

Borax, experiences from the self-help groups:

This is information from self-help. They are neither scientifically nor clinically proven. These are exclusively personal experiences, and the experiences of people who help and have helped themselves, and who passed on their experiences. I am mainly describing my experiences that resulted from the self-help project. Everyone can take part in the project on their own responsibility and voluntarily, make their own experiences, and also pass them on in order to make it easier for those seeking help to find their way around.

Preparation of the borax solution:

Add 1,5 well heaped teaspoon of borax powder ($\text{Na}_2\text{B}_4\text{O}_7$) (7-8 grams) to 1 liter of warm, distilled water, stir well, shake and dissolve. Complete.

Consumption: 30ml / day as a maintenance dose if you have no complaints.

up to 100ml / day spread over the day (2 times for example) for osteoarthritis, osteoporosis and arthritis. Such higher doses are used for a short period (e.g. 2 weeks) with periods of normal intake interrupted. (e.g. 4 weeks)

I create the solution by the liter. One liter is enough for about 1 month. In acute conditions it should be 2 liters a month.

When the pineal gland was decalcified, I drank 3,5 and the second time 7 liters in a week. Always spread over the day. The only problem I had was the fishy aftertaste. The reward is more dreams and deeper sleep. Really interesting.

boron

Take about 6 teaspoons (30ml) (2 tablespoons are also 30ml) daily from the borax solution prepared above. That's about 18 mg of elemental boron per day. (18 thousandths of a gram) A very small amount! Nevertheless, it can have a great effect because, according to experience from the self-help groups, it acts like a catalyst, balancing the calcium metabolism. Borax contains about 11% pure, (elemental) boron.

With osteoarthritis and osteoporosis, the dose can be increased from an initial 2 tablespoons a day (approx 30ml) to ten tablespoons (approx 150ml) after a few days. That is still only 30 thousandths of a gram of elemental boron. (Approx 400mg borax) So still very little. But it helps a lot. Don't worry, users report that it is completely harmless up to 300 teaspoons a day. I myself took 20 grams a day as a test, that would be about 3 liters of liquid. There wasn't even diarrhea. Me was not particularly well ☹️ But our body does not need that much, so 30 to 50 ml are sufficient, or 150 ml from the standard solution in the case of osteoarthritis, until the symptoms subside.

Symptoms such as body aches and muscle aches may increase in the first few days. Please do not be alarmed, this is a well-known, so-called Herxheimer reaction, in which the symptoms first intensify before they slowly begin to disappear or become more bearable, according to experiences from the self-help groups. We also know such a reaction from homeopathy, where remedies that work first become noticeable with an initial aggravation, much to the delight of the user, because an effect can then be expected.

These two to ten tablespoons (30-150ml) daily should be taken until the symptoms have completely subsided. 10-day cures with high intake alternating with "normal" intake have proven to be effective. Then - if you are free of symptoms - the daily dose is reduced to 20-30ml tablespoons daily, in any cold or warm liquid: tea, soup, fruit juice,... Hopefully we will then take in the rest of the daily boron that could be missing from the field crops and organically grown fruit and vegetables with our normal diet.

With borax, calcium is better incorporated, and the "worn out" joints and cartilage can form new. The now built-in calcium does not displace the magnesium any further, so magnesium can finally enter the cells and the muscle cramps stop.

Note: As soon as calcium is better incorporated, it makes sense to offer the body magnesium in the form of

magnesium oil (externally), as the cells can now absorb magnesium better.

This is described in the short documentation "Magnesium".

Recently we have been using MgOil and DMSO 1: 1 for rubbing in. This is more effective than just Mg alone. A little borax in the mixture gives it a little more effectiveness.

Here is the info in german:

http://johann.dokusammlung.de/daten/Selbsthilfe_Magnesiumoel_DMSO_Borax.doc

Decalcification of the pineal gland:

The pineal gland, a small, pine cone-like organ in our midbrain, is considered the seat of our intuition, the seat of rich dreams, melatonin production and the source of creativity. Due to a lack of boron and too much calcium in the tissue, it begins to calcify. Likewise, pollutants and metals, above all fluoride, lead, aluminum, strontium, cadmium and the like, are stored.

It also produces serotonin and DMT (dimethyltryptamine) the so-called spiritual substance that lets us experience our mystical perception.

Poor concentration, lack of dreams, lack of feeling for paranormality, difficulty falling asleep, depression, reduced empathy are attributed to the underfunction of the pineal gland.

According to the experience of the self-help groups, this deficiency can be remedied with increased doses of borax solution.

Here you take 300ml to 500ml of our standard solution daily for a week, spread over the day. You can also increase it a few days beforehand. This measure is repeated several times a year until colorful dreams and increased spirituality set in, report self-helpers.

For the anxious and to calm down I have also written a short list on the "toxicity" of boron:

Here are a few chemically technical details about boron:

So, it won't melt and evaporate anytime soon.

Melting point: 2079 ° C

Boiling point: 4000 ° C

Toxicity: LD50 VALUE: 2660mg / kg body weight (rat)

We prepare the boron solution in such a way that we dissolve 1.5 teaspoons (8g borax) in one liter of distilled water, and take 30ml (2-4 tablespoons) of this daily as a maintenance dose (that's around 20-30 mg elemental boron daily)

In acute cases (arthrosis, arthritis, osteoporosis, fungal infection, etc.) you can take up to ten times as much, i.e. about ten to fifteen tablespoons of this solution daily, over a period of weeks, until the symptoms subside. -

Now where is this value for a person weighing 70 kg?

2660mg = 2.66gr per 1 kg of body weight (KG)

---> That is 186.2 gr (grams) for 70 kilos of people, so almost 20 days (decagrams).

Incidentally, the value for table salt is similar, with 3000mg / kg body weight. According to this, you can almost kill yourself with 20 dkg of table salt.

With our dosage of 8 g / l, we would have to drink 37.24 liters of our solution to achieve the LD 50 value. About halfway through there should be the first symptoms of poisoning, that would be 18.62 liters of our solution.

Converted to tablespoons (66 tablespoons are a liter) that is 280 tablespoons (that's half the LD50 value). To achieve the LD50 value, you would have to take 560 tablespoons of our solution. Suddenly of course! So completely impossible!

So we can postulate that if someone "accidentally" ingests more than a thousand tablespoons of our solution, he must expect to get symptoms of intoxication. But if it ingests more than 2,000 tablespoons, there is already a 50% chance of dying from it.

The likelihood of poisoning yourself with borax is therefore very low and involves quite a bit of effort. ☹
That is why there is not a single report in Europe that someone has ever poisoned himself with boron. Borax was used a lot, against fungi, for washing, even for boiling. There were never any complications.

I'm going into this in such detail because the industry scare tactics are very subtle. Pharmacists learn that borax is teratogenic. However, they did not learn that this only occurred with chicken eggs that had been impregnated with high doses of borax, or with small animals that were given extreme overdoses and were unable to defend themselves.

So much for the harmlessness of boron. