

Calcium Times Three

This is all about calcium and how to actually get it inside so your body can use it. So many calcium supplements cannot be utilized, broken-down or put to good use inside you. As an herbalist, I have a couple, three actually, good ways for you to get calcium. Good usable calcium. Calcium that will actually affect your bones by making them stronger and yes, even help to relieve that old-fashioned aching in your bones.

Chances are you have been throwing yours in the trash or grinding it down the garbage disposal, or, if you are really "green", you are tossing your calcium on the compost pile. What the heck am I talking about?

E G G S H E L L S

This first tip is so stinkin' easy your first thought will be that it can't possibly work. Well, it does! When making your next recipe that calls for eggs (please use local farm-pasture-raised eggs!) just follow these simple rules:

- 1) Save your eggshells.**
- 2) Wash your eggshells.**
- 3) Pour boiling water over your eggshells.**
- 4) Let them cool.**
- 5) Add some lemon juice. (1/2 tsp per 6 shells)**
- 6) Strain.**
- 7) Use or freeze. Ice trays work wonderfully. (can be refrigerated up to 5 days)**

How easy was that? A "dose" is about 1/4 cup of eggshell water daily. You can just drink it, add it your favorite juice or fruit smoothie. (Check out my [Smoothie Basics](#)).

Now for the second calcium tip: Instead of water, cover the eggshells with apple cider vinegar DO NOT USE WHITE VINEGAR or I'll have to come out there and getcha! (that's "farm talk" for get you), organic is BEST. Let it sit at least 2 weeks, 6 weeks is better. Crush the egg shells so that they are completely covered by the vinegar. Dose is 1 tsp per day.

Third and last tip: Calcium Tea. If you want to make it yourself the directions are on in the Library section under [Calcium Tea](#) (Also called Calcium Tisane). It has delightful herbs that are chock full of minerals, not just calcium. Delicious hot; refreshing cold. Or, if you don't have the time or the inclination to make it yourself, I've put it all together for you in the Calcium Tea in the web store.