

Cal-Mag_From_Lemon_And_Eggs_2004.txt

I have been studying and practicing Natural Healing for many years now, and one of my favorite pastimes is to collect all the natural recipes and remedies I can find. Recently, I came upon a real gem and thought you'd like to know about it.

About Cal-Mag

For decades, the need for Calcium and Magnesium in the growing and maintaining of a healthy body has been well established, but a major problem has been how to absorb these nutrients, especially from inorganic sources. The wrong kind of Calcium and/or poor assimilation can actually cause arthritis and many other degenerative diseases. There is only one inorganic Cal-Mag formula to date that I know of that works. All the rest are junk and actually injure and overtax the body. Those solid Calcium tablets are absolutely useless.

Until recently, my wife Valorie and I had been content to get our Calcium and Magnesium from the organic foods we eat and then this little bonus dropped in my lap one afternoon while studying for my Naturopathic Doctor degree.

Lemon Egg

The Ultimate Organic Calcium Supplementation

1. Carefully place whole, clean, uncooked, uncracked, organic eggs in a clean wide-mouth jar.
2. Cover the eggs with freshly squeezed organic lemon juice (concentrated lemon juice is pasteurized and should never be used as a substitute).
3. Cover the jar loosely and place it in the refrigerator. A few times during the day, gently - very gently - agitate the liquid in the jar. As the Calcium from the shells is leached by the lemon juice, bubbles

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will appear around the eggs. Approximately 44 to 48 hours later, when the bubbling has stopped, carefully remove the eggs from the jar and be sure not to break the egg membranes. Replace the lid tightly on the jar containing the liquid and shake the mixture. You now have "Lemon Egg". I love to drink it straight or mix 2oz in my Total Nutrition shake. It is the best source of organic Calcium I know of.

Love,

Doc

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