Homemade Calcium and Magnesium

Bonus – How to Eat Raw Eggs Safely

For decades, the need for Calcium and Magnesium for growing and maintaining a healthy body has been well established. Absorbing these nutrients isn't so easy. Most mineral supplements come from inorganic matter that is not bioavailable. In fact, taking a calcium or a calcium magnesium supplement will often do you more harm than good.



The fact is that most supplements on the market are toxic. It doesn't matter how many milligrams of calcium a supplement has if it causes kidney stones. And while supplementing your diet with calcium can rid the body of many common health ailments, taking the wrong kind of calcium overtaxes the body and can actually cause arthritis and many other degenerative diseases. The only inorganic Cal-Mag formula to date that I know of that benefits the human body comes from this lemon-egg recipe. All the rest are junk.

Lemon Egg Recipe – the best organic calcium supplementation

1. Carefully place whole, clean, uncooked, uncracked, organic eggs in a clean wide-mouth jar or glass container. How many eggs is up to you, but the lemon juice needs to cover the eggs.

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 will appear around the eggs.
4. Approximately 44 to 48 hours later, when the bubbling has stopped, carefully remove the eggs from the jar, being 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 smoothies. It can also be used for recipes calling for lemon juice as well. If there is no more than twice as much lemon juice per egg volume I take a tablespoon to two of the lemon mixture and up to six if I don't eat enough vegetables.

One whole medium sized eggshell yields about 750 – 800 mgs of elemental calcium plus other microelements, including but not limited to magnesium, boron, copper, iron, manganese, molybdenum, sulphur, silicon, zinc, (27 elements in total). The composition of an eggshell is very similar to that of our bones and teeth.

Calcium-magnesium is not the only homemade supplement you can make. Check out our *Homemade Vitamin C* article.

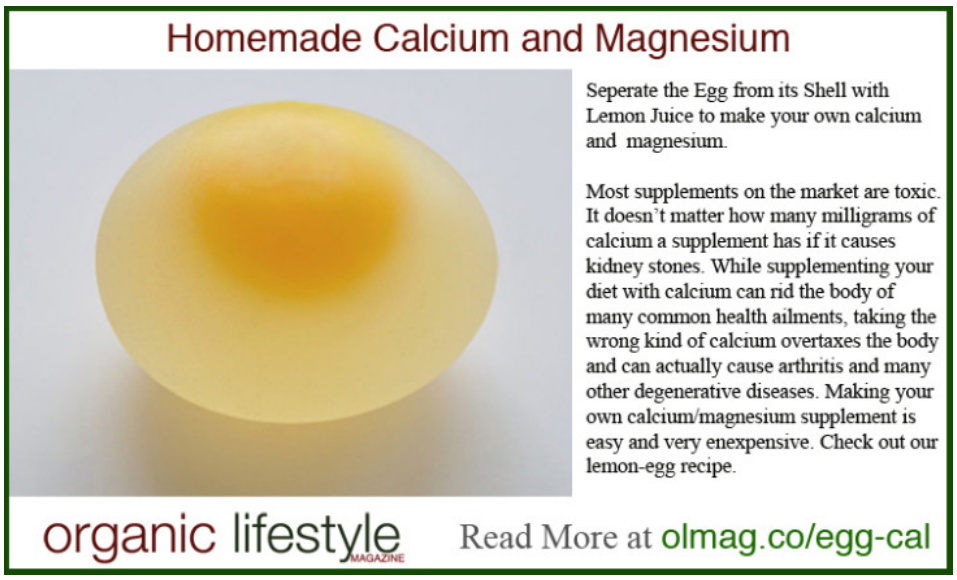
How to Eat Raw Eggs Safely

If you're looking for a way to eat raw eggs safely, without the risk of salmonella, this recipe can double as egg safety protocol! The lemon juice kills the salmonella leaving you with just the egg itself (like in the picture). Great for smoothies and any other recipe that calls for raw eggs.

It should be noted, we do not recommend the consumption of

factory farmed eggs under any circumstances, raw or cooked. Salmonella is not an issue in healthy eggs produced by healthy, trulycage-freee, organic chickens.

Alternatively, instead of discarding shells after cooking eggs, as long as the shells weren't cooked (no boiled egg shells for this), you can put those in lemon juice as well (thank you AeRhee Lee at Healing Foods to Go).



Recommended Supplements:

- Total Nutrition Formula

Further Reading:

- *Bullet Proof Your Immune System*
- *Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula*
- *Homemade Vitamin C*