

EGGSHELLS FOR DIETARY SUPPLEMENTATION

HOW TO PREPARE EGGSHHELLS FOR CONSUMPTION

Eggshells can be beneficial to us, consisting of calcium carbonate, making them very similar to our own bones and teeth. In addition to calcium, eggshells also contain small amounts of other minerals, including strontium, fluoride, magnesium and selenium. Just like calcium, these minerals may play a role in bone health. Some evidence suggests that the calcium in eggshell powder may be better absorbed than pure calcium carbonate, making it a very effective calcium supplement. Also the eggshell membrane is located between the eggshell and the egg white. It is easily visible when you peel a boiled egg. While technically not part of the eggshell, it is usually attached to it. When making eggshell powder at home, there is no need for you to remove the membrane. Eggshell membrane mainly consists of protein in the form of collagen. It also contains small amounts of chondroitin sulfate, glucosamine and other nutrients that may promote joint health. Finally, the vitamins and minerals in the egg shell also will show the effect of removing skin blemishes and whitening the skin. Thanks to certain skin masks prepared with eggshell, many people renew their skin cells and have a more lively appearance as the egg shell also plays an important role in cell regeneration. Studies have suggested that boiling eggshells for 30 minutes in water will make them safe for human consumption, as the eggshell does pose a risk of salmonella if it is not cooked. So to prevent the risk of injury or infection, eggshells should be boiled and ground into fine powder before you consume them.

DIRECTIONS:

1. Boil egg shells in a pot for 30-minutes.
2. Then take the shells and bake them in an oven set to 200 degrees for 15 minutes to dry them out.
3. Finally, place the egg shells in a food processor and blend until a fine powder is produced or place in a stone bowl and process with a masher.

HOW TO USE EGGSHELL POWDER:

>First, do not attempt to swallow large fragments of eggshell as they will injure your throat and esophagus. Remember all egg shells must be processed to a fine powder before they can be consumed.

>After processing the eggshell powder it can be added to many of your usual foods, such as smoothies, spaghetti, bread dough, creams, soups etc... however you might find a slight change in texture and taste depending on how much is added. Always make sure powder is absorbed fully to what you are mixing it with as inhaling it is dangerous...

DOSAGE:

>Eggshells are roughly 40% calcium, with each gram providing 381-401 mg as half an

eggshell may provide enough calcium to meet the daily requirements for adults, which is of course 1,000 mg per day...

CAUTION:

>If you can smell the odor of the shells then you are inhaling or breathing in the powder which is associated with an increased incidence of eye/eyelid infections, chronic sinusitis, lung problems, repeated, persistent or chronic congestion, coughs, aggravation of asthmatic symptoms or emphysema-like symptoms, etc... So be careful with it! ***KEEP AWAY FROM CHILDREN***