

CasePerformance

January Newsletter Part II



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“For Sport, For Life”

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Hello,

With Part II of our monthly newsletter mailing out on the last day on January, I barely beat the “buzzer.” I have be honest though...A special thank you must be given to [Pat Gokey](#) who put in a lot of overtime work last night in teaching me how to upload PDF's into my website as well as gave me some other really good ideas that will be implemented in our February newsletter. I also need to thank CasePerformance contributor [Brian Putchio](#) who made some technical newsletter updates as well. Needless to say, those guys are the backbone of my website.... I just add a little filler!

As mentioned in Part I, our [strength](#), [running](#) and [nutrition](#) consultations are going well. If you're interested in finding out about our group discounts please send us an [email](#).

I. Donations For CasePerformance Are Welcomed

As you've probably noticed while surfing around the CasePerformance website, we do not litter our pages with advertisements or have "Members Only" sections that require a paid subscription.

Why do we do this?

My goal is to reach as many individuals as possible. If an individual truly wishes to improve their health and performance, I want them to succeed. This holds true regardless if they are a multi-millionaire or a college student pinching pennies.

A Potential Downside & What You Can Do To Help

The cost of running a website in conjunction with paying for full access to the various sport science and nutrition research journals I use is extremely expensive. Also, all of the authors at CasePerformance put considerable time into writing the articles for this site. If you enjoy the free information provided on this site, we humbly ask you to show your support by making a small donation. Thanks for your support!

[CLICK HERE](#) to make a donation. Please know that **ANY AMOUNT** is greatly appreciated!

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II. Four articles have been added to the CasePerformance library since the last newsletter was sent out:

- 1) [Expensive Supplements - Why?](#) by Sean Casey, figures created by Brian Putchio

Buying the product with the highest prices does not always mean that you're obtaining the best one. Read this article to see why the SAME product can significantly vary from distributor to distributor.

*** The rate at which this article has been viewed absolutely blows away that of any other article posted on the CasePerformance site.** This is one you'll definitely want to check out.

** If don't have the time to read the article, I STRONGLY encourage you to check out the figures created in the article. They were created by CasePerformance team member Brian Putchio who deserves major "props" for his effort!

- 2) [Interview with the Expert: Adel Moussa - Part I](#) with Sean Casey

In Part I of our interview with Adel Moussa, we explore his personal background and tap into his knowledge of myths associated with kcal needs, the effects of exercise induced hormone fluctuations as well as his thoughts on intermittent fasting.

- 3) [End of Year Wrap Up: A Special Thanks, Top 12 in 2012 & The Awards Show](#) by Sean Casey

A look back at 2012 at CasePerformance!

- 4) ['Tis the Season for Great Food... Fa-la-la-la-la, la-la, la, la!](#)

In this article we explore Christmas meals from around the world that are being eaten by CasePerformance community members and why chocolates are a must!

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III. Upcoming Articles at CasePerformance:

- 1) Interview with the Expert: SuppVersity's Adel Moussa - Part II
- 2) 24 Day Challenges

IV. Performance Tip: Whole Eggs... Eat them!

Unfortunately I still find individuals afraid to eat whole eggs for fear that the cholesterol and saturated fat found in the yolk will lead to heart disease. However, recent research has shown that yolks are not nearly as dangerous as once believed; In fact yolks are actually quite healthy due to their lutein, choline, vitamins/minerals and other micronutrients. Many of these compounds are only found in the yolk. Furthermore, many people forget (or never knew to start with) that ~ 40% of an egg's protein is found in the yolk. For example, in a typical large egg, 3.6 g are found in the white & 2.7 g are found in the yolk. For those more interested in comparing the nutritional content of whites vs. yolks

[CLICK HERE](#) for egg whites

[CLICK HERE](#) for egg yolks

Thus, in honor of this great power food, I'm going to share with you a simple & quick egg dish I eat quite often:

Ingredients:

4 eggs (whole)
1/2 Avocado
Black Pepper
Onion Raw or Flakes
Garlic (I usually use powder)

Directions:

Slice or mash 1/2 of avocado onto a plate. Crack eggs into a frying pan at lower heat setting, leave them sunny side up (ie – don't break the yolk). Cook till whites are relatively solid (but still slightly runny). Leave the yolks raw. Take off stove, put eggs over avocado & add black pepper, onion, garlic to taste.

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Notes:

Raw egg yolks... why?

A lot of the healthy compounds present within egg yolks are destroyed when cooked. Besides, I like the taste of raw egg yolk when prepared in this fashion. A nice win-win situation for me!

Raw egg yolk... Won't they make you sick?

Although this is often repeated, the evidence in support of it is relatively weak if you're a healthy individual. I refer you to my friend Mike Nelson's [article](#) which discusses raw eggs for muscle growth which also has a brief discussion at the end of it regarding salmonella & food poisoning risk of eating raw eggs.

Omelets

Although I don't eat them as often, I am a fan of good omelets. Basically with them I use the same recipe as above but in the middle of it I'll add the ingredients. When done in omelet fashion, I'll also usually add green peppers, mushrooms and regular onions (not flakes) to it as well. A couple other nice additions include asparagus and tomatoes.

Macronutrient Information

<u>Ingredient</u>	<u>Amount</u>	<u>kcal</u>	<u>Pro</u>	<u>Fat</u>	<u>CHO</u>
Eggs:	4 large	280	25	19	0
Avocado	1/2 c	192	2.25	17.72	9.94
Veggies	1 c	50	4	0	10

That wraps up this CasePerformance newsletter. Thanks for being a part of the team and we look forward to hearing your thoughts on [FACEBOOK](#).

And as always... Train smart, train hard and leave the excuses to someone else!

Sincerely,

The CasePerformance Team