



Borax Cures and Health Benefits

Borax is an increasingly popular natural remedy for a host of health issues.

Commonly used as a natural cleaning agent, borax's reported number of successful treatments and health benefits are extensive. Additionally, this remedy is easy to make and very inexpensive.

Earth Clinic readers have used the borax remedy for over 15 years to treat chronic illnesses, including autoimmune diseases, hormone problems, and chronic pain.

Sodium borate is also helpful 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 bladder infections, urinary tract infections, and others.

Borax is also frequently used to treat cancer, obesity, high blood pressure, arterial disease, and osteoporosis.

What is Borax?

Borax is a naturally occurring compound found all around the world. You can find borax mines in countries like the United States, China, Ukraine, Turkey, and India. The [largest known borax mine](#) is the Rio Tinto Borax Mine in Boron, California. The reserves in this mine are expected to last until 2050. The chemical formula for borax is $\text{Na}_2\text{B}_4\text{O}_7 \cdot 10\text{H}_2\text{O}$.

This includes sodium, boron, oxygen, and hydrogen in simpler terms. Borax has several names, but they are all the same chemical compounds.

Common Names for Borax:

- Sodium tetraborate
- Sodium borate
- Disodium tetraborate

Borax Health Benefits

Shocking as it sounds to some, a liquid borax solution is consumed by thousands of people worldwide as a natural daily remedy for many health conditions.

Borax is a natural substance mined from the earth, just like salt. Borax contains boron, a trace mineral, which can be lacking in modern diets. According to research, restoring healthy boron levels can improve many health conditions like arthritis.

Additionally, borax is quite alkaline. Many health problems arise because the body is too acidic.

What Health Issues Benefit from Borax?

- Arthritis

- Osteoporosis
- Osteoarthritis
- Bone Spurs
- Calcium Deposits
- Lupus
- Autoimmune Disease
- Hormone Imbalances
- Fungus
- Candida
- Ringworm
- Tinea Versicolor
- Insomnia
- Rough Skin
- Impotence

If you wonder how some white powder could help various illnesses, consider a tower made of blocks. Removing one of them, especially a foundation block, compromises the stability of the entire building. Thus is it with the body. The human body exercises countless processes in many of the body's systems. These processes are dependent upon "building blocks."

Vitamins, minerals, enzymes, amino acids, etc., are necessary for your body to work well. Remove any one of them, and all body processes are affected.

Boron, a trace mineral and a borax component, are one of those many necessary nutrients in your body. Many diseases found in the world today are related to simple nutritional deficiencies. Restoring a low nutrient can make a huge difference in your overall health.

Boron is necessary for the body for proper hormone function and calcium-magnesium balance.

[Studies have found](#) that the incidence of arthritis is lower when daily boron intake is higher (3-10 mg as opposed to 1 mg or less). Additionally, the bones of those who take boron supplements are more challenging than those who do not take a boron supplement.

How Much Boron is in Borax?

One US teaspoon of borax powder contains about 4 grams of borax, so ¼ teaspoon contains about 1 gram of borax. One gram of borax is 11.3% boron. So ¼ teaspoon of borax has approximately 113 mg of boron.

Borax Dosage for Men and Women

Earth Clinic's Ted recommends ¼ teaspoon (940 mg ~ 1,000 mg) of borax in 1 liter of water for men and 1/8 teaspoon (470 mg ~ 500 mg) of borax in 1 liter of water for women each day. This would give men about 113 mg of boron each day they drink the solution and women about 56 mg of boron each day.

You will find more dosing information on [this page](#).

[Walter Last](#) has popularized another method of dosing borax. He recommends adding a heaping teaspoon to a liter of water and then taking one teaspoon of this borax solution once or twice daily. This solution delivers 25-30 mg of borax (and thus about 3 mg of boron) per dose. He recommends taking it with meals.

Borax Uses

Cleaning

The most common use of borax is a ["green" cleaning aid](#), especially for laundry.

Because borax has an alkaline (high) pH of 9.3, you can add it to the washing machine to soften the water. Hard water is hard on clothes and makes it more challenging to clean them. Some people already have pretty soft (alkaline) water, and borax would be unnecessary.

Borax is one of three ingredients in popular [DIY laundry powder](#).

Borax is also used as an eco-cleaning powder for the bathroom. It is beneficial for hard water stains.

Parasites

Borax is a popular and safe remedy for pest control. It has helped thousands of dogs and cats with [mange](#) and people with various parasite problems, including lice and mites.

Hair

Borax has become popular as a shampoo alternative. Various chemicals in shampoos and health conditions that affect the scalp have motivated many people to turn to hair care's "no-poo" method.

Borax is not only a natural alternative to chemical-laden shampoos because of its alkalinity and anti-fungal properties; it often brings healing to chronic and embarrassing scalp conditions.

Borax Instructions for Hair

- To use borax for your hair, dissolve 1 cup of borax into one gallon of pure water.
- Keep this solution in the shower.
- Pour 1-2 cups of this solution over your hair (instead of shampoo), ensuring the solution gets to your scalp.
- Allow the solution to sit on your scalp and hair for a few minutes, and then rinse.
- If you find the borax method dries out your hair, take a small amount of coconut oil and massage it into your hair. You may not need to use the borax solution on your hair more than once or twice a week.

How Should I Store Borax Solution?

If you make Walter Last's solution with distilled water and store it in a clean glass jar, you will avoid impurities contaminating the mixture. This will maximize the shelf life of the solution. For even more exceptional preservation of this solution, store it in the refrigerator and always use a clean stainless steel spoon to take your dose out of the jar. If your solution looks cloudy or smells off to you, discard it and make another batch.

Are There Any Side Effects From Taking Borax?

Yes, some people experience some side effects from taking borax. You will find more information about side effects and reader-reported side effects on [this page](#).

To avoid your risk of side effects, always start with a smaller dose and monitor how it affects you. While the relative [lethal dose](#) (LD50) of borax is similar to that of table salt, it is always wise to be careful with your dosages.

One simple remedy that will help with borax side effects that many people experience the first few days while detoxing, such as stomach pain, diarrhea, and gas, can be alleviated by taking 3 activated charcoal capsules or tablets at night before bedtime.

Make sure to also drink plenty of water during the first week or two of taking borax for the first time. Your body will need the extra hydration while it purges toxins.