

Borax Cures and Health Benefits

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A naturally-occurring mineral, borax is traditionally used for a variety of cleaning purposes. However, borax also possesses a number of health components. When used appropriately, borax can help treat a range of health conditions and support overall good health.

What Is Borax?

A mineral comprised of sodium, boron, oxygen and water, borax has a history that dates back more than 4000 years. Mined directly from the ground, the prevalence of borax in the diet has waned in recent years as commercial growing of products has increased. An alkaline compound, borax has a pH of 9.3, which is part of what makes it so effective for supporting health.

Additionally, borax contains a high concentration of boron, an essential nutrient in the body. This nutrient supports brain function, boosts the immune system and builds bones.

While important for the health, this compound should be used in moderation. Likewise, it is important to not confuse borax with boric acid.

Health Benefits of Sodium Borate

An effective supplement, borax is gaining popularity in everyday use. The compound is effective for treating a variety of different issues and preventing several other conditions.

Borax is considered an antimicrobial compound, a fungicide, anti-inflammatory, and detoxifying agent. As such, the substance is effective for preventing the accumulation of fluorides and other toxic substances in the body, removing parasites and bacteria, treating molds and other fungi and chelating the system of heavy metals. Borax also stimulates the production of important hormones and stabilizes calcium, copper and magnesium levels in the body to inhibit calcification.

Sodium borate is also effective for treating a variety of specific ailments. As an anti-inflammatory agent, borax effectively treats arthritis, gout, swollen gums and other inflammatory diseases. Additionally, the substance eliminates infection such as bladder infection, urinary tract infection and others. It has also been used to treat cancer, obesity, high blood pressure, arterial disease and osteoporosis.

While research has suggested varying levels of safety regarding borax as a natural remedy, borax is both safe and effective when used in appropriate amounts. Just a small amount of borax helps promote good health and alleviates a variety of conditions.

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Earth Clinic Publications

Borax Background 0 [YEA] 0 [NAY] Ratings

Curious to know why borax is one of the most important remedies to kill fungus and nano-bacteria? Us too! We asked our independent contributor from Bangkok for clarification on why borax is an important home remedy to consider in certain cases like dog mange, lupus and rosacea.

Ted's response: "There are a lot of evidence why borax is effective against nearly all forms of fungus, whether they be mycoplasma found in lupus, rosacea, dog mange, interstitial cystitis plasmodium parasites, Morgellons disease, or even pneumonia. I think borax medicine is one of the medicines most ignored, misinformed or even suppressed in our present society. The authorities have done it so well that very few know that the toxicity of borax is about equal to that of simple table salt.

I have seen almost daily, people dying of pneumonia (James Brown died a couple of days ago), a Thai actor got his brains eaten by a plasmodium, for example. The

possible cure is relatively simple: borax. Every time I see people dying, borax always come to mind, and you probably see why. Even health experts such as Dr. Batmanhelidj (Your Body Cries for Water) got pneumonia, as so did Bob Hope and Buddy Ebsen (Beverly HillBilly). I think pneumonia kills just as many people, it's just that cancer and heart disease take greater billboard area. Because of the way the medical system is structured, heart disease and cancer is more profitable, and a simple magnesium and pH may have helped both problems in prevention and possibly cure (I have seen this on many occasions) for a lot less cost.

Below is one of the many interesting articles concerning borax, which mentions the use of borax against fungus, a well known fact amongst microbiologists but totally unknown to the public.

The second article mentions about the use of borax against the dreaded and incurable plasmodium related organism, a common parasite in human. Never mind about its own effectiveness when combined with hydrogen peroxide in the use of dog mange! Ted"

PIONEER MAGAZINE
Borax Versus Killer Fungus
January 1994

Conifer forests are threatened all over the northern hemisphere by the tiny, ubiquitous spores of a naturally occurring fungus called *Heterobasidion annosum*. This disease, better known as Fomes, has reached epidemic proportions in Scandinavia, and is a growing menace in the managed forests of Canada, United States, Britain, and Russia. Fomes rots the roots and heartwood of growing trees. It could be called the acid rain of the fungus world.

Supporting the UK's Forestry Commission, Borax Group scientists Kieran Quill and Jeff Lloyd are fighting back against Fomes, and discovering how to do so with maximum effectiveness and economy. Their principal weapons are Tim-bor (disodium octaborate tetrahydrate) and the analytical capacity of the Borax Research laboratories.

Fomes cannot live freely in soil nor can it infect live trees except through root contact or wounds. Its spores however can colonize freshly cut stumps - both the "thinnings" which are essential as forests mature and the stumps left when the crop is finally felled.

The spores are produced by hoof-shaped fruiting bodies near ground level at a daily rate of about six million per square centimeter. Because these spores can be dispersed over distances of at least 300 miles, Fomes can be considered ubiquitous in most managed forests. Once established the fungus can remain viable in a stump for decades, posing a continuous threat to any conifer growing or planted near it. Fomes can survive both extreme cold and extreme heat.

But how are healthy trees infected? Fomes spores germinate on the stump surface, whence the fungus gradually colonizes the root system of the felled tree. From there it enters the root systems of living trees that are in contact with the stump's roots, causing both roots and heartwood to decay, eventually killing the tree.

The fungus is almost impossible to eradicate, except by the removal of all stumps soon after felling - an expensive and rarely practicable option. However, germination of spores on the surface of stumps can be stopped by chemical and biological agents. In the past, this has been carried out manually by the tree feller, but now with increasing mechanization, the requirements have changed. Today a material is needed that can be sprayed automatically onto the stump while the harvesting machine is actually severing the tree. The material must give value for

money, be easy to obtain, have low mammalian toxicity, be non-corrosive and environmentally benign.

Among several fungicides tested, borates have consistently given good control. Tim-bor (known as Tim-Bor® in North America) and borax are the only chemicals to have EPA approval for the control of Fomes in the U.S. However materials that are effective over large areas of North America may behave differently in northern Europe where rainfall, climatic conditions and forest management techniques could result in a completely different set of disease and control characteristics. In the light of this, the UK Forestry Commission and the Borax Group have carried out trials in Scotland with the object of determining borate efficacy. What is the threshold at which Tim-bor becomes toxic to the fungus? How little will do the trick?

Undiseased Sitka spruce near Peebles, Scotland were felled and their stumps were treated with Tim-bor at four percent, two percent, one percent, 0.5 percent, or with water. Twenty-four hours later Fomes was applied dropwise by hypodermic syringe.

The stumps were left to mature for a year, during which time samples of wood were regularly extracted with a core borer for borate analysis. At the end of a year, the amount of stump colonized by Fomes was measured on a one inch thick disc cut from a standard depth. Each disc was incubated at 10°C to 15°C for ten days.

During incubation, fruiting structures of the fungus emerge from infected wood. These can be seen quite easily under a dissecting microscope, and allow any diseased zones of the stump to be mapped. A comparison of the measured diseased areas on the sample discs provides a means of judging the success of a particular treatment.

All analytical work for the project was carried out at the Borax Research laboratories in Chessington (UK).

The results from this experiment indicate that at a borate concentration of around four percent, the mean area of infected heartwood was reduced from 22 percent to less than 0.5 percent. This represented less than one square centimeter, an insignificant inoculum. However, at concentrations of two percent and below, no significant control occurred. In an earlier experiment it was found that a concentration of five percent totally prevented infection. So a working concentration of four to five percent of Tim-bor is indicated for full disease control.

As a result of this research, Tim-bor is being assessed for full commercial application by the UK Forestry Commission, and has aroused widespread interest across Europe."

PIONEER MAGAZINE

Of Cabbages And Things
February 1999

Plasmodiophora brassicae are nasty little beasts of uncertain origins. They may relate to the protozoa, single celled organisms which are neither plants nor animals, and are only a few thousandths of a millimeter wide and long. Most of their relatives in this microscopic world are harmless, but some distant cousins are Plasmodium species, which cause malaria in humans and Amoeba species which cause dysentery. Plasmodiophora brassicae's parasitic way of life is to attack vegetables of the brassica family, causing the debilitating clubroot disease. Now, evidence is emerging that boron might play an important part in keeping its effect

s in check.

Crops of the brassica family are of enormous worldwide importance. Arguably they are second only to cereals in their contribution to human diet and welfare. They range from the cabbages, cauliflowers, calabrese and brussels sprouts familiar in the western world, to a wide array of leafy and root vegetables widespread in India, China and Japan. The Chinese cabbage, for example, is one of the most important foodstuffs of the Orient. Much of the world supply of vegetable oil comes from rape and mustard seed, while swedes (rutabagas) and turnips are important animal fodder crops in Europe and North America.

There wouldn't be much of a problem hosting a parasite like *Plasmodiophora* if it didn't have such rampant and dire side effects. In clubroot disease, the plant roots are distorted by massive galls, which inhibit water and nutrient uptake. The grossly deformed roots sap carbohydrates from the leaves and deprive developing flowers. The foliage turns bluish-green, then yellow and then wilts: the plant is past the point of no return and nothing can restore it to health.

Not surprisingly, this is responsible for drastic crop losses and poor quality. It is also virtually impossible, certainly in intensively-farmed regimes, to eradicate the parasite from the soil in which it spends much of its lifecycle.

When *Plasmodiophora* spores germinate in the soil, the tiny organisms swim around and as soon as they meet a root hair they attach and inject their own cell contents into the root. The genetic material multiplies inside the plant, and it is believed that this presence upsets the host hormone metabolism and leads to uncontrolled cell growth - almost a plant cancer. Once established and now mature, the parasites release billions of new spores back into the soil. It is a very robust lifecycle which is almost impossible to break.

There are clues too that *Plasmodiophora* may incorporate DNA from the host - perhaps a reason why biological control methods or genetically-induced protection methods have not yet been found. The traditional ways of controlling *Plasmodiophora*, either heavy liming (that is, adding quantities of calcium), alternative crop rotations or better soil drainage, similarly have only limited effect.

This is where boron comes in. The element is an essential plant nutrient, and it is well known that boron-healthy plants are better able to resist disease-causing organisms. In the case of brassicas, the important thing is to give the plant a head start, and certainly enough boron to begin with can help it resist clubroot.

But this doesn't fully explain why crops which enjoy good boron availability seem to be able to resist clubroot significantly better. Researchers, led by Professor Geoffrey Dixon of the Department of Bioscience and Biotechnology at the University of Strathclyde, Scotland, UK have been looking into this puzzle.

They started out with three possible ideas. Does boron somehow reduce the potency of the clubroot invader directly in the soil? Might it encourage the growth and activity of soil microbes which then prey on the *Plasmodiophora* before they attack? Or does it actually fight the invasion or its effects within the plant itself?

The team now suspects it is actually the latter. For boron, which contributes so much for so little to plant metabolism, seems not to do the same for the parasitic protozoan. Indeed it works in the opposite way and actually slows down the lifecycle.

What boron and, less strongly, calcium (from heavy liming) seem to do is to reduce the rate at which the invaders mature inside the root and turn into secondary

sporangiophores - the ones that cause the damage - whose mission is to release new generations into the outside subterranean world. Boron apparently doesn't stop the initial invasion, but puts the harmful metamorphosis into slow motion.

Whether boron is altering the biochemical environment inside the root to make it Plasmodiophora-unfriendly, or is encouraging the plant to retaliate is not yet clear. But the effect is the same. Brassicas are given more, and often enough time to mature and establish effective roots before clubroot tumors wreak their damage.

A 15-year long series of experiments conducted by the Strathclyde team has convincingly demonstrated that a specific application of boron to the seedlings at transplanting does indeed reduce the onset of clubroot symptoms and hence protects crop yields to a significant degree.

Species by species, brassicas vary in their susceptibility to boron deficiency, but generally they are rated as vulnerable to low boron levels for general growth and health: boron supplementation is, then, important anyway.

But the new message for growers is that, in the right amount and at the right time, it keeps clubroot in check.

Replied by Waynej
Hayden, Idaho, Usa
04/28/2012

This article seems to be recommending 20 Mule Team Borax in the laundry section at the market. I followed this advice and when I opened the box the borax was scented with a typical laundry scent. Most laundry scents are chemical compounds rather than natural scents. These chemical scents are dangerous to ingest even in very small amounts.

There is unscented borax being sold on Ebay but I'm hoping someone knows of a source for USP or food grade borax. Borax is 15% boron which does a great job of neutralizing radiation which we are getting plenty of from Japan.

Replied by Zilverb
Seabrook, Texas, Usa
05/13/2012

I send you my deepest gratitude for Ted's borax remedy for parasites. I also used the baking soda in water to raise my pH and kill microbes. I was doing it for cancer and I did not care about much else. However, I had Werlhof's disease, commonly known as ITP (Idiopathic thrombocytopenic purpura). I had already had a platelet transfusion. My platelet count is now in the middle range and I am thrilled by the surprise cure. This was initially an unexpected cure. I will repeat the borax in water treatment periodically to ensure I do not have a relapse. Thank you, Ted, all the participating people, and bless all that you do.

Replied by Artlover8
Lakewood, Co, Jefferson
08/01/2012

I am a 52-year old caucasian woman living in Colorado. I am 5'2" about 120 lbs. I took a lot of anti-biotics for acne over a long-term period 20 years ago and suspect systemic candida. I have joint pain, esp. in hips, with shoulder and neck injuries that frequently go into painful flairs with repetitive motion. I take magnesium which helps with the pain.

I have tried 1/8 Tea in about a liter of water for general alkalizing. I have

e read to do this in drinking water with 4 days on and then 3 days off. My goal is to raise by body's Ph level and to remove candida. Within a few days, my skin begins to itch here and there and then everywhere and becomes intolerable. My stools also become loose and watery. I discontinued the borax and began 1/4 Tea Baking Soda in water 30 minutes after 2 meals daily. The same thing happens with the itching and loose watery stools. I have also tried Candida Control Program, which is 2 tablespoons before breakfast, starting with their High Potency formula with the plan to do the Phase I and Phase II over a 3-month period. Again I get the itching and loose watery stools. I have tested my Ph urine levels and the readings are coming up in the 6.0 to 6.2 in the morning. I am doing my best to avoid sugar, but not easy.

Does anyone know why this happens and what I can do to correct?

Replied by Linda
Nashville, Tn
08/06/2012

Hello there... It feels to me you are experiencing the cleansing aspect of the parasites dying off. Loose watery stools, flatulence, low energy, flu like symptoms are a symptom of moving the dead toxic parasites through your system. Your body is healing itself... And this is known as a "healing crisis". Do your best to push on through... When I cleared myself of parasites... It took at least 6 weeks of flu-like symptoms. The cure can feel worse than the cause. Consider switching to mainly raw foods and having as much green juices as possible. Power on through... You can do it!

Replied by Aluna
Dracut, Ma
08/14/2012

TO Artlover8 from Lakewood, Co, Jefferson: You are experiencing the die off of candida and it sounds like you have a severe systemic case. Look into adding iodine (I spray it on my skin and wear dark clothing), organic virgin coconut oil (eat it and rub on itchy skin), and molybdenum (I melt it under my tongue) to help ease the side effects. Hard as it is to deal with the die off, it is worth it in the long run to be free of the fungus that causes so many maladies.

Replied by K.g.
Vancouver, Canada
09/10/2012

Borax remedy is old remedy as stated by Rex Newnham PhD DO ND, in his book "Away with Arthritis" (2nd edition printed 1993)

<http://members.upnaway.com/~poliowa/Away with Arthritis.html>

Replied by Ray
Calgary
08/09/2013

To dispel misinformation given by a contributor. There is nothing (no smells, fragrances etc) added to 20 mule team borax. The website of twenty mule team borax <http://www.20muleteamlaundry.com/about/what-is-borax/> tells us:

"Absolutely nothing is added. No phosphates, per-oxide, chlorine, or other additive chemicals."

It also adds

"20 Mule Team? Borax is 100% natural, and 99.5% pure (there is about a half of 1% of naturally occurring trace minerals). " So any impurities are just other "minerals" and not added "scents" or chemicals etc.

Just stay away from big industry "Borax Alternatives" which are NOT borax. Also stay away from items "containing borax" you want the real borax not some big soap companies "alternatives or concoctions contains it. you want Pure" borax, like 20 mule team or other "pure" ones.

Replied by Timh
Louisville
08/10/2013

I have made a previous post regarding this situation, and will repeat since it seems to deserve the attention.

First, it is not likely that the people reporting a "fragrance smell" are actually having olfactory hallucinations, and the manufacturers are not lying. So, the only realistic explanation is the shipping and storage of the 20 mule team. Guess what other items are housed along side the borax, heavily chemically scented laundry products. The scent is so strong the containers need not be opened. You can go blindfolded and stumbling about the market and easily find the laundry detergent aisle by the strong scent.

20 Mule Team would need to first "bag" the contents, in addition to "boxing" so as to keep the foreign scent from entering.

Replied by Helen In Houston
Houston, Texas Usa
02/09/2014

When I bought Borax there was another product that was similar but scented. I remembered being puzzled at first which box to buy. Be sure to buy the real borax, not a different company's product that has boron or borax in big letters but it is a mixture.

Replied by Man
Sojourning America
03/17/2014

I just went to the cheap store and bought a four pound and twelve ounce box of 20 Mule team Borax. I am a little apprehensive but I try other off the wall natural, God made remedies so I am going to try this one too. If the body needs Boron then the body needs Boron. I've done a bit of reading here on the issue so I am going to try this. After all, I already drink a solvent that says on the container Do not drink (DMSO). LOL

Replied by Cody
Ogden, Utah
03/18/2014

I am using Borax to detox my body of heavy metals. So simply putting a little bit in water will work fine? No boiling necessary?

Replied by Man
Sojourning America
03/18/2014

A reply to: Cody from Ogden, Utah. I noticed today that warming water a bit to below boiling makes the Borax dissolve much faster.

Replied by Sharon
Tampa
05/12/2014

This is for Ted, if the editors can forward it. Recently I stumbled across Australian poultry houses using an effective preventative for the red mite used in their chicken's water dish. It's called Red Stop Solution, and contains, tansy, thyme and burdock. Now Tansy can kill you, so sparing daily use can only be done using the extract, not the oil. This combination makes the chickens blood taste bad to the mites and is curing the problem, since the mites can't feed and starve to death. I know you were working with some nuns on ingestion of something to make yourself taste bad to the mites, so maybe this is it. Tansy has historically been used to kill parasites, treat hearts, skin problems and several other uses.

Replied by Astrid
Nederland
05/20/2014

I'm ready to try the borax but it is difficult to buy in the Netherlands. I can find one borax that seems alright, but I'm not sure.

Ingredienten (INCI) : Borax tendo ($\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$) no labelling

can anybody confirm that this is safe to use.

