

sstruglia

Homeopathic veterinarian Dr. Pitcairn includes similar instructions for how to prepare powdered egg shell for pets in his book, Dr. Pitcairn's Complete Guide to Natural Health For Dogs and Cats. Rinsing, drying and baking at low heat are included before grinding but not boiling the shells. The book is available at many public libraries. www.amazon.com/Pitcairns-Complete-Guide-Natural-Health/dp/157954973X/r..

Posted On 12/11/2017

Acroyali

I have two copies of this book. It's excellent!!! It's important to note that this is an addition to his home prepared (cooked) diet, and provides forms of calcium not found in other foodstuffs fed. If someone is feeding a raw diet including raw bones, the eggshell calcium is not necessary and should not be fed.

Posted On 12/11/2017

sstruglia

It seems as if Dr. Pitcairn's recommendation of using a high proportion of grains in making pet food is outdated as many holistic vets now suggest dogs and cats shouldn't eat grains so I don't use his recipes often. I still make the healthy powder supplement for a cooked salmon stew recipe I make for my dogs. When I do occasionally use Dr. Pitcarin's recipes, I substitute the grains with low glycemic veggies.

Posted On 12/24/2017

RobertSniadach

I've always been suspicious of these sorts of recommendations. The idea is to take something inherently indigestible, greatly so, and then pulverize it until you can swallow it. Then it will magically give you this and that mineral, vitamin, whatever. Does that really make sense? If we can get calcium by grinding up eggshells, can we then get our silica from ground-up sand? Or better yet, I could get my silica, iron, magnesium, calcium and sulfur by simply eating a few tablespoons of cement civiltoday.com/civil-engineering-materials/cement/10-cement-ingredient... Volcanic ash provides some goodies: en.wikipedia.org/.../Volcanic_ash. Heck, I could just get all my minerals from ground-up rocks and soil! Why bother with eating fruits, veggies and so on, if I can get all I need directly, eh?

Clearly Nature has set things up so that we are to get our nutrients from plants. All mammals get them this way, either directly or secondarily from eating the animals that do get their nutrients from plants. There are amazing elaboration processes that plants carry out on the raw materials that earth provides. These raw materials are coupled with water as a solvent and sunlight as the power source. The products of plant metabolism are far superior and far more useful to the human body than are raw rocks and other such materials. The best thing you can do is grind up rocks, wood, eggshells and whatnot, and add them to your garden soil. Let Nature take them and make them into the superior nutrients that you really need.

Posted On 12/12/2017

aemit

Right. I would not take it normally, but I am considering taking some along with oxalate-high foods like my occasional freshly pressed juice, to counteract the potentially high oxalate content. This post was mentioned in a recent oxalate article, that's how I found it. Dr. M said he takes a half teaspoon every time he has a green smoothie or sweet potato, for the high oxalate content.

Posted On 01/02/2020

melissawl

If you take calcium this way (or the pill way), make sure to take it with Vitamins D3 and K2 so the calcium doesn't deposit in random places. Without the D3 and K2, the calcium can deposit itself in other areas which could become dangerous. Here is one of Dr. Mercola's articles on the topic:

articles.mercola.com/sites/articles/archive/2013/10/19/vitamin-d-vitam..

Posted On 12/11/2017

axkershaw

Using the moist fresh membrane of an eggshell is the best treatment I have experienced for treatment of superficial wounds and cuts. Clean the injury then break the egg and set aside the contents. Carefully remove the membrane from the shell and place it over the injury and smooth it out. The membrane as opposed to the shell is almost sterile naturally. That is what keeps the egg from spoiling rapidly. Bacteria can't get through to the inside. Most wounds heal rapidly without complications and with little or no scarring. I assume that is because of the collagen and amino acids. My Ecuadorian wife has treated me and herself and others that way many times with no problems. Quick and cheap. The membrane will dry and flake off on its own. Do not remove.

Posted On 12/11/2017

hut

Gosh, for almost a decade I've stripped most of the membrane and dropped and any small bits of connected shell into me AM egg. I cook it so the white is almost all white. Just before cooking I rinse my hands in some soapy cold water on account of the possibility of salmonella on the shell; it's pretty hard to touch one and not the other. Although whilst a pre-teen, I cracked thousands of B and C grade eggs into pails for the bakeries, my immune system is now 60 years older than then, and perhaps isn't as good at fighting e.coli. Now the odds are small, but some hens are "typhoid Marys" and will indeed have their ovaries infected with the salmonella and they look just like all the other chicks. E.coli are pretty happy inside a wound.

Posted On 12/11/2017

ezra34

Soaking eggshells in vinegar will also get the calcium in a usable form.....the inside membrane that will be found floating in the vinegar is chondroitin sulfate. Thanx for all ya'll do Dr Z

Posted On 12/11/2017

IamJWIEZ

I was SOOO! thinking this same thing. Had intended to ask whether anyone knew if this would work. I can't get past the gritty texture but, I already do ACV so maybe I'll just start adding a little of the ground shells the night before.

