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RachelGreen.Com

Lemon Egg recipe for calcium deficiency and osteoporosis

I have used this recipe to help me increase my bone density which was lowered as a result of osteopenia. It is not a cure for low bone density but may help as part of a treatment package. The following recipe has been given to me via Jim O'Hearn, a Melbourne based naturopath. It is based on an old Italian recipe used originally for pregnant women, and he has changed it over the years. It makes a version of calcium citrate - which is said to be one of the easiest calciums to absorb. What matters is not only how much calcium you take but how much you absorb and use. Please only use this recipe in consultation with your Doctor or bone specialist and monitor your progress. I only knew how much to take following a series of calcium absorption tests organised through my doctor. Please note that, while I have put this recipe on my website in good faith and with the hope of helping others, I accept no responsibility for the outcomes gained from its use. Do not use it if you have a tendency towards kidney stones or you already have plenty of calcium in your system.

1. Carefully fill a wide mouth jar with clean, whole, uncracked eggs. (Rachel's comments - make sure the egg shells are clean/sterilised first. I use 3 eggs at a time. This makes enough mixture for me for about a week. However people's needs are different.)
2. Cover the eggs with freshly squeezed lemon juice.
3. Close the jar tightly and place in the refrigerator. (Slowly, you should start to see bubbles forming on the egg shells, then the egg shells dissolving and finally the mixture turning white).
4. Gently agitate the jar a few minutes about 3 times a day. (The mixture will slowly turn white with the calcium from the egg shells. As soon as the bubbling has stopped, your lemon egg is ready.)
5. It should take no longer than 36 - 48 hours for the action to be completed. If you leave the mixture for longer, it will tend to get thick and the eggs will begin to absorb more of the lemon juice taste. (Rachel's comments: or the eggs may split and leak into the mixture. Also I have found occasionally it doesn't work and that this is usually

when the lemons are not fresh enough.)

6. Carefully remove the eggs and use them as normal. There should still be a soft membrane around the eggs but no shell as this has dissolved into the lemon juice to make calcium citrate.
7. Place a tight lid on the mixture that remains after the eggs have been removed and shake well.
8. Take no more than one teaspoon per day initially because it can be very powerful. Start slowly. The amount may gradually be increased over time to 1 to 2 tablespoonfuls. (Rachel's comment - I have had my calcium absorption levels tested by my Dr. and I have absorbed high quantities from this mixture. The tests helped me to work out what the best amount was for me - at one stage I was taking too much - so take it easy. I now take 3 - 4 dessertspoons a day. Each individual has different needs.)
9. Take the mixture for two weeks, and then leave off for two weeks. (Rachel's comments: I have corresponded with Jim and he says in my case the break may not be needed, so I only occasionally stop taking it.)
10. Don't heat. If you take this solution to boiling point it would be useless. The bonds have been changed and the body can no longer use the calcium.

Further information

There are other tips, E-magazines, a book, and more that can help you. For example,

Other tips on the website:

[Ten Tips to "Boost your Bones"](#), by Rachel Green, and

[10 tips to Boost Your Calcium Intake](#), by Rachel Green.

Free E-magazines are also available including:

[07-Jul-2004, Number 141: Since when was persistence good for me?](#) by Rachel Green.

If you are over 40 there is an inspiring book [Midlife and Happiness](#), by Rachel Green. The life stories of 14 different people are included.

May your bones be strong,
Best wishes,
Rachel Green

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These tips are only general in nature and may not apply to all people, all cultures or all situations. While every care has been taken to ensure the tips are useful, no responsibility can be taken for the results gained from their implementation. Please seek individual professional and medical guidance for any difficulties you may have with your health. Thank you.

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Updated 11-Dec-2008