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Fungi and Fluoride

Borax, similar to the equally endangered Lugol's iodine solution, can also be used to remove accumulated fluoride and heavy metals from the body (14). Fluoride not only causes bones to deteriorate, but also the pineal gland to calcify and the thyroid to become underactive. Borax reacts with fluoride ions to form boron fluorides which are then excreted in the urine.

In a Chinese study borax was used to treat 31 patients with skeletal fluorosis. The amount was gradually increased from 300 to 1100 mg/day during a three month period, with one week off each month. The treatment was effective with 50 to 80% improvement.

One forum contributor suffered with Fibromyalgia/Rosacea, chronic fatigue and TMJ for over 10 years which she believed were caused by fluoride. She used 1/8 tsp of borax and 1/8 tsp of sea salt in a litre of de-chlorinated water, and drank this for 5 days each week. Within two weeks her face cleared, the redness faded, body temperature normalized, energy level increased, and she steadily lost excess weight. The only side-effect was an initial aggravation of her Rosacea symptoms.

Another post: "7 years ago thyroid cancer, the next year adrenal fatigue, then early menopause, the following year uterine prolapse followed by hysterectomy - the following year fibromyalgia and neuropathy. Early Childhood was fluorinated water along with fluoride tablets. Fall of 2008 I was looking at total disability. I could barely walk and couldn't sleep because of the pain and was throwing up daily from the pain in my back. ... After reading about fluoride I came to understand where all of my problems originated. ... I began the borax detox of 1/8 tsp in a litre of water and within 3 days my symptoms were almost gone."

What and How Much to Use

In some countries (e.g. Australia, NZ, USA) borax can still be found in the laundry and cleaning sections of supermarkets. There is no "food-grade" borax available or necessary. All borax is the same and "natural", and usually mined in California or Turkey, whether it has been packed in China or any other country. The label usually states that it is 99% pure (or 990g/kg borax) which is safe to use, and is the legal standard for agricultural grade borax. Up to 1% mining and refining residues are permitted. Boric acid, if available, may be used at about ⅔ the dose of borax, it is not for public sale in Australia.

Firstly dissolve a lightly rounded teaspoonful (5-6 grams) of borax in 1 litre of good quality water. This is your concentrated solution keep it out of reach of small children.

Standard dose = 1 teaspoon (5 ml) of concentrate. This has 25 to 30 mg of borax and provides about 3 mg of boron. Take 1 dose per day mixed with drink or food. If that feels right then take a second dose with another meal. If there is no specific health problem or for maintenance you may continue indefinitely with 1 or 2 doses daily.

If you do have a problem, such as arthritis, osteoporosis and related conditions, cramps or spasms, stiffness due to advancing years, menopause, and also to improve low sex hormone production, increase intake to 3 or more spaced-out standard doses for several months or longer until you feel that your problem has sufficiently improved. Then drop back to 1 or 2 doses per day.

For treating Candida, other fungi and mycoplasmas, or for removing fluoride from the body - using your bottle of concentrated solution:

Lower dose for low to normal weight - 100 ml (= 1/8 teaspoon of borax powder or 500 mg); drink spaced out during the day.

Higher dose for heavier individuals - 200 ml (= 1/4 teaspoon of borax powder or 1000 mg); drink spaced out during the day.

Even higher doses have been used to cure autoimmune diseases. One woman cured her Systemic Lupus (SLE) by taking 2 grams of borax powder (about ½ tsp) for 4 months. When using high amounts for longer periods it is usually more convenient to take the borax as powder mixed with food rather than making up a concentrated solution.

Always start with a lower dose and increase gradually to the intended maximum. Take the maximum amounts for 4 or 5 days a week as long as required, or reduce the maximum dose for one week each month to a minimum dose, or alternatively periodically alternate between a low dose and your maximum dose in a different rhythm.

For vaginal thrush fill a large size gelatine capsule with borax and insert it at bedtime for one to two weeks. With toe fungus or athlete's foot wet the feet and rub them with borax powder.

You may take borax mixed with food or in drinks. It is rather alkaline and in higher concentrations has a soapy taste. You may disguise this with lemon juice, vinegar or ascorbic acid.

In Europe borax and boric acid have been classified as reproductive poisons, and since December 2010 are no longer available to the public within the EU. Presently borax is still available in Switzerland (15), but shipment to Germany is not permitted. In Germany a small amount (20 - 50 grams) may be ordered through a pharmacy as ant poison, it will be registered. Borax is presently still available from www.ebay.co.uk and can be shipped to other EU countries.

Boron tablets can be bought from health shops or the Internet, commonly with 3 mg of boron. In some European countries, such as The Netherlands, these may still contain borax, but not in others, such as Germany, where boron is not allowed in ionic form as with borax or boric acid. While suitable as a general boron supplement, I do not know if or how well they work against Candida and mycoplasmas. Most scientific studies and individual experiences in regard to arthritis, osteoporosis, or sexual hormones and menopause were with borax or boric acid. It is not yet known if non-ionic boron is as effective as borax. To improve effectiveness I recommend 3 or more spaced-out boron tablets daily for an extended period combined with sufficient magnesium and a suitable antimicrobial program (16).

Possible Side-Effects

While side-effects from pharmaceutical drugs tend to be negative and often dangerous, with natural medicine such as borax therapy these are usually healing reactions with beneficial long-term effects. Most common is the Herxheimer reaction from eliminating Candida. This is the main cause of pain or discomfort in the digestive system when starting with borax supplementation.

In some of the above forum posts rapid improvement was experienced within days. This is always a functional response. High cellular calcium levels cause muscle contraction with cramps or spasms as a common cause of pain. Boron, especially together with magnesium, can rapidly relax these muscles and take away the pain.

However, with long-standing severe calcifications a large amount of calcium cannot be redistributed in a short time. This leads to increased calcium levels in the affected area, especially the hips and shoulders, and can cause problems for a considerable time, such as a tendency to severe cramping and pain, or problems with the blood circulation, or nerve transmission. Nerve-related effects in hands and feet may be numbness, or reduced sensitivity or feeling in the skin. Higher amounts of calcium and fluoride passing through the kidneys may cause temporary kidney pain. Further, kidney pain appears to be mainly due to kidney stones being released. After a few days the stones are usually cleared and the pain stops.

Such healing reactions cannot be avoided when aiming for a higher level of health, but they can be minimized by increasing borax levels only gradually. Whenever you experience an unpleasant effect reduce or temporarily stop borax intake until the problem subsides. Then gradually start increasing again. Helpful additional measures are a greatly increased fluid intake, using more organic acids such as lemon juice or vinegar, and improving lymph flow as with rebounding, walking or inverted positions.

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