivered rather than expensive, potentially not better options at grocery stores that are just hidden behind green washing labels.

Ads 1:10:04

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and

it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com.

Dr. Wendy Myers

Honestly, I was so pissed when I saw your Instagram post about the eggs at the Vital Farms. I'd been buying those for quite some time and happy to pay like a dollar an egg essentially is what it is to get a product that has problems.

Ashley Armstrong

That post made a lot of people upset because the black label or the Black Egg carton, Vital Farms, are fed GMO corn and soy. It's not much different than any other egg at the grocery store yet they rate their price much higher because they're very good at marketing and things like that. Again, do not blindly accept because a brand looks nice. I know that that sounds crazy, but like packaging plays in. It influences our decisions. Don't let labels be the main reason why we make decisions and instead, understand a little bit more behind the scenes of what they're being fed, where they're being raised, and understand a little bit more about the company's principles rather than just like, oh yeah, I love that brand and that logo. What does it actually say? Do you actually know or is it just like a pretty scene? So, digging a little bit deeper is important

Dr. Wendy Myers

There are some egg brands that have something organic in the name, but they're not actually organic. I hate that greenwashing where they put organic in the name. Organic soy has the same amount of PUFAs as non-organic soy.

Ashley Armstrong

Organic is not an end-all be-all either. It is a step above. Like you said, they're not being fed antibiotics and all these other medication stuff, and they're not being exposed to glyphosate. I think that's an important thing as well. If you really are

mindful of vegetable oil and seed oils, understand that organic doesn't protect you from that because organic soybeans still contain the same amount as non-organic soybeans.

Dr. Wendy Myers

When you're buying something at a grocery store, a national store, or a chain like Whole Foods or whatever, those egg brands are in all of the stores across the nation, that is a massive operation. I would always think that to myself, like, yeah, I bought these in Los Angeles when I lived there, and now they're here in Houston. They're all over the place. The Vital Farms and many other brands as well that they sell country wide. I thought, is that really what I want? Do I really want this super mass-produced egg? There's a problem there, even though it says organic and pastured. It's something to think about.

Ashley, thank you so much for coming on the show. Hopefully, we talked about every problem with eggs imaginable to help people make better decisions about choosing their eggs. That's why I wanted to have you come on the show. So, thanks so much for your time.

Ashley Armstrong

Thank you so much for having me on. It was fun.

Dr. Wendy Myers

Everyone, I'm Dr. Wendy Myers. Thanks for tuning in every week to the Myers Detox Podcast, where we have guests from around the world talking to you about how to upgrade your health. I really want to help you make those distinctions that you need to make so that you can achieve your health goals and achieve health, feel good in your life, and live a long, healthy, disease-free, and medication-free life. That's what I want for you. Thanks for tuning in.

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