

Youtuber reveals the change after eating 900 eggs a month

Joseph Everett says he gained nearly 13 pounds of muscle mass, lowered his bad cholesterol and lifted heavier weights after a 900-egg-in-a-month challenge.

Joseph Everett, creator of the YouTube channel What I've Learned, ate 900 eggs in a month to test bodybuilding legend Vince Gironda's bold claim that eating 36 eggs a day is as effective as steroid injections for building muscle.

"The science on this is really limited, so instead of trying to dig up every article on eggs, I thought I'd just eat 30 a day for a month and see what happens," Everett explained in a YouTube video before starting.

Eggs are considered one of the most nutritious foods, packed with protein, healthy fats, and essential nutrients like choline, iron, and vitamins A, B12, and D. They're also low in calories.

According to the NY Post, Everett ate both egg white omelettes and raw egg yolk smoothies. He also ate rice, beef, yogurt, fruit, honey and the occasional protein bar.

In addition to his diet, Everett also lifts weights and documents his progress in a video that has garnered more than 783,000 views. While he doesn't consider himself a "professional lifter," Everett said he regularly lifted weights to stay in shape before taking on the challenge.



Everett with the challenge of eating 900 eggs a month. Photo: Youtube

Everett also had his initial weight measured and blood tests done to monitor key markers like testosterone and cholesterol levels.

By the end of the month, the YouTuber had gained nearly 6kg of muscle mass. Blood tests showed a significant drop in triglycerides, a harmful type of fat linked to strokes and heart attacks. Physically, he could lift 20kg more weight.

Everett said that overall, he found the challenge easy, but there were some hiccups. On the fifth night, he admitted, "I was so bloated that I couldn't sleep. My girlfriend told me to sleep on the sofa because I was making it hard for her to sleep."

What Everett was concerned about was cholesterol, as eggs are high in it, which can be bad for the heart. The American Heart Association recommends that healthy adults eat one egg a day, while healthy older adults can eat two a day as part of a balanced diet.

But surprisingly, after a month of eating 30 eggs a day, Everett's blood tests showed that his "bad cholesterol" levels changed very little, while his "good cholesterol" actually increased.

Everett also focused on his saturated fat intake. He theorized that fat and cholesterol from eggs could be converted into testosterone, which, when combined with strength training, could promote muscle growth.

Around day nine, Everett began to notice changes in his behavior that he speculated could be due to increased testosterone. 'I felt more focused, more energetic in and out of the gym, my sex drive increased. I was also more motivated, I felt a little more relaxed,' Everett said. But a final blood test showed no change in his testosterone levels.

By day 14, Everett was tired of preparing and eating egg whites, so he switched to drinking 30 whole raw eggs a day.

'Food stays in my stomach better, I feel lighter, less bloated, and my toilet performance is great,' Everett wrote in a Substack post.

But by day 20, things had changed. 'I had to sit on the toilet for over an hour, and I was really constipated and had cramps,' he said in the video. 'Standing up made the cramps worse, but I had to stand because I was throwing up.'

With 10 days and 300 eggs left, Everett decided to find out what was causing his digestive problems. He discovered that raw eggs had high levels of trypsin inhibitors, which could be causing his stomach problems. When he started cooking the egg whites, his stomach problems subsided.

While he's not sure if the egg-only method is as effective as steroids for building muscle, Everett said he might try it again next time, but would swap the egg whites for red meat.

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