Posted On 12/21/2017

aemit

Regarding the advice to add some to coffee grounds before brewing, won't the tiny eggshell pieces of the powder seep into the actual coffee, like in a French press?

Posted On 01/02/2020

Monique1964

I tried to take eggshells powder in a gelatin capsule once a day for natural calcium but had to stop (I tried it twice) as the corners of my mouth will dry and split open. Had to stop it, no mouth issues since then.

Posted On 08/26/2018

Calcium is needed to keep the blood at the proper pH. This is a very critical life support project. The pH of your blood should be around 7.4. According to the American Association for Clinical Chemistry (AACC), acidosis is characterized by a pH of 7.35 or lower. Alkalosis is characterized by a pH level of 7.45 or higher.

When people talk about cancer and proper body pH balance, they think of salt to be more alkaline to fight off the cancer, since cancer likes a more acid environment.

There is where lies a problem. Since it is Potassium that is needed for the body to maintain the proper pH balance. Many, in fact too many people, eat processed foods loaded with salts, MSG, color food dyes, antibiotics, etc; that can actually lead to cancer.

When excess salt gets into the body, potassium is taken from the cells and ends up in urine waste. Salts then goes into the cells, (where it does not belong), and carries water with it; bursting the cells and creating problems that we can see, such as bloating and water retention. Without the potassium to protect us, things can quickly become much worse than just the water retention and bursting cells.

Many foods contain potassium, but a lot is needed on a daily basis. Potatoes have more potassium than bananas, and potato soup is well known to take heavy metals out of the body. It may be a sort of a starch food to some, and create sugars, but these are complex food sugars that create good glucose that the body can needs. Let us not forget all the great minerals potatoes have.

Most supplements have only 99 mg of potassium, while experts believe that twice that is needed, and others believe around 2 to 5 grams (2000mg to 5000mg), a day is needed. Potassium and calcium are 2 of 5 major minerals for a reason. Calcium produces over 300 functions in the body every second (less actually), all by itself.

This is all an FYI, so if need be, discuss supplements with your Nutritionally Trained health care provider.

badboy2

I eat mostly soft boiled eggs, this way I get more nutrients from the lower cooked egg. I can actually tell the difference, (more energy), in how I feel as compared to when I eat cooked eggs such as fried eggs Soft boil is also a cleaning of the egg shell. This way I am set, (clean wise), to just put the shells into a blender with water and blend. The tiny particles are poured into my compost heap or right into the garden, depending on the time of the year. In this way the small particles break down quicker for use by the plants I grow in my garden.

Remember that plants produce vitamins, enzymes, and amino acids, but cannot produce minerals. The plant has to get its minerals from the soil it is grown in.

Posted On 12/13/2017

lovingMom2013

In Jamaica the whole population suffer from arthritis . Even dogs are limping in Jamaica. It's been found that except calcium deficiency they have boron deficiency. Boron deficiency might result in the abnormal metabolism of calcium and magnesium.

Posted On 12/12/2017

clh4757

What is the source of your meat? Here in the US, most meat found in local groceries come from confinement or feed lot raised meat which is full of antibiotics, pharmaceuticals and insecticides which cause arthritis and deterioration in the joints! Unless you buy Organic dog food, the meat in your dogs food is much worse than human meat! Once you cut this from your diet, your swelling from arthritis will disappear in one week, the pain will subside in a couple of weeks depending how bad you are.

As for the egg shells, the article suggests boiling the shells to remove any bacteria. You will loose out on a lot of benefits by doing this!!! Use only Organic or pastured, free range eggs. Examine them to see if there are any stains and if so, don't use them. I rinse my eggs before use in cold water and use a scratcher to scrub my eggs first, then rinse the inside with cold water immediately after cracking because the whites left behind dry quickly. I leave them on the counter to dry. I have been doing this for about 3 years now and e-coli has never been a issue! The lining in the shell has glucosamine, and chondroitin and hyaluronic acid which is good for your joints. www.drdauidwilliams.com/hyaluronic-acid-and-lubricin

I use the shells from 2-3 eggs and add to my coffee grounds when making coffee. I also put them in water that I boil for making tea. You can use this water for anything in cooking. Put them in a bag when making soups so they're easy to remove. Add them to your bone broth when making it. Very versatile.

Posted On 01/07/2018

lovingMom2013

Very good info. Thanks. I read that calcium has low absorbancy without boron. The title of the article was: Conspiracy about boron acid or something like that. Boron deficiency is huge in all of us unless if you live in Fiji or New Zealand. It would be better to take boron in ionic form (1 tea spoon borax powder in 1L of water) than in tablets.

Posted On 12/12/2017

empiricalOne

Joint pain - 1 envelope of Knox Gelatin in juice once a day/every day. In 30 days you'll be pain free. Original study was done at UCLA by students in the 70's, they used chicken cartilage. My grandmother suffered with arthritis for 30 years so I paid attention. Another study from the same era noted a relationship with pork intake. Most people don't believe me, the ones that do it can't believe the results.