Astrid

Replied by Dave
Fountain Inn, SC
05/20/2014

Hello Astrid from "the Netherlands"

About Borax:

The formula you list is one of the listings for Borax on Wikipedia (Borax).

You have Borax.

Replied by Astrid
Nederland
05/21/2014

Tanx Dave so I can start drinking it for my anti-candida approach. I couldn't find the 20muleteam in the Netherlands, which I rather have because it would be sure that it is natural. I have to do it with this tendo brand and give it a shot.

Replied by Dave
Fountain Inn, SC
05/21/2014

To Astrid from the "Netherlands"

I hope the Borax works. If you are after killing candida which you reference (sorry I missed that in your first post)...also consider using Colloidal Silver. I've made my own for twenty years...just three 9 volt batteries attached to silver strands. Can get on line "colloidal silver generator inexpensive" and can f

ind sources all over. Got my last one for 70 bucks or so.

Interesting story for you; I just had my blood analyzed (see on line sites "live cell microscopy") and I was not too surprised to find more than normal fungal activity in my blood (hence body) and the microscopy analyst put me on extra doses of my OWN colloidal silver which he assured me would kill fungal infections. So I'm on it three times a day on empty stomach. Much more than my norm of four or five tablespoons weekly, just to clear the system. That was good but not enough to kill fungus. After a month I was just re tested and the amount of fungus was down and the evidence of dying fungal cells was apparent. So in one month the treatment is working...or so it seems for now. I'll report back as time goes on. And more bad news from the analyst who studies my tolerance to various foods....I'll got a carb metabolism problem so I'm now on a carb restricted diet...problem with beans, grains and of course sugar is in that list. So depressing. But I can eat lots of things that I thought were not good for me...which was a surprise.

I've mentioned the food groups, because apparently the carb issue was feeding the fungal infestation. The carbs did not cause the fungal but aided its spread. The CS is killing the infection but my new diet will help the CS do its job.

Replied by Astrid
Netherlands
05/22/2014

I will try the anti candida cure from Bill.

Replied by Ted
Bangkok, Thailand
05/22/2014

388 Posts

Tansy was once used to prevent corpse and meat from spoiling. Yes highly toxic to insects it contains thujone as active component and once used to treat arthritis. Thanks for information. Will test these on skin disorders of unknown origin would be more ideal as topical. The best non toxic to kill parasites would be diatomaceous earth taken internally would cause parasites to kill by dehydration without affecting the host. Ted

Replied by Mary
Saskatchewan
06/17/2014

Ted are you talking about Tansy for all these awful mite problems?? I would sure like to hear what you think on that!!!

appreciate all you do, Mary

Replied by Terra Vita
Us Of A
10/25/2014

To Artlover8

You are experiencing a detoxification reaction usually called Herxheimer reaction. You can web search it. It is your body expelling toxins and quite common during cleansings. You may want to decrease the concentration you are using until your body accustoms itself to the cleansing.

Replied by Joan

Tucson, Az, Usa
01/14/2015

Hi, Very informative discussion! Can someone please give me the "recipe" for the 20 Mule Team Borax dissolved in water? How much borax in how much water? How often? On empty stomach? Thanks!

EC: Please click on "Borax Dosage" in the table of contents.

Replied by Joan
Tucson, Az, Usa
01/15/2015

Thank you! I'm new to this site so am still learning my way around.

OK, follow-up question: I have psoriatic arthritis and am experiencing gout. Nightly I take a calcium supplement that contains 200 mcg of boron. Is this enough? Or should I be getting additional boron? (I read that too much boron may exacerbate ADHD and allergies, which I also have.) I would appreciate definitive info on this.

Replied by Phyllis
Tuscumbia, Alabama
01/15/2015

There's something very simple to do for gout, get some black cherry juice concentrate 2 Tbs once or twice daily. You can drink it straight (as I do) mix with a little water or cranberry juice. It usually works pretty quickly. Some people sometimes have to add safflower or hydrangea or celery seed. I've got one customer who often has to add all three because when his uric acid spikes it's through the roof.

Replied by Joan
Tucson, Az, Usa
01/16/2015

Hi Phyllis,

Thanks for your input. I have tried black cherry juice, which unfortunately has the unpleasant side effect of staining the teeth. It helped some, but it did not completely eradicate my symptoms. That said, it was juice instead of concentrate (which shouldn't matter if you're diluting the concentrate anyway) and did not contain hydrangea, safflower, or celery seed. That raises more questions: Are you talking about hydrangea flower, root, seeds, or extract? Safflower oil, extract, or seeds? Also, in what quantities should these items be added to the black cherry concentrate?

Straight celery seed from my spice cabinet has been tried too, but the taste is incredibly nasty and to be honest I didn't see much improvement.

Since I am desperate to get a handle on this, I will give the black cherry concentrate a shot. However, I will also pursue the boron in water as soon as I find out HOW MUCH BORON my body needs. (I weigh 165 lb., if that info helps anyone reading this who has the info.)

Thanks again to everyone here for your informative posts.

Replied by Phyllis
Tuscumbia, Alabama
01/16/2015

Hi Joan,

For the safflower it's the flower, hydrangea the root. You can pick all this up in supplement form at a health food store. The Safflower we have here calls for 1 capsule 3 times daily with meals, the hydrangea is two capsules 3 times daily also with meals and we're out of the celery seed right now but I think it's 1 cap 3x daily. You have to be having a full meal a snack will do because that's when your digestion is working, and 3 times daily is because herbs are food and your body uses them like any other food. If you don't want to take a lot of pills you may be able to find extended release tabs for many herbs.

Replied by Joan
Tucson, Az, Usa
01/18/2015

Good info there. Thanks, again, Phyllis! :) I have ordered 2 bottles of black cherry concentrate and am eager to give it a try.

OK, now back to boron: This chiropractor says that adults need 1 to 3 mg of boron daily:

<http://www.dcnutrition.com/minerals/detail.cfm?RecordNumber=47>

Currently I am taking a multimineral supplement that contains 2 mg of boron. Which begs the question, how many mg of boron does the borax solution recommended here contain? I don't want to get too much of it. Thanks.

Replied by Mama To Many
Tennessee
03/03/2015

Dear Nola,

Is "Alpha" perhaps the name of the product?

Is there an ingredient list? Borax would be called one of the following:

sodium tetraborate decahydrate

or

sodium borate

or

sodium tetraborate

or

disodium tetraborate.

So, if one of those things is the only ingredient listed, it should be just borax, the same thing I buy in the US. I get "Mule Team Borax" but it is just borax.

~Mama to Many~

REPLY

Abdominal Pain, Bloating 1 [YEA] 0 [NAY] Ratings
Posted by Veesue (Sheridan, Wy, Usa) on 03/10/2014

[YEA] Prioris, Bill, Ted, and TimH..etc: Thank you all so much for your informative posts on borax. They have explained my mild die-off reaction (herxheimer effect) from using it. I shall cut back a bit on the intake and continue on.

For the record, my apparent die-off reaction consists only of morning diarrhea.

The apparent positive effects that I have noticed recently have been that my chronic abdominal bloating has all but completely disappeared (I've literally had that for decades). Along with the bloating, general abdominal pain and discomfort have also all but disappeared, which included daily, middle-of-the-night deep burning pain in my gut.

Please note, that along with starting the borax regime, I have also started the "water cure" (Google it), which involves properly hydrating your body. These two remedies have removed a dark cloud of dismal depression that many digestive-related issues have caused me for many years. It feels like I have a new life. Cheers and blessing to all!!

REPLY

Allergies 1 [YEA] 0 [NAY] Ratings
Posted by Lin (Tujunga, CA) on 07/23/2009

[YEA] This isn't exactly a cure, but might help anyone with allergies and sensitivities to chemical laundry detergents.

I bought a box of Borax for the first time and have started making 100% natural laundry detergent, along with a natural soap (Castille is what I used) and Soda Ash (or 'Washing Soda' - which is a more concentrated form of Sodium Bicarbonate/Baking Soda. I bought mine from an Art Supply which was sold as '97% Soda Ash' (people use it to set tie-dye and natural dyes. I read that Arm and Hammer Washing Soda is only about 23 or 30% Soda Ash and has bleach and chemicals added).

There are other ways of washing laundry naturally like soap nuts, etc... I haven't gotten to trying those yet, but just wanted to say how easy and rewarding this was. It's not as laborious as you think! You can find recipes online. It is just a matter of hand grating the soap (which is kind of fun, let the kids do it!), then dissolving the soap in a pan of hot water on the stove, + adding borax and soda ash. White Vinegar can be added to the wash as a natural fabric softener. And for good measure, why not dry some clothes out in the sun! My laundry is coming out beautifully (especially the cottons).

What was once a boring chore is turning into a labor of love. Ok, maybe not EVERY day! But it's inspired me to make many similar changes and get back to the old fashioned ways of life. Afterall, don't they always portray women singing at the clothesline? But we don't do that at the washing machine, do we? Makes me feel like we've lost something there.

Replied by Adriana
Sofia, Bulgaria
03/11/2010

I go further and make my own soap bars with natural fats and lye. I use it to make my own liquid laundry detergent. The soap making process is explained online. There are also soap calculators online for proportions of fat, lye and water. Instead of grating my soap, I cut it into smaller pieces and put them in a 10 liter water bottle, add baking soda (about 200 g) and about 100g borax. Fill

with water and leave it to melt on its own. Shake it well before each use. I clean at home with baking soda, vinegar, steam-cleaner. I use my own soap as a shampoo and tooth-soap as well. I do not use any chemicals in the house. To remove stains from clothes I use dry clay powder.

