



# Rising Lotus

Acupuncture Clinic

136 S. Wolcott St. ♦ Suite 8  
Casper, WY 82601 ♦ Phone: 307-577-6333

[www.RisingLotusClinic.com](http://www.RisingLotusClinic.com) ♦ [jlaird@RisingLotusClinic.com](mailto:jlaird@RisingLotusClinic.com)



## LEMON EGG

For The Best Calcium You Can Get

### **Ingredients:**

6 Lemons  
Shells of 2 Eggs  
1 large Mouth Jar

### **Process:**

Hardboil 2 Organic Eggs

Put shells ONLY into glass container

Squeeze Lemons over Shells

Close container and shake

Refrigerate for 48 hours

Shake every 2 hours or as often as you remember

### **Dosage:**

Stir liquid and take 1 TBS daily for 30 days

BRUSH TEETH or drink water after each dose to remove lemon juice

Repeat every 6 months

### **Notes:**

If person has severe osteoporosis, repeat for an additional 30 days before waiting 6 months.