Thank you for the data on egg shells, this is even cheaper than gelatin. You need to eat a couple of eggs every day anyway, might as well use the shells. I think the boiling part is overkill, isn't that what they do to milk (kill all the bacteria) to protect us. I'm going to thoroughly wash them and dehydrate them and then powder them. I of course also try to drink at least 1 glass of fresh whole raw milk every day. I have 0, none, nada prescriptions to the amazement of my peers (over 60) and medical professionals alike and have only been hospitalized (twice in my life) after receiving vaccinations. Go figure!

Dolomite (garden lime) and bone meal are also possible sources of calcium and magnesium. Azomite (a prehistoric clay) typically used as a soil additive has all the minerals we need without the price tag of mineral supplements. Thank You Dr. Mercola, I have been a fan for years. Keep up the great work.

Thank YOu - jw

Posted On 12/11/2017

Dannnn1

If you use a blender with a plastic container, the shells will scuff the plastic til it's cloudy. The blade type grinder I had had a metal pan so that wasn't an issue, but as finely as it chopped them, it still wasn't powder, still a little crunchy. I've heard of people using a flour mill to powder it, but I find it's easier to swallow if it's just in little pieces, a couple mm or so; that way it doesn't clump together or get between your teeth.

Posted On 12/11/2017

Loohan7

"you must count on external sources like foods and supplements because your body can't produce enough on its own." News to me that my body produces this mineral. Like chickens do from silica?

Posted On 12/11/2017

lowans

Would the nutrients of the egg shells be as bioavailable if the shells are added during the cooking of bone broth?

Posted On 12/11/2017

mourningwarbler

The instructions I have for dogfood call for using hard boiled eggs with the shell. I put them in the blender with some water, then mix them in with the DInovite, omega oil stuff, and ground beef. Seems they'd taste kind of gritty if I would include them in egg salad or something.

Posted On 12/11/2017

melissaw1

mourningwarbler ... Just a thought ... maybe peel the hard-boiled egg, prepare the egg shell/s as described in above article, then mix the powdery egg shell into the food.

Posted On 12/11/2017

mourningwarbler

I've put dried baked shells through a coffee grinder making it a powder; seems that would still be gritty. Hard to find beef bone these days, that's not full of glyphosate, etc. Even GMO free chicken is not easy to find. Nor affordable.

Posted On 12/11/2017

Guillermou

30+ THINGS TO DO WITH EGGSHELLS,... "It is very important to only use eggshells from healthy, natural chickens if you or your animals are going to ingest the shells. Eggs from factory farms are not only less nutritious, but can also carry harmful pathogens. I personally have no problem eating raw eggs from my own free-range hens, but I wouldn't do so with eggs from the store."

www.theprairiehomestead.com/2012/08/9-things-to-do-with-eggshells.html

Posted On 04/25/2024

bburns1955

Thank you Gui, I'd thought that too. Am surprised it isn't mentioned in the article, since Dr. M is such an opponent of factory farms. Thanks for the link, it's great info!

Posted On 04/25/2024

ral4943

I have been eating egg shells for over eight years now. It is the only thing, that keeps my finger nails from totally falling apart.

Posted On 04/25/2024

seedsaver37

I save all my egg shells to use in the garden. Rinsed, dried in the sun then ground very fine. One method is to dissolve the shells in vinegar - about 1:1. Leave 24 - 48 hours, strain and add to water. The remaining shell goes in the compost. I never thought of using them myself - I guess I could use the vinegar in salad dressings? Though it may not be acid enough, as the the acid is balanced out by the calcium in the shells.

Posted On 04/25/2024

lottaviano

Any reason why you can't eat the shells from hard boiled eggs? Thanks!

Posted On 04/25/2024

Dr. Mercola

They are fine to eat. Same shell and even cleaner.

Posted On 04/25/2024

wagginwheels

I eat the shells after using the pressure cooker (Instant Pot) to steam cook my eggs in the shell. The high heat and pressure sterilize those shells. I crack them open, remove the egg from the shell, and let the shells dry out on a tea towel. Once dry, some of them go back to feed my hens and the remainder are for me to consume.

Posted On 04/25/2024

GodsWhisper

We have chickens and always feed the eggshells back to them. We take the eggshells and bake them for about ten minutes to kill off any bacteria, grind them and put it in their feed! It's a great way of providing calcium to them. Our girls are very good layers and produce awesome eggs for us and our neighbors! Thank you Ladies!

Posted On 04/25/2024

NaturalGrown

Yes powdered shells eliminated blossom end rot on my tomatoes, fast. Cheap blender, one carton at a time. I would think that the boiling would cook off the collagen membrane, eliminating that as a benefit. Why not sun dry, which happens quick with good uv, and I have to believe would kill bacteria as well... Enjoy

Posted On 04/28/2024

gup5336

Very important to grind them very fine otherwise they can irritate the stomach

Posted On 04/25/2024

jmr93096

I regularly cook bone broth. What will be the effects of adding a couple of fresh organic whole eggs with the bones and the few vegetables, before cooking the all mixture? Should I try?

Posted On 04/25/2024

seedsaver37

I can't see any harm in trying that. Add a little vinegar too, it helps dissolve the calcium in the bones.

Posted On 04/25/2024
