

## **CALCIUM: A Natural Way to get Soluble Calcium**

This is a great way to get some extra calcium in your diet, naturally. I do not take this all the time as I believe that too much of a good thing can become toxic buildup in the body if the body does not need it.

I believe that many of the calcium products on the market are not soluble and the body is not utilizing those products like we think they should.

### **Ingredients/Tools**

Egg

Lemon

Glass jar with lid

You can use a whole egg but I don't like to waste a good product. So, I take one or 2 egg shells and rinse out well. Place egg shell in a glass jar. Squeeze enough fresh lemon juice over the egg shells (or whole egg) to cover. Place lid on jar and put in refrigerator. Every day, for about 2-4 days, swirl the lemon juice around in the jar. After the shells appear to have all coating removed, remove the shells and discard (strain if needed). Keep refrigerated.

Note: If you used a whole egg, the egg will be soft and without a hard shell. Discard the egg.

Take approximately 1 teaspoon of this fresh lemon juice every day or as needed.

**If you have any questions about this recipe or any others, please feel free to call me: Robin at 408-316-2079**