

Recipe

Eggshell Insurance!

Today I received a phone call from a telephone insurance saleswoman whose name was Lou. She is 69 years old and we started to talk about insurance and health issues. Lou told me that she was so afraid of breaking her hips and having to go to a nursing home. This had already happened to her sister. She had also had one fall and she remembered the doctors telling her that her “bones were brittle” and she “would probably break a hip.” Now this is an all too familiar story that I have heard in over 25 years in healthcare. These dire predictions are so scary that folks just do not know what to do. So Lou said, “I just have to do something because I can’t let that happen.” I told her that I agreed with her that fear is indeed a call to action!!

The best insurance is action!

There are many enticements in life and perhaps none so much as the idea of “insurance.” There is health insurance, car insurance, home insurance, and life insurance to name just a few. While I do pay for some of these “insurances” I never really feel very good about the whole system or notion of “insurance.” Do these companies really offer “insurance?” Well, rather than get into a highly philosophical discussion about the topic I think that I would rather share a natural remedy instead!

Here is my remedy that I call Eggshell Insurance! This is one remedy for Lou and everyone else who would like to take some action toward wholeness and strength and away from brittleness and brokenness. Making our own remedies can help us tap into our internal healer. There is nothing more powerful in my experience with thousands of patients than the process of accessing the healer within. Making remedies in the kitchen sounds simple but the remedies when infused with the love and healing intention of your own heart are powerful!

This remedy came from Madame Elizabeth Caspari, an amazing educator and mentor. She died at 103 years after a very full life training teachers around the globe in the Montessori childhood

education “message.” Madame Caspari was Swiss and I met her in 1984 through her long-time friend Oma who was my mentor in foot reflexology at the time. I was one of Mdm. Caspari’s nurses in her later years. I loved her and her stories very much. One day she taught me how it was that she had never broken her bones. She said that she had learned a remedy from a Rishi in India...I believe that she said this remedy came from Sri Aurobindo. Here is the remedy...

Don’t throw away your brown egg shells.

Dry a few for about 2 weeks. The thin skin on the inside of the shell will also dry and you can easily pull it away from the shell. Throw it away.

Using a mortar and pestal, crush the dried brown eggshell into a **fine** powder. Put the powder into a glass jar.

Here is how Mdm Caspari taught me to take the eggshell powder...

Take a pointed steak knife and touch it gently to the tongue (to wet it)

Dip the point into the egg shell.

When you pull the knife out there will be a small amount clinging to the knife.

That is how much to take!

As a rule take all supplements such as eggshell powder with a meal.

There are no real insurances in life but once in awhile it feels good to invest in something over which we have some control. We choose to make a remedy. We choose to take a remedy. The power of choice is the power of soulful intention. Another part of the remedy making insurance is the investment in a remedy that offers the potential for success as a healing tradition that has been used for decades or centuries. Weighing the benefits and risks of Mdm Caspari’s and many others’ successful aging with eggshell powder to some of the newer drugs on the market, I would say that I will stay with the eggshell insurance today. I am grateful to have been taught this remedy and I share it with you now in keeping with the tradition of recipe and remedy sharing that has been going on in communities for a long time.