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Boron – An Important Trace Mineral

Posted by [gerbermedical](#) | [May 1, 2018](#)

An 80-year-old woman with hands distorted by osteoarthritis walked into my office and gave me a big hug. This is the first time she'd had no pain in her hands for many years. She had been on Borax for a little over one month and was thrilled at the pain relief she experienced. Borax which is sodium tetraborate decahydrate, disodium tetraborate decahydrate, is basically boron. It is a trace mineral which deserves more attention.

In his landmark book, [Minerals for the Genetic Code](#)¹, Charles Walters, one of the founders of organic farming and executive editor of [Acres USA](#), who wrote thousands of articles on organic and sustainable agriculture, authored or co-authored dozens of books on this subject. He related boron's importance to our genetic code as described by Dr. Richard Olree. He was extremely fond of boron and many other trace minerals especially selenium, which he thought was most important to protect us from cancer.

Walters felt boron was the conservator of magnesium and 3 mg of boron per day would stop urine output of magnesium. Boron, he states, is "the fuel for the highest portions of the brain responsible for pure and high ideals and controls the heart meridian." Perhaps it helps to decalcify the pineal gland. Adequate boron levels absorb radiation and was used to control radiation in the Chernobyl disaster. "Truck drivers were paid extra to deliver boron to the disaster site without knowing that supplementing boron would have spared them the radiation toxicity. "Boron stopped the 'China Syndrome' from occurring in Russia".

Boron elevates levels of testosterone and is easily displaced by aluminum. It activates vitamin D, enhances memory, increases alertness and protects the heart. Deficiency states include ADD/ADHD, osteoporosis, arthritis, reduces short term memory and decreases brain function.

THE BORAX CONSPIRACY

How the Arthritis Cure Has Been Stopped

By Walter Last

Walter Last is a German health science writer living in Australia. This paper is easily found on line and is a definitive guide to delivering boron via borax, which is unfortunately inexpensive. Last recounts the story of Rex Newnham, Ph.D., D.O., N.D., a soil scientist in Australia who developed arthritis unresponsive to conventional treatment in the 1960s. Newnham's research revealed that countries with low boron levels had high rates of arthritis and vice versa. He began supplying patients with borax as a safe and inexpensive source of boron and took it himself with often dramatic resolution of arthritis. His dose was 30 mg per day. All his arthritic symptoms and pain resolved in three weeks. Within a few years he had standardized the dose and sold 10,000 bottles per month when he asked a drug company to market it. It proved to be a large mistake when the company realized that borax would replace more expensive arthritis drugs and influenced the government to designate it a poison in any form. It was outlawed in Australia in 1981. It was subsequently outlawed in the European Union in 2010.

Boron Chemistry

Boron has many health effects. It normalizes the function of cell membranes and signaling across the membranes. Found throughout the body, it is especially prevalent in the parathyroid glands, bone and teeth enamel and is necessary for bone and joint function. Boron is for the parathyroids as iodine is for the thyroid. "Boron deficiency causes the parathyroids to become overactive, releasing too much parathyroid hormone raises the blood level of calcium by releasing calcium from bones and teeth. This then leads to osteoarthritis and other forms of arthritis, osteoporosis and tooth decay. With advancing age high blood levels of calcium lead to calcification of soft tissues causing muscle contractions of stiffness, calcification of endocrine glands especially the pineal gland and ovaries, arteriosclerosis, kidney stones, calcification of the kidneys leading to kidney failure. It also effects the metabolism of steroid hormones, especially the sex hormones and increases low testosterone levels in men and low estrogen levels in post-menopausal women. It also has a role in converting vitamin D to its active form, thus increasing calcium uptake and deposition in bone and teeth rather than causing soft tissue to calcify. Other health benefits have been reported such as improvement of heart problems, vision, psoriasis, balance, memory and cognition."

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A 72-year-old patient with hypercalcemia and elevated parathyroid hormone levels were normalized in about a month of borax therapy. Another patient, a 56-year-old male, who has suffered recurrent kidney stones for years, heads off attacks with borax. "A German cancer researcher, Dr. Paul-Gerhard Seeger, has shown that cancers commonly start with the deterioration of cell membranes. As boron is essential for cell membranes and boron deficiency is widespread this may be an important cause for the initiation for tumor growth. Boron compounds have anti-tumor properties and are potent anti-osteoporotic, anti-inflammatory, hypolipemic, anti-coagulant and anti-neoplastic agents²"

Fungi and Fluoride

Boron is an excellent fungicide. It has been used for athlete's foot and toe nail fungus. Using a handful of borax rubbed on wetted feet stops itching immediately. Boric acid or borax in caps inserted vaginally for two weeks have relieved vaginal thrush³. "Borax, similar to Lugol's solution, can also be used to remove accumulated fluoride and heavy metals from the body⁴. 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."

Side Effects, Dosage

Safety studies show that borax is 5 to 10 times safer than table salt⁵. Read [The Borax Conspiracy](#) on line for a full review of toxicity studies. Borax is not appreciable different from USP boron. The standard dose is 1 teaspoon of borax per liter of water to make a concentrated, stock solution. One tsp of the concentrate has 25 to 30 mg of borax which gives 3 mg of boron diluted in good water or juice. This may be taken once or twice per day. Of importance, however, one must start patients very slowly. One or two drops of the stock solution in water initially and gradually increase. Detoxification reactions are common such as aggravation of symptoms or the Herxheimer reaction, which are usually short lived. Taking borax is best only 4 or 5 days per week and/or interrupt for one week each month. I like taking an EDTA chelation weekly when initiating borax therapy, perhaps removing stirred up calcium or other metals. Last suggests working up to 1/8th, 1/4 or 1/2 tsp per day in water with a carbohydrate meal for larger patients to treat strong fungal infections, mycoplasmas, autoimmune diseases, cancer or dementia. The higher doses taste soapy and may be masked by lemon juice, vinegar or ascorbic acid. I really like the effects of borax on psyche and body and on patients' general health.

Citations:

1. [Minerals for the Genetic Code](#), Charles Walters , Acres USA, 2013. ISBN 978-0-911311-85-3
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