How To Make An Eggshell Calcium Supplement (And Why You Should)

Categories : Health/Fitness, Homesteading

There is more calcium in the body than any other mineral.

It helps us build strong bones and teeth, it helps regulate muscle contractions, including heartbeat and it enables blood to clot normally. Additionally, a lack of calcium can lead to a condition called rickets in children and osteoporosis in later on in life.

If you eat a balanced healthy diet you should get all the calcium you need from your diet. However, if for some reason you want/need to supplement your calcium intake, don't buy expensive calcium supplements! Make it yourself from egg shells... Very easy to do!

Below is the excellent article from Mama Natural on how to make your own calcium supplement from eggs shells, together with advice on dosages (apparently: 1 tsp. contains approximately 800-1,000 mg. of calcium).

How to Make Eggshell Calcium (and Why You’d Want to)