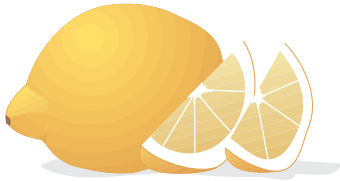
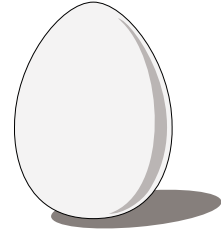


# LEMON EGG



(provides the best calcium available)



1. Carefully fill a wide-mouth fruit jar with clean, whole, uncracked eggs.
2. Cover the eggs with freshly squeezed, strained lemon juice.
3. Cover the jar lightly and place in the refrigerator. Gently agitate the jar a few times during the day.
4. As soon as all the bubbling has stopped, your lemon egg is ready. It should take no longer than 48 hours for all the action to be completed. If you leave the mixture undisturbed for longer than 48 hours, it will tend to thicken and the eggs will begin to absorb more of the lemon juice taste.
5. Carefully remove the eggs and use them as you would any other eggs. The only difference is that they no longer have hard shells. The eggshells have been affected by the chemical action of the citric acid in the lemon juice which allowed the calcium to leave the shell and combine with the lemon juice as calcium citrate.
6. Place a tight lid on the jar. Shake the mixture well.
7. Take a teaspoon of the lemon-egg liquid daily.