

TRUTH BE BOLD

THE REEDERS BLOCK NEWSLETTER

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GUNMAN KILLS TWO, INJURES 10 AT CHURCH MOURNING FOR DEATH OF PRESIDENT OF THE OF LATTER-DAY SAINTS

On Monday, September 19, at about 10 am during the mourning of the death of the President of the Church of Jesus Christ of Latter-day Saints, a gunman killed at least two people and injured ten others.

Mourners gathered in the memory of the late President of the Church of Jesus Christ of Latter-day Saints, [Russell M. Nelson](#), in Grand Blanc Township, Michigan, according to police. At some point, a man rammed his truck through the front of the church, causing significant damage during a "large service." Some of the injured attendees were children.

Once inside the church, the gunman opened fire on the churchgoers with a machine gun. From there, he intentionally set a large fire that spread quickly. Police have not gone inside yet and believe they will find more victims when they do.

Not many details have been released on the motive. However, police have confirmed they exchanged fire with him at the church and killed him. They have noted the shooter was a "40-year-old man" named Tho... [Click here](#) to read the full story.

RIDDLE ME THIS

Take some time, kick back and mull it over with your favorite drink and a friend. Relax a little. What is the answer to the riddle? Feeling brave? Email it.

The Hint: Heaven.

Last Issue's Answer Reveal: "Seven" is the answer to last week's riddle.



**What goes up but
never comes
down?**

THREE JEWELS



If you change once for a person, there's only a matter of time before they try to force you to change who you are completely.

Be the difference between them and you.

Don't measure your success by what you see on social media because most people are anything they've ever wanted to be but not what they truly are.

HEALTHY REEDER TIPS

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Why Eggs are the Deadliest Thing on Your Breakfast Plate: The Link to Diabetes



Eggs are the deadliest thing on the American breakfast plate, but many might not know it. This is because eggs have been painted as a protein-packed, healthy food. Although this is true to an extent, having too many eggs may cause diabetes, and “too many” is probably fewer than thought.

According to the *British Journal of Nutrition*, “Consuming one or more eggs per day may increase the risk of diabetes by 60%.” The researchers gathered this evidence during a study involving 8,000 participants. Those who ate more eggs increased their risk of diabetes compared to those who consumed fewer.

According to the *Physicians Committee for Responsible Medicine*, participants who ate more eggs were also “less physically active, consumed more fat and animal protein, and had higher serum cholesterol levels.” The question is, why were those who ate a greater amount of eggs more likely to develop diabetes?

Although the link between egg consumption and diabetes is complex, the researchers of the aforementioned study found that “mechanisms for the increased risk include oxidation and inflammation from choline found in egg yolks and hindered carbohydrate absorption from chemicals found in egg whites.” In short, choline and saturated fat cause inflammation and oxidative stress within the body.

Combined with a high-fat diet, eggs can be a deadly addition to the breakfast table. It is not uncommon for a person to have three or four eggs a day every day as a regular part of their life. Eggs might be a part of a healthy diet, but they have to be consumed in moderation. So, how many eggs are too many?

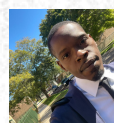
Having one or more eggs a day, or seven a week, can increase a person’s risk of diabetes, as the aforementioned study suggests. Because of that, eggs should not be eaten daily. They shouldn’t be consumed three or four at a time. Enjoying them every so often instead of frequently makes for a healthier body.

Read the full story [here](#).

THE TAKEAWAY

CHECK THEREEDERSBLOCK.COM FOR THE LATEST UPDATES. THIS NEWSLETTER IS 100% HUMAN-WRITTEN. REMEMBER, IF YOU SEE AN ERROR, THAT’S WHAT MAKES US HUMAN. THANKS FOR READING.

THOUGHTS FROM THE EDITOR



I HAVE NOT EVER BEEN A FAN OF EGGS. EATING SOMETHING BEFORE IT EVEN HAD A CHANCE TO BE BORN DOESN’T SIT WELL WITH ME. BUT IF YOU DO EAT EGGS, I WOULD SLOW DOWN. YOU DON’T HAVE TO STOP COMPLETELY. JUST DON’T EAT TOO MANY.