Replied by Song Lee
Chicago, IL
03/02/2015

Hi, I have a question about sodium bicarbonate use for candida. It's well known that sodium bicarbonate is very alkaline and helps to balance PH balance for acidic person, however, when you ingest it, it turns your digestive system alkaline, which will make favorable environment for the candida.(It's different from making your system alkaline.)

I'll appreciate your explanation on this. Thank you.

Replied by Bill
San Fernando
03/03/2015

1155 Posts

Hi Song Lee...I'm not sure why you think sodium bicarbonate and water is dangerous for your stomach or intestines but I will explain it and try to convince you otherwise.

Please bear in mind the following facts about the intestines:

1. The intestines is about 30 feet long in an adult.
2. The intestinal inner surface is a very convoluted and a highly efficient absorptive pathway into the blood for nutrients.
3. It has also been proven through research that the whole nutrient absorption area of an adult's intestines is about the same size as a tennis court. It's huge!!
4. The duodenum or upper intestines area must be alkaline. I have read research which found that the pH of the upper intestines mucosa(duodenum area) must be maintained at a high alkaline pH of 8.5 for good intestinal health.
5. The lower part of the intestines(the last 10 feet or so), where our friendly lacto bacteria reside, should be acidic(the acidic pH varies).
6. Main stage digestion in the duodenum must take place in an alkaline to neutral medium, otherwise all the pancreatic enzymes(including lipase, amylase, trypsin, chemotrypsin, lactase etc) used in main stage digestion will not be able to act on and digest food. These enzymes cannot work and do their job in an acid medium.
7. Surprisingly, after the stomach has finished its digestion process, it secretes bicarbonates which helps to neutralize any residual hydrochloric acid. The stomach parietal cells then re-absorb these as chloride salts later to be converted into HCL the next time you have a meal. So even the stomach needs bicarbonates.

* The pancreatic juices carry all the enzymes from the pancreas into the duodenum for main stage digestion. These alkaline juices contain significant amounts of bicarbonates. If the pancreas had no bicarbonates to secrete then the acid stomach chyme(food+stomach acid) would not be neutralized and digestion would not

t occur. The food would then sit there and stagnate or rot, causing further serious disease in the intestines.

* Both liver bile(alkaline) and bicarbonates from the pancreas act on food fats to create a form of soap. This allows for easy travel of the feces down the intestines. If you didn't have enough bile or bicarbonates then this would cause severe constipation (as sometimes occurs in people who have had their gall bladder removed).

Now think of taking 1/2 tspn of sodium bicarbonate with water. How long would it take, travelling down the intestines, before the sodium bicarbonate in water was either neutralized by acids or was absorbed directly and rapidly into the blood by the intestines? I've worked out that it would probably take about 10 feet of travel before all the sodium bicarb was gone or absorbed into the blood. So the sodium bicarb would only ever tend to act to alkalize the upper intestinal region(which needs to be alkaline). What's more, the sodium bicarb would not be able to travel down or reach the last 20 feet of the intestines because it would be gone -- all absorbed into the blood or neutralized by acids in the upper intestines.

I would certainly agree with you that taking sodium bicarbonate and water at the same time as your meal would not be beneficial because it would neutralize the stomach acid and cause all sorts of serious problems. But I have never recommended taking sodium bicarbonate that way.

You should only ever alkalize with sodium bicarb one hour after you have stopped eating. This will not harm your stomach because the stomach stops working about 30 minutes after you finish eating your food so that all or most of the acid food or chyme has already moved into the duodenum for main stage digestion, which also needs to be alkaline to neutral to be able to digest the food. So if you supplement sodium bicarb with water one hour after you have finished eating then this will also help main stage digestion by neutralizing the HCL in the duodenum where this acid is not wanted.

REPLY

Aluminum 0 [YEA] 0 [NAY] Ratings
Posted by Val (United Kingdom) on 08/14/2014

Dear Ted

I would like to know does all Borax contain ALUMINUM as I have found one supplier state that their 99.9% Pure Technical Grade does

Specification:

ASSAY (AS DECAHYDRATE): 99.0 % minimum. ASSAY AS DECAHYDRATE: 99.5% BORON TRIOXIDE: 37.0% SODIUM MONOXIDE: 16.7% ALUMINIUM: 5 ppm. CALCIUM: 0 ppm. IRON: 20 ppm. MAGNESIUM: 10 ppm. SILICON: 400 ppm. CHLORIDE: 700 ppm. SULPHATE: 600 ppm. INSOLUBLE IN WATER: 0.02 %

Do I need Borax Pentahydrate instead?

Please get back to me

Regards Val

REPLY

Ants 3 [YEA] 0 [NAY] Ratings

Posted by Dyna (Portland, Oregon, USA) on 08/04/2008

[YEA] We put Borax in the cracks about the kitchen to feed the ants. They carry it back to their nests, they cannot digest it and they die. We seem to go for 1 to 1 1/2 years without being bothered by them now.

Replied by Dave
Battle Ground, Washington State, Usa
08/30/2010

[YEA] I went out one morning to see thousands of small black ants outside our garage door, where the car drives in, all along the edge of the door. My first thought was to get some insecticide and spray but I don't like killing living things no matter what they are. I read a post somewhere saying 20 Mule Team Borax makes insects go away. So I sprinkled some across their path and went to the grocery store to shop. When I came back every single one of them had left, none were killed, and they went elsewhere.

Replied by Westsound
Vancouver, Vancouver Canada
08/16/2011

[YEA] Borax works for killing ants. I found ants in the kitchen, didn't know where they were from. Read online and tried putting borax along the kitchen counter, the edge of the sink etc. Then I went to Seattle with my doggy. Couple days later we got home, cleaned up the borax with a vacuum cleaner. I haven't seen any ants since. It works wonder :)

Replied by Patricia
Gulf, North Carolina
08/28/2011

Do you think the borax would work on getting rid of Fire Ants as well?

Replied by Sheila
Cork, Ireland
09/22/2011

Peppermint essential oil is a good way to deter ants; they just turn right around and head away when they're near it. I prefer it, then I don't have to worry about having harmed them.

Replied by Elizabeth
Oceanside, Ca
10/22/2011

You might want to determine why the ants are there in the first place. We discovered that the place we were renting had termites and the ants were eating them.

Replied by Teresa
Auckland, New Zealand
12/08/2012

Before resorting to killing ants why not ask them to move? Tell them that they have so many mins. to go outside or you will kill them. And if they are outside why kill them? They have a purpose. It works, try it.

Replied by Mia
Ukiah, California

02/19/2013

I had such fun reading the progression of the posts. It was delightful. I love how we the people are taking back our rights & being good hearted & sensible.

Replied by John
Rumson, Nj Usa
04/11/2013

I thought I was the only one in the world that knew "tell the Ants to leave" actually works. It really does work. And it makes you laugh because it's so simple.

Replied by Sarah
Lehi, Ut
04/14/2013

I'm going to try asking them to leave. I like that idea, it certainly makes me smile. Wonder if it works on spiders too. :) I don't like killing anything, I figure they have a right to be here as much as we do and obviously there's a natural purpose for them.

Replied by Polly
London, England
04/15/2013

I'm going to try this when the first little critturs come marching in when the weather warms up! At the moment I don't kill, them I use rotten lemon peels put down where they come in and it takes a little while but they certainly don't like the smell or taste of rotting lemon peels. I don't eat oranges so I haven't tried them maybe someone else could try that?

Replied by Deanna
Ewa Beach, Hawaii, Usa
05/21/2013

There was an ant running down the side of my bathtub yesterday. After reading here I sternly said to him "get out of here or I'm going to kill you! " He screeched to a halt and ran out of my house. I am truly stunned at his reaction.

Replied by Kt
The Usa
05/21/2013

I remember reading to put lemon juice in the corner of windowsills to keep ants out of the house.

Replied by Duh-oh
Virginia
08/23/2014

[BETTER BUT NOT CURED] I decided to try the "tell the ants to leave" tactic because I found it interesting. So when I saw the ants and approached, I was surprised when said ant instead turned and asked ME to leave! I now have 30 days or I will get evicted. Thanks alot guys...

Replied by Kt
US
08/23/2014

Placing whole cloves on your kitchen counter in the corners, behind cookie jars, coffee makers, canisters, etc. DOES, in fact keep ants away. I started to see them this year on my kitchen counter. I remember reading about the whole cloves and tried it and they left! I was amazed. KT

Replied by Om
Hope, Bc, Canada
08/24/2014

Hi Du-oh, thanks for your post; it made me crack up and chuckle that day. Namaste, Om

Replied by Yvette
Germany
05/18/2015

Killing ants is bad stuff, since its one of the two, insects natural enemies that kill/destroy TICKS, if u want to have a garden free of Ticks, "plant" ants or pray to God to "send" some. Ants eat the eggs and the larvae. In my garden I had lot of ants and no ticks, all the other neighbours had ticks because they killed the ants. So think twice before u kill the ants around you. Then getting Lyme is worse then having some ants on your property.

Replied by Trudy
Al
05/18/2015

We have fire ants. Have you ever been bitten by one? They call them FIRE ants for a reason. Can you imagine your little child falling into a pile of them? One bite can kill you, and they burn for days and cause blisters. I'll chance it with the ticks.

Replied by Kt
Usa
05/19/2015

The lemon juice in windowsills and cloves on the counter work great but I do use "Terro" in our downstairs bathroom (that area is on a concrete slab). There are plenty of ants "out there" to take care of any ticks.

Terro works great but when you first use it, ants will appear to come by the hundreds and you think you're feeding them...well, you are, but after about three days they are all gone.

REPLY

Arthritis 4 [YEA] 0 [NAY] Ratings
Posted by Starswalker (Los Angeles) on 08/16/2013

[SIDE EFFECTS] I wonder if Ted would be able to jump into this conversation, and give us (even) a little bit more on Borax. I confess I am feeling a tiny scared today about using it, but I believe it must be good, and I want to continue. Let me tell the story: I found Earth Clinic a while back, and got addicted to it.

I started using some of the treatments and protocols prescribed here, and I am happy, even though I don't have any reason for fireworks. ACV+baking soda and molasses became integral part of my life. For me it is the general sense of wellbeing that counts, and I am feeling good. About a month ago I started feeling an increasing pain in my left arm, which came from nowhere. I went to the doctor, and an xray was taken, and the doctor said I have a mild arthritis in my shoulder joint (it hurts a lot, and I don't take medications). Instead of going to another

her doctor, I came straight to EC, where I spend a couple of days reading everything possible about the use of Borax, and finally yesterday I started. I put 1/8 of 20 Mule Team borax in one liter of water, and sipped it throughout the day, without any complication. Today on the other hand, things changed: I went to the bathroom again and again, until I felt empty. I felt a general weakness in my body and my heart seems to be working harder, there is a heavy sensation on my left side (heart?) and in my chest. As I said, I want to continue taking it, and resolve this pain the way God and nature intended me to, but this sensation in my heart and the weakness is making me a little bit weary. Please, give what you have, as much as it is possible. I will stop it until I get an answer. Thank you so much, this is a great place to be, and I appreciate all the people hanging around and exchanging information and support. You find love in the most unexpected places!!!!

Replied by Prioris
Fl, Usa
08/17/2013

Nobody has done a post in removing the FEAR out of taking borax. This is what is creating so many questions on borax. This also needs to be put in the Question and Answer posts on borax.

Fear is created by the "Not for internal use" warning on the box and from some of the posters who haven't looked into it enough.

It took me a while to understand borax more clearly. Many posts gave impression it is dangerous to use. This is not true.

First, salt is as toxic or more toxic than borax. How many people go into mortal fear for their life when they sprinkle salt on their food. Not many. (as an aside, salt has no connection to heart disease).

Ted has the 5 days on and 2 days off protocol but the 2 days off is really OPTIONAL. You make the decision. Since no medical tests are being done to determine your levels of boron etc, this is just Ted being cautious. I can perfectly understand this when giving advice to other people. This is why you want to be familiar with boron overdose just to be aware of the warning signs.

Some people do experience herxheimer or other reactions. This is the reason for going slow. It isn't because you're going to die from it. This going slow approach is OPTIONAL. If you do have reactions, just use common sense and pull back.

Some people take medications and other things. That could be a factor on how much you take.

Females dose is 1/8 tsp. Male dose is 1/4. I think it really comes down to your body weight. Heavier and larger people should probably take higher amount.

It is not some deadly substance unless consumed in some very extraordinary high amounts. You have to eyeball your own particular health situation.

I am 6'2" and 255 lbs (btw, I am slim). When I started taking it, I took 3/8 tsp divided up in 3 doses. I took this amount because my body weight is higher and I wanted an initial load period. I am not having herxheimer reactions etc. I will bring the amount down the longer I take it. I will eventually add days off. Down the road as the boron builds up, I will keep decreasing it. I don't have any objective measurement that tells me when enough is enough. I will keep on guard for overdose symptoms. We have to use common sense when taking anything. Ted's philosophy is taking as little as possible. I generally do that with any supplement over the long run.

I also don't use the liter of water. Nobody has explained the rationale for that. Experience tells me it is to mask the soapy taste. The soapy taste is no big deal for me. I use anywhere from 1/2 to 1 cup of water. No need for that liter of crap. The only other reason for that amount of water is it could help wash a little more toxin out of one's system but if you're getting enough water (the color of your urine will tell you if you're getting enough water), why bother.

I also don't drink the water throughout the day. That is a terrible inconvenience for me. I just spread the dose. At some point I will adjust that. If one is having herxheimer or other reactions then maybe that has some validity but it is not necessary to do it that way unless you're having problems with it.

Do not be in mortal fear or terrified state of using borax. One poster took 1 tsp a day for 10 days and had no problems. You need to overcome the psychological mortal fear of taking borax.

Bottomline: The general protocol gives you a framework for how to take borax. Just understand the rationale behind it. You need to adapt that protocol for your own situation. Don't be afraid to do things differently.

Replied by Timh
Ky, Usa
08/21/2013

I second Prioris but also recommend caution as some people experience side effects most likely from detox and herx reaction in which case "start low and go slow".

Personally I have been using Borax recently in a hot bath for the treatment of fungal infection with modest results. I also add a generous amount of other major and trace minerals to the bath for general health reasons. 1/4 - 1/2 cup Borax and no bad side effects to report.

Replied by Timh
Ky, Usa
08/21/2013

@Starswalker: The symptoms you report are classic detox and die-off reactions. The Borax is removing the Fluorides and other heavy metals as well as killing pathogens. All this stuff courses through the circulatory system (which puts stress on the heart). To support the heart supplement Magnesium, CoQ10, and Carnitine. To help the liver detox the bad stuff being mobilized by the Borax, supplement 1g NAC before a meal and take 3mg Melatonin before retiring. These two nutrients will dramatically increase your antioxidant levels which should reduce the shock your body is experiencing.

Replied by Helen In Houston
Houston, Texas Usa
02/08/2014

[SIDE EFFECTS] I tried boron for a minor arthritis in some fingers. The first evening there was a tiny bit of stinging at the tip of one finger. The next evening the tips of several fingers on one hand stung. The third evening the tips of all fingers on one hand were stinging enough to keep me awake. It's a couple months ago I don't remember if the tips of the other hand were starting to sting or not, I think so but am not sure.

Nowhere near a joint of fingernail - the fleshy fingertips were stinging badly. I was really scared. Stopped the boron, then the stinging died away over about

ut 4 days.

20 Mule team Borax, ingredients sodium tetraborate, 1/8t tsp (or somewhat less) in a quart of water over the day.

I searched for what stinging fingertips could be a symptom of but found nothing, no web site suggesting boron for arthritis suggests any such side effect, so I'm curious if anyone has any idea what might have been going on. I was using 2 tsp ACV + baking soda in a liter of water over the course of the day at the same time. ACV has never caused side effects for me.

The boron had no effect on the arthritis as far as I can tell but I used it only those few days.

Replied by Timh
Ky, Usa
02/09/2014

Helen: It would be nearly impossible to determine specifically what is causing the stinging, but generally it is surely a "detox reaction". We know that Borax has a neutralizing effect on several heavy metals and chemicals like fluoride. I would suggest backing up and doing any number of detox remedies found here on E.C, while continuing a small dose of Borax. A very good multivitamin/mineral supplement which contains whole foods, enzymes etc (the longer the profile the better) is the first step in detox. Cruciferous vegetable and their extracts like I3C, DIM, will greatly enhance your defenses while helping detox the body.

Replied by Prioris
Fl
02/09/2014

Boron itself generally will not kill the arthritis infection. It needs borax to kill the infection. Data seems to indicate that boron can be preventative once the infection is gone.

You didn't specify how long you took the borax for. Your post seems to indicate only 3 days or maybe 3 months. At proper dose, the cure usually takes 3 weeks. Around what age are you and what other things are you taking.

This kind of gets neglected in borax posts but without enough magnesium in the body, it may cause the borax protocol to not work. Ted has even said that. Also borax does chelate some minerals out of the body also. So take some magnesium (magnesium glycinate is good choice) with it if you aren't taking any.

Given RA effects fingers, that would be a preferable place to have side effect because it would indicate to me that some type of herxheimer reaction is occurring and borax is attempting to fight infection. Maybe your lacking another nutrient or maybe some toxin is blocking it. It takes self detective work.

I think Timh posts had good ideas about detoxing body. It is good you reported the side effect here for other people. You really need to stay with it and try to figure it out by continue to experiment. Don't give up.

Replied by Ronald
Lima, Peru
03/12/2014

Does borax remove bromine from the body?

Replied by Marilyn

Qld
06/26/2014

Hi, I have been reading these posts with interest as I have just started taking borax for my arthritis. I have gone off my anti inflammatory tabs and it is now 14 days into the borax. I am not noticing any difference with my arthritis except I can feel it more and am wondering if my dosage is high enough. I have been following the 1tsp in a litre of water, having 3 tsps of this a day. Any advice would be appreciated.

Replied by Marilyn
Qld
07/13/2014

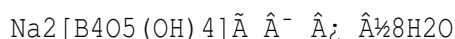
Following on from my comment. Just wanted to say that have found out I have psoriasis arthritis (even tho never had psoriasis) and have now started to see some results with the borax. A bony growth that had started on a knuckle has almost disappeared and the feeling that I had had in my fingers of the arthritis growing has diminished. Is anyone else out there with psoriasis arthritis in hands trying this with any results? The aches in my knee's which I have had since childhood have also disappeared. I will continue on with the borax.

Replied by Bev
Fort Lauderdale, Florida, Usa
08/08/2014

Magnesium oil -- applied externally --helps with pain, arthritic or otherwise. It also does other good things.

Replied by Mycoplasma
Geneva, Switzerland
10/04/2014

[SIDE EFFECTS] People who take Borax:



or other treatments like ClO2, Mefloquine, Neemleaf extract, and all other chemical substances that have affect on Mycoplasma will cause huge eruptions into the blood stream. As a consequence, people will get severe diarrhea. Dosing should be started with low amounts, especially on heavily affected people, who may otherwise end up in hospital in the lucky case.

One problem that occurs on this site is the fact, that dosages are improperly discussed. Fractions of teaspoons are improper ways to measure. I tested this and just on Borax 1/8th of a teaspoon can vary between 300 mg to 800 mg. I really would suggest to get a proper balance that can handle milligrams and start talking about dosages in body dosages in milligrams (but please put in your weight in kg as well) and the time intervals it is taken, so that a daily dose would come clear as well.

If the webmaster would support it, we could start taking information on a scientific level instead of staying in the semi-knowledge.

I am studying this mycoplasma since over two years and could benefit from better statistics, if the forum would be willing to support proper statistic data on their experience. I am quite startled how wide spread the problem is affecting nearly everyone.

Replied by Earthdrinker
Berkeley, Ca
10/16/2014

Mycoplasma are being widely distributed in chemtrails, aka geoengineering, sprayed on most population centers in the US and Europe (less so in the Southern Hemisphere). for a sense of scope, watch the documentary "what in the world are they spraying." borax is well known for treating mycoplasma.

Replied by Grant
Sydney, AU
11/08/2014

Mycoplasma, have you found the best treatment for it? What you think of Ted's treatment?

Replied by Wanda
Missouri, US
12/06/2014

My question concerning the measurement is this..when saying 1/8 or 1/4 tsp.. are they referring to measuring tsps or regular tsp? I am using a measuring tsp. .that specifically says 1/8 tsp. I could see a discrepancy of the amount of ml if a regular tsp is being used.

Replied by Dee
San Antonio, Texas
12/14/2014

They mean measuring spoons, like for following regular recipes. (At least I hope so, since that is how I measure!)

Replied by Edson Araujo De Freitas
Brasil
03/05/2015

A dosagem que eu uso minha esposa minha filha usa 6 gramas de borax em cem ml de agua, 12 gotas 2 x ao dia, esta certo?

EC: Google translate:

The dosage I use my wife my daughter uses 6 grams of borax in one hundred ml of water, 12 drops 2x daily, this right?

Replied by Brian
Gold Coast
05/25/2015

[SIDE EFFECTS] To the forum, of the forum, Advice please?

Have been on borax now for around 1 month. Started with the anti fungal dosing protocol, massive eruptions of very hot painful diarrhea and when that stopped moved up to a quarter tspn 3 times a day. Excellent results first 2 - 3 weeks, massive weight loss and tons of energy. About 2 weeks ago began to feel washed out and ill, so stopped for 2 days and started again on 1/4 tspn 2 a day. Fine for a few days then depression hit. Lot of mucus out of nose and chest and chest very painful. Headaches, very sore eyeballs and weeping tears. Could be a bad cold but dont think so. Have not been able to work, feel too sick. Couldn't find anything within the forum like me other than mycoplasma infection posted by Repl

ied by Mycoplasma
Geneva, Switzerland
10/04/2014.

Am I taking too much? Is it a healing sickness? Any input welcome. b

Replied by Timh
Ky
05/26/2015

B: Like many illnesses, there usually is no simple one shot solution. Borax has obviously helped your condition but other therapies are needed. Always try and identify EXACTLY the problem and apply an exact treatment protocol.

In your situation, you would prosper by doing any number of detox and cleanses listed in the Remedies section at top page. There are a good number of effective remedies that if used properly will get you back to health, but you must take time and dedicate yourself to getting well again.

Come back here and post questions and results.

Replied by Bill
San Fernando, Philippines
05/26/2015

1155 Posts

Hi Brian...1/4 tspn borax with water 2 or 3 times a day is way too high a dose and not what is recommended on this site.

Ted's Borax remedy is 1/4 tspn in a liter of water per day. Drink this liter of water slowly throughout the whole day. Do not drink it all down in one go.

Some more information for you on borax on my google doc here and on Earth Clinic here.

REPLY

Posted by Wayfinder (Modesto, Ca/ Usa) on 10/22/2012

Hey look! My first link ever! This is so amazing, I wanted to copy every paragraph. Another substance as marvelous as ascorbic acid. Hope this works! --T.

<http://www.health-science-spirit.com/borax.htm>

Replied by Cw
Napa, US
12/19/2014

[YEA] WOW! This is awesome!!

REPLY

Posted by Taffy (Santa Cruz, Ca/usa) on 10/21/2012

I feel like I have tried everything for my arthritis and joint pain but, in truth, I continue to find new solutions. I am recommitting to the ACV daily and borax/4days/week after reading about others' relief. Gut health and sufficient proper minerals are so key!

My newest hope comes from the awareness of my uneven muscle strength and areas of

weakness- especially in the hip/glut/quad areas. A few weeeeks ago, I read about Functional Movement Screen (FMS) and started seeing a trainer to assess and coach me to improve uneven muscles. I also had a PT assessment.

I have an old knee injury and drive a stick shift. I started Zumba about 6 months ago (big fun!) and could see that my right leg was skinnier than my left. So I did some workouts of single leg with weights and found a BIG difference in strength between right and left leg. Next, the PT noticed that my hips were not aligned. Well, imagine what all that does to my back and other joints! I think, due to uneven muscles and use, my joints have been pulled and tugged out of balance for some time.

My best new hope came after I saw the trainer. She gave me some FMS exercises and kept reminding me to keep my abs in with a natural arch in my back. The next day and each day since I feel relief when I hold my abs in and try to keep my spine in good alignment.

I have taken all the western meds in the past and will take an IB when I just really must but I know that those things are penny wise and pound foolish. While there can be symptom relief, there is no free lunch. I am so alerted to side effects of western meds. that I take remedies to rebuild whenever I indulge.

To our health! (holding a glass of mild borax)

Replied by Mmsg
Somewhere, Europe
10/21/2012

Taffy, thanks for the borax toast!!! :)

I just got a Kindle book that is helpful for chronic aches and pains: "3 minutes to a pain free life, but Joseph Weisberg and Heidi Shink". The exercises are short (not easy yet...) and seem to be helping. That and the book "Pain free" by Pete Egoscue are my favorites right now for muscles and joints.

REPLY

Posted by Rebecca (Ashtabula, Ohio) on 07/04/2010

[YEA] My comment is on the Borax for arthritis. I tried the ACV (for about two weeks) and didn't seem to be getting any results. So, I started adding the 1/8th of borax in a liter of water (drank through out the day). The next day after adding the borax, my knees (where I was having "arthritis pains," I'm guessing, I was never diagnosed officially.) began to feel less swollen. It's been about a week and my knees feel about 80% better. I know this is anecdotal, but thought I would share. I cannot prove it was the Borax (or that the ACV didn't also contribute). I am currently continuing with both and will see how it goes. I truly believe it was the borax. I'm 40 yrs old (female) and used to distance run for about twenty years until I started having knee issues. My mother also has osteoarthritis, diagnosed officially. I mention this because I wonder if it could be hereditary? Anyways, thanks for the info on borax. I will continue it and see how it goes. For now, I believe it has given my knees a big turn around in a small amount of time.

Replied by Pj
Columbia, Sc
10/13/2011

[YEA] First of all I would like to thank this board for being here. I have suffered with septic arthritis in my hip for a little over 2 years now. I was g

oogling :) and came across Earth Clinic. I decided to try the Borax for my arthritic since nothing else seems to work. I started it last Saturday at the 1/8 teaspoon in a liter of water. I have felt better everyday so far, but today I cannot believe I almost have no pain at all!! I am so giddy I don't even want to go to sleep, I just want to enjoy not feeling the terrible pain I have been in. Now I want to go see my pain doc and tell him that it only cost me a few cents to get out of pain, compared to all the expensive drugs and injections he gave me. Thanks again, keep on posting!

Replied by Eveline
Peterborough, Ontario, Canada
04/14/2012

I've been putting the borax and xylitol into my drinking water but haven't noticed any change in my arthritic pain. The pain and immobility have been getting worse every day, with it suddenly affecting my fingers as well as elbow, shoulders, but my knees are the worst. I have a hard time walking. I'm only 57. I'm just wondering if someone can explain the protocol about only drinking the borax water for 5 days of the week. I have done many, many things that are recommended to cleanse the body, taking this supplement and that, I don't eat nightshades, I don't eat processed foods, drink pop, eat mainly vegetables, fruits, protein, am off gluten and grains. I've had no relief. I'm not a fan of conventional medicine but have had to succumb to NSAIDs as otherwise I don't think I would even be walking at this point. I get acupuncture, physiotherapy, see a Naturopath and am determined to find the right combination for me to be rid of this. I wouldn't even mind limping if I could just be free of the pain. Thanks.

Replied by Silvermist
Downeast, Maine, Usa
05/29/2012

From the fibromyalgia section: Ted and Bill recommend 1/8tsp borax in 1 l water daily for 4 days, off for 3. Continue indefinitely- replaces fluoride and may take a long time to get it all removed, plus new exposures. I think Ted somewhere suggested taking a few months off every year. If you feel better, you could stop, then start again when fluoride builds back up and causes pain. It is androgenic according to Bill- so you will get a testosterone boost, which gives a little kick to the flagging libido most of us have from toxic crap in our bodies. A tiny bit of testosterone is ok for women, though you don't know how much a pinch of Borax affects testosterone levels. Choose your battles, I suppose.

I have tried many things on this site for I assume fluoride toxicity (my main stream dentist told me I have frank fluorosis- stage4 toxicity of fluoride), and borax does seem to do something positive for me for pain.

Replied by Prescriptions Kill
United States Of America, United States
08/31/2013

Just curious, but have you tried eating raw Ginger daily? Ginger is really good for arthritis and several other benefits. It is very spicy (more like a hot/cool sensation).

Replied by Kt
Usa
09/01/2013

Turmeric is very good too.

Replied by Marina

Naples. Fl
01/17/2014

I am taking minocyclin antibiotic 100 mg. Monday, Wednesday, Friday. After 4 months, my life changed completely. Now I can do everything myself. It still hurts when I walk, but it is getting better with each passing day. Hope it will help to all of you who suffers with RA. Before I tried everything nothing helped. Google Dr. Brown's protocol for RA. And read his work. It took me 4, 5 months to cure RA. I believe that RA is a bacterial disease, hence antibiotics works.

Replied by Prioris
Fl
01/18/2014

Trying a few antibiotics for chronic diseases can yield good results. My fibrositis pain symptom started to disappear the second day on minocin. Five different prescriptions of minocycline didn't work. Minocin completely stomped the fibrositis out. I also believe any fibrositis that includes inflammatory symptoms is an infection. Fibrositis is a murky disease category.

Curious, did you try borax and experimenting with removing dairy, gluten etc for your RA. It's good to know what didn't work for people.

Replied by Kt
Usa
01/18/2014

I am mentioning this because over the last two decades plus I have learned that eating habits are hereditary. If one really examines what is being eaten and in what combination, I feel you may find how true this is. This has not been well accepted but it is my two cents!

Replied by Elaine
British Columbia, Canada
10/30/2014

Prioris, I got excited about your minocin, then found out the one that worked for you and the one that didn't work for you, are the exact same drug, welcome to the placebo effect, it's the only thing that really heals anyway haha

REPLY

Posted by Scott (Tweed Heads South, NSW Australia) on 05/24/2010

I'm looking at a cure for arthritis. I googled the problem and your site came up. What a wonderful place. Thank you very much for your no BS approach and of course the same goes for the active participants. I purchased a packet of Borax from the hardware and saw that it was a 'Non-toxic alternative'. This product has an Active Constituent: Minimum 980g/kg Borax. The container does not advertise any additional product or ingredients. I mixed ¼ teaspoon in 1 litre of water and shook it until dissolved. On tasting the mixture it had a very chlorine or caustic taste and smell. I decided not to take the mix until I did more research in addition to contacting 'Earth Clinic'. The research led me to 'Pharmaceutical Quality Borax' which cannot be supplied. Can anyone give me any information on normal Borax, Pharmaceutical Borax or an alternative to the treatment of Arthritis?

Replied by Skoddy
Tweed Heads South, NSW, Australia
06/07/2010

Can someone advise?

Replied by Lily
Brisbane, Australia
06/07/2010

Hi Skoddy, I got mine from IGA the independant store, it was in a round plastic tub in the laundry aisle³² and is 99% borax, I have used it and it hasn't killed me. I'm wondering if the other 1% is just fillers, dust, and whatever comes with the borax when they abstract it. Hope this helps. Lily.

Replied by Gregory
Brampton, Ontario, Canada
02/14/2012

[YEA] I am 54 years old and for the last few years, my knee joints have really been sore. I started to take 5000 IU's Vit D3 per day for the last year or so. That has helped a lot, but I still feel sore, especially in the morning. I also have psoriasis, so maybe the soreness in my joints is the psoriatic arthritis creeping in.

I thought, after reading about borax here on this forum, I would give it a try. OMG! In one day, the soreness in my knees has vanished! Maybe it is too early to make any assumptions... Can it be true?

Also, my psoriasis seems alot better after 2 days drinking 1/4 tsp borax in 1 litre of water per day. I guess it is still too early to tell.... but I am amazed so far!!

I shall keep everyone informed on my progress....

I love this forum.....

Replied by Bev
Florida
08/08/2014

I just read that psoriasis is a fungus. Borax is also a treatment for candida and psoriasis may be a symptom of a candida infection. You may be killing many birds with one stone. Good for you. You can also go here to learn more: <http://educate-yourself.org/cn/boraxconspiracy03jul12.shtml>

REPLY

Posted by Edith (West Palm Beach, FL) on 11/23/2007

Hi Thanks for this wonderful website! I was reading Ted's answers regarding arthritis and bone treatments. He suggests using Borax 1/8 teaspoonful to 1 liter of drinking water as part of the cure. Originally I am from Hungary and not very familiar with the Borax. First I went to the health food store searching for it and it was told me I can get it in the drug store. After this I went to the super market and asked the pharmacist for the Borax. She told me I can find it on the laundry detergent's shelf. I have bought a big box of Borax multi purpose household cleaner. My question is this that Borax that I suppose to put in my drinking water?? It looks like people are using it for many different kind of purposes. I am using the ACV w. baking soda with a good result for two weeks. More energy less soreness in my knee. Thanks&Regards,

Replied by Stew
Berlin, Germany

06/18/2008

to the efficacy of Borax-brand boron salt, and concern about purity regarding being sold with mainstream laundry detergent. I point out Baking Soda, in comparison, which typically has no other ingredient /than/ baking soda, also commonly available in mainstream supermarkets. These products simply do not need anything added, and are sold widely. The application is more diverse while the product is unadulterated.

Replied by Soozannah
Burbank, California
05/15/2010

Uh, no. Sorry but all of the baking soda you find in your local supermarket also contains aluminum. You have to get aluminum-free baking soda at the health food store, at least to my knowledge. The aluminum-free seems to be of a better quality and really fizzes up when I add ACV to it. Like a witches brew but it does wonders and without further polluting your system with yet another heavy metal.

EC: From: www.welltellme.com/discuss/index.php?topic=14397.0

"In striving for clarity, baking SODA is (by definition) sodium bicarbonate, a chemical that is extracted from the ground. It does not contain aluminum nor is aluminum added to it in processing either by intention or through aluminum equipment.

Baking POWDER is manufactured with baking soda as an ingredient and typically includes a compound containing aluminum. Marketing baking soda as aluminum-free is simply a marketing strategy to play to consumers' confusion while charging more for it. As has been noted, no baking soda has aluminum in it."

More info here: http://earthclinic.com/remedies/baking_soda.html#ALUMINUM

Replied by Lisa
Wattsburg, Pa/usa
01/19/2012

Not related to arthritis, but to the post about baking soda containing aluminum and the EC post correcting that to say that it is baking powder that contains aluminum, Clabber Girl Corporation makes an aluminum free baking powder marketed as RUMFORD. I have seen the 4oz and 8 oz containers, and that is what I use in baking. just an FYI.

Replied by Cyber Pony
Miami, Fl
05/04/2012

My husband bought arm and hammer baking soda at walmart and I was suspicious about it after using it with Apple Cider Vinegar and after a few days I checked the box and it says it has been made easy pour and to be used for refrigerator etc. And not to be used for baking! I was fuming! It is in the same yellow box! I got some from the dollar store and its consistency seems better, like natural salt. So please beware of the corporations trying to hijack natural ingredients and human beings for their paltry profits.

Blessings to everyone!

Replied by Sgt
Santa Monica, Ca, Usa

07/22/2012

I've been reading for what seems like hours and I'm reduced to tears. I've never been so confused in my life... first reading one thing and then another in a totally opposite direction.

How do I make heads or tails out of all this???

Replied by Heather
Leicester
07/22/2012

Hi, if you are looking for a cure for arthritis go to the top of the page, click on the ailments header and then read the replies. I like the sound of the Joel Wallach remedy near the beginning as I've read his book and he makes sense. I've also read that black strap molasses works. Good luck

Replied by Tina
Houston, Usa
07/22/2012

Sgt from Santa Monica, Ca, Usa, Address your email to Ted who contributes to this site. List details of what's occurring and what you need help with. Hopefully that will get you some concrete results, and less confusion.

Replied by Jack
Tawas, Mi
09/04/2013

ACV, as in Braggs ACV, Baking Soda as in Arm and Hammer, Borax as in 20 mule team.... Been using the above by the trial and error method with Ted and many others as co-pilots. It does make you better.. Less pain, returns your body functions to a younger day... No question! LOOK around and see how others use the natural earth products to feel better and enjoy life... I feel better walking, joint relief, aches and pains good bye for under \$20.00, THANK YOU TED, THANK YOU EARTH CLINIC

Replied by Jellybean
Kinston, Nc
12/11/2013

After learning to line dance, I have been going out dancing for a year now every Friday and every Saturday night! I have corns on my toes so shoes have always hurt my feet! Suddenly over the summer of 2013 the soles of my feet started to hurt! Have a callus on them! But gosh now I can't walk when I get out of bed from excruciating pain! As the day goes on the pain lessens but never the less it hurts all day and I'm giving up dancing regretfully! Now my swollen left ankle that I thought was just swelling from menopausal fluid retention or high blood pressure is now hurting in the joint! My ankle hurts so bad twirling while doing the waltz is out of the question! Now my knees hurt and the joints in my fingers! Does this sound like arthritis? And I will definitely try the borax

REPLY

Athlete's Foot 1 [YEA] 0 [NAY] Ratings
Posted by Dianna (Austin, Tx) on 02/04/2010

[YEA] borax for athletes foot

after trying everything else you could buy at the store for his pretty much life

long athletes foot problem - and not having results my boyfriend finally decided to try the remedy i kept telling him to try... borax - which he thought was poison him instantly but he 'trusted' the OTC stuff at the store!!! LOL

he wet his feet and then took a handful and rubbed it all over his feet.

he said they stopped itching immediately! he was stunned.

a few weeks later i asked him how his athletes foot was and he said: oh wow! it hasn't come back! that stuff totally cured it!!!

now he tells all his friends about borax ;)

REPLY

Bald Spots 0 [YEA] 0 [NAY] Ratings
Posted by Cassidyok (Fresno, Ca) on 02/02/2011

[BETTER BUT NOT CURED] We've been using 1/3 cup of Borax in a large hair conditioner bottle--filled up the rest of the way with water. It's easy to use in the shower because it has a pump. My sweetheart has a bald spot that's been bugging him and 10 days ago he decided he would start using the Borax for shampoo and Apple Cider Vinegar (diluted) for a hair rinse.

Today he trimmed his hair and we noticed ALOT of hair on his bald spot. I haven't been checking it because I didn't want to jinx anything or bring attention to him using an "alternative" remedy.

It is really working!! Thank you ever so much for this site. I refer to it often .

Replied by John1230
Delhi, India
08/16/2011

How should I make Hair Wash Solution with Borax. I have lots of Fungus and Dandruff. My hair are now very thin and have lost hair. Also, In India, what grade specification of Borax should I buy.

Thanks.

Replied by Lily
Brisbane, Queensland, Australia
08/17/2011

John1230, borax doesn't have a grade, it is 99-100% borax. I can't find the recipe in the ailments or remedies, but put about 1 part borax to 2-3 parts water and pour onto hair and leave in for 10 mins. Lily.

Replied by Phyllis
Selmer, Tennessee
08/17/2011

for thinning hair try Ted's recipe of tea tree oil, lavender oil, and aloe vera . I did it once a week for 3 weeks and it worked great.

Replied by John1230
Delhi, India
08/23/2011

Thanks Lily and Phyllis.

This is for Ted, I could not find his email address.

My father is 76 Years old and I am from India. Since last 15-17 years he is suffering from Psoriasis all over his body. He tried everything from Allopathy, Homeopathy to Ayurveda. And whatever was suggested by the near and dear ones.

Nothing worked. I find some hope with Borax. However, I would want to know how should the process go about. Also suggest some other remedy if known.

My friends are visiting Thailand very soon. Where can they find Borax which can be ingested. Please suggest.

Thanks and God bless all of you.

Replied by Stan
Huntingdon, Pa. Usa
08/23/2011

I have been reading some very positive results using coconut oil to treat psoriasis. I am also using coconut oil on some serious fungus with great results. Hoping you find a solution.

Replied by John1230
Delhi, India
09/22/2011

He has tried Coconut Oil and VCO as well. None of them worked.

Replied by Ping Yap
Legazpi, Philippines
01/03/2012

On psoriasis:

Try taking cold processed virgin coconut oil 3 1/2 tablespoon daily continuously for at least a month.

Sip a lemon & a pinch of sea salt after to refresh your mouth.

Replied by Rg
Vancouver, Canada
10/27/2014

I was diagnosed with UC and had Psoriasis for almost 30 years. I started treating for my UC and found with it my Psoriasis also almost disappeared. You can try parasite killer. In India you can buy any brand from Dabus/ Baidhnath etc. Hindi Name for Sodium Borate (Borax) is Suhaga.

I hope this helps.

Replied by Stonefieldsian
Auckland, New Zealand
10/28/2014

What is "UC" that you refer to and what exactly is your treatment? Thanks.

EC: UC - Ulcerative Colitis

REPLY

Bloating 1 [YEA] 0 [NAY] Ratings
Posted by Randy (Jersey City, Nj, Usa) on 01/12/2011

[YEA] Based on recommendations I found on the site, yesterday I tried Borax to help relieve my candida issue. I have had long standing bloating caused by the candida. Just to start off, I took a very small amount (maybe 1/20 teaspoon) of 20-mule team borax in 0.75L water, and drank it throughout the day. By about 4pm, I started having A LOT of flatulence that lasted several hours. Didn't smell bad luckily, but had to go home after work and stay there for a while :)

By the end of the evening, my belly felt empty, with none of the pressure or pain that I have come to live with. Unbelievable! I plan on continuing to use borax for my issues. I will work up gently to about 1/8 or 1/4 teaspoon 4 days a week, for a limit time frame. Anyone interested in trying borax, I recommend it, but please read the borax information on this site, and work up the dosage very gently, it is powerful. Thanks Earth Clinic!!

REPLY

Borax and Gut Flora 0 [YEA] 0 [NAY] Ratings
Posted by June (Florida) on 06/15/2014

Bill, what are the effects of borax water on the good bacteria in the gut?

Replied by Bill
San Fernando, Philippines
06/16/2014

1155 Posts

Hi June...I'm afraid that I cannot give you any real research evidence on whether borax kills good microbiota in the gut or not -- I have looked at the research and there isn't very much on borax. But that's probably because the drug companies don't really want you to know about how effective borax is against both mycoplasma and fungus.

What's more, I've been using borax water regularly for the last 8 years or so and it has never made me feel ill (even when I used it against my candida). So if you want my own opinion -- because that's all it is from my own experience with borax -- I would say that it doesn't kill good gut bacteria.

Replied by June
Florida, US
06/25/2014

Thanks a lot Bill.

Replied by J.
Kuwait
01/08/2015

Allow me to thank you with all my heart for such an exhaustive article on Borax.

When my new born son as an infant had thrush in his entire mouth the allopathic paediatrician prescribed some dark violet coloured liquid to be painted with a brush inside his entire mouth.

In India , those days there was no Internet.

Among Indians the tendency is to accept whatever the allopath says as gospel. Sparing you all the complications that followed soon. His thrush was not cured however.

Eventually a Homeopath prescribed Borax in potentized form. Which got rid of this thrush miraculously. Many women suffer from candida infection. I believe it is this candida that manifests as thrush in our babies.

Thank you once again & all the others who have responded with pertinent queries & feedback.

Replied by Cheuimay
Ca., US
02/09/2015

This is my first contribution, but because borax was so instrumental in helping me control my systemic fungal infection that I wanted to put in my 2 cents to lend clarity to some of the posts. The borax that I bought was from 20 mule team and had no scent. If you look at the ingredients, there is only one ingredient and that is Sodium Tetraborate. Sodium Tetraborate is listed as a natural mineral. If there are any added scents to it, it would have to be listed also. Just make sure you only get the 20 mule team product.

I had Pneumonia when I was a baby and have had a systemic yeast infection my whole life. A friend made me a Hulda Clarke basic zapper and I was surprised at how effective it was. As time went on, I got a stronger one... I think it was a Bob Beck device. At that time you could purchase a kit at Electronic City in Burbank and put it together yourself. It seemed to work also. Then I loaned it to a person who had cancer and never got the device back. Meanwhile, my yeast problem got worse. I then got a don Croft Terminator. I was so determined to get rid of this yeast infection that I zapped every day for months.

Then one day, I woke up with my entire buttocks covered with watery hives. When I would scratch them, all the blisters would break. I didn't know what happened then later, I realized that the zapper was acting just like antibiotics. It would aggressively kill the yeast, fungus or bacteria, but not completely, leaving resistant ones to proliferate. I didn't know what to do, go back to a doctor? I was in this condition because of doctors to begin with. Then a thought came to me to drink my own urine. I had done urine therapy before with great results and started again. Within two weeks, all the watery blisters cleared up, but for some reason I stopped the urine therapy. I'm not sure exactly why, I think I read something negative about it and stopped, but after a while, the infection returned. This time, with a vengeance. This time my entire body was covered with these weepy, itchy blisters. That was when I found out about Borax. Within two days of taking the Borax solution, all the blisters had cleared up. I've been on it for about a year now and though I'm much better, I still do have eruptions of pimples here and there in different parts of my body.

It seems to be happening more often now and I'm wondering if anyone has noticed a recurrence of their infection and if anyone knows of any information on these microbes developing a resistance to Borax?

Replied by Marcin
Toronto, Canada
02/10/2015

I also have a problem with painful blisters on my buttocks, but I never really linked this with my yeast issue. I will try borax on this.

Replied by Jessica P.
Norfolk, Va Usa
06/01/2015

I have been taking 20 mule team borax for two years now for arthritis and migraines. I also have crohn's disease and diverticulitis which it greatly helps. This is a wonder product and from what I have read..the original person who discovered the medical uses of this product tried to have it pass the FDA as a cheap and effective fix for many ailments...But big pharma did not like that so the doctor was fined and a warning was put on the box. Figures...it is completely safe. no side effects so far when used in moderation..

I make a mix with one quart of filtered water and one tablespoon of borax. Put in fridge and take one table spoon on that mixture every other day for two weeks. then move to a one week on and one week off schedule..because it does remove metals..even the ones u need like magnesium. I would recommend this to anyone at any age or condition. it has been a life saver for me with my fibromyalgia also so :)