



Why does the Egg White have Healing Properties?

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The eggshells have pores through which the chicks can breathe. Together with the breathing air, germs will enter and kill the chick, if the egg white wouldn't have something that kills germs. This something was insulated and it is called gamma globulin. Gamma globulin is injected during flu seasons as a flu injection. In the US they charge \$20 for such injection and just think how much eggs (with egg white) you can buy for this money, but they will not tell you that the gamma globulin they inject into you was insulated from egg whites. Egg white has been used as a folk remedy since humanity existed on Earth [1].

Egg white has been used as a remedy for soar throat since humanity existed on earth [1]. If a singer is loosing his/her voice, he/she is advised to suck egg white through a small hole in the eggshell, or to gargle with egg white [1]. After tooth extraction, it is highly recommended to suck egg white and hold it on the side where the extracted tooth is when moving the egg white to the front and back of the mouth [1]. Egg white is also the perfect remedy for eye inflammation, but it needs to be heated on low heat as two circles of egg white until it solidify. When cold, put them on the eyes and keep them pressed to the eyes overnight. After 3 nights of treatments, usually the inflammation is gone [1].

When my sister was operated for appendicitis, the cut was infected and it wouldn't heal. The doctors used all kind of ointments. Finally, my mother signed for her release from the hospital, took my sister home and pour some egg white in the open wound. This ended the inflammation and the wound healed. My other sister during work incidentally dropped something heavy on her foot. She just put her foot in cold water to reduce the bruise and make

the pain to subside some. She came home tired and went to bed, but after midnight she awoke with terrible pain – her leg was dark red, swollen, and very painful [1].

My mother got up and prepare the following mixture for my sister's foot: to the egg whites of 2 eggs, my mother shredded dry soap to cover the surface, and added some olive oil on the top the size of the closed thumb and pointing finger. She beated with a fork the mixture until it became foam, then she soaked a piece of cloth in the foam and placed the cloth over the inflamed place. The cloth was steaming because the temperature of the inflamed egg was so high. When the egg white became solid (the high temperature of the leg baked the egg white), my mother put a fresh one. This continued until the leg was not red, swollen, and painful anymore - the battle with the inflammation was over [1].

I was breastfeeding my son, when I developed very high fever. I called a doctor, and in Europe, if you have high fever, the doctor will come to your house after office hours. She came and told me that probably it is breast inflammation. I told her that I don't seem to have any problems with the breast. She said that always the fever comes first. The next day I awoke with dark red breast that was painful and very hard at touch. Without me calling her, the doctor came after office hours to check how I am doing. She said triumphantly that she was right. I asked her what to do now and her answer was that we need to wait until the breast inflammation ripe, then they will cut it and put a drainage, and when it drain out they will close it [1].

I was horrified that this will take forever and I have a baby to feed. After the doctor left, I made the mixture with the egg white that my mother was using on my sister's leg, and it took only a couple of minutes for the egg white to become fried. As soon as the egg white solidified, I put a new egg white mixture. I kept changing and with time I needed to change it more and more rarely. At the morning my breast was normal, but I continued to do it until noon to be sure that deep down nothing would be left because inflammations like this frequently finish with mastitis. I never had any complications afterward - seemingly the egg white dissolved everything [1].

Without me calling, the doctor came after office hours the next day to check how I am doing. When she saw my normal breast, she couldn't believe her eyes. She said: "Tell me immediately what you have done and let me write it down." I dictated to her what I did and she wrote it down. When leaving at the door she said: "Thank you. Now I have a remedy for breast inflammation that works overnight. I felt awful each time I had to offer the terrible ordeal we used to treat cases like this." Always remember that the egg white has powerful anti-inflammatory and germ-killing properties [1].

Bibliography

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