The chicken and the egg

I do not want to answer the question of who was first, the chicken or the egg, but I want to deal with a simple fact of experience that we all know.

We all have the experience that when we take an egg out of an egg carton it breaks in our hand and makes a mess.

My first thought is then too little calcium 1 + 1 = 2 and the second thought is then the chickens should be fed more calcium.

Now there is a Frenchman Louis Kervran and Nobel laureate who made the following observation:

Study on silica and calcium

In 1966, the scientist Professor Kervran conducted an interesting study on his chickens. He lived in a part of England where the soil contained practically no Calcium, but where, on the other hand, there was plenty of Silica. He wondered how it was that, despite the lack of Calcium, his chickens laid such beautifully strong eggs. The experiment that followed gave a very interesting outcome.

Professor Kervran once gave his chickens no Calcium with the subsequent feed. Yet good, firm eggs still came out. When he subsequently decided to omit the Silica from the feed, the eggs remained too soft, due to the shell that would not harden. This experiment, among others, made us all wiser as to how Silica works.

Later, from his pen came a theory of cold nuclear fusion. The idea was that Silicon and Carbon, would yield Calcium. And the chicken could provide this transformation. Many objections have been raised about this theory.

The problem that often arises is that people undermine the theory and thereby also ridicule the observation, and of course that is not correct. Observation and theory are two separate worlds.

The observation can remain and perhaps only needs a different theory? Moreover, what the critics claim is that nuclear fusion releases a lot of energy and when the chicken fuses silicon and carbon to Calcium that so much energy is released that the chicken does fry. It almost seems like a joke. I myself was always taught that nuclear fission, division releases energy, so it actually makes sense that nuclear fusion costs energy[[1]](#footnote-1). And that's what Kervran means to say with cold nuclear fusion? The man is not retarded.

A second observation was made by farmer's son and chicken breeder Hendrik ter Beest from Haaksbergen. He was confronted with chickens pecking out each other's feathers. He went looking for them. A common method was to cut off the beak but that was later banned. Chickens were also given blinkers. But this Hendrik did not like any of that.

The magazine Nieuwe Oogst announced the ban on beak clipping in 2007 and suggested that supplementary feeding with oats might be a solution.

Hendrik took this advice and experimented with oats but the oats were poorly absorbed by the chickens. After peeled oats and ground oats, the oats were eaten better by the chickens but the diet was still not palatable enough. His wife recommended adding sunflower oil to the mixture. The egg of Columbus, the animals loved it and the pecking stopped. Favorable side effects were faster growth and faster laying maturity. The young hens started laying eggs 1 month earlier.

Finally, Hendrik and Kervran came upon silicic acid or silicon as the active ingredient. And that is also abundant in the chicken feathers and since the chickens need silica when producing an egg, it is logical that if they are deficient in silica, they will look for it themselves and find it in the chicken feathers of the other chickens. Oats replenish the silicic acid and stop feather pecking.

Nettles, millet and bamboo are plants high in silica.

If we bring in Elmer McCollum's research he would not recommend sunflower oil to add to the hulled and ground oats but whole milk or butterfat cq cream butter. Why? Because while vegetable oil is a good energy provider, it does not absorb vitamins A,D,E and K and milk via the fat it contains does. And probably the silicon is also better absorbed and the chickens come out even healthier.

McCollum also would probably not have hulled the oats if they are milled anyway because there are many good substances in and under the outer husk of the oats.

It should be investigated by McCollum's method or by chemical analysis whether that Silicon is also better absorbed by milk or butterfat.

Another development with chicken eggs related to health is of interest:

In Oirle, Limburg, there is a chicken company Nelissen, which is experimenting with chicken nutrition in cooperation with the university of Wageningen and the hospital located in Maastricht.

The chickens receive standard chicken feed that is supplemented with the flowers of marigolds. The flowers of marigolds contain substances that are good for human eyes. And those substances are found in the egg yolks of the chickens that are fed the flowers of the marigolds.

McCollum also sees the chicken egg as an essential nutrient because the egg yolk contains saturated fats that in turn make a variety of substances including vitamins A, D, E and K more accessible for absorption in the body.

Research has shown that eating these eggs which are tastier and healthier for the eyes, reduce eye diseases in people. Having access to these studies would be beneficial.

The egg is now marketed under the name Marigold.

In conclusion, if we eat a sandwich with real butter and a boiled egg in the morning, then we are doing our health good.

Because of the good fats of real butter and the egg yolk, many substances, including vitamins a, d, e and k found in the grains of bread, are better absorbed into our bodies.

Jan Sterenborg

1. We find this insight in the work of the Dutch visual artist Frans Coppelmans.

In “Another Mathematics” we see two fundamental movements in the development of the archetype: division and multiplication. Analogous to nuclear division and nuclear fusion. The division is centrifugal and the multiplication is centripetal.

<https://frans-coppelmans.jouwweb.nl/wiskunde> [↑](#footnote-ref-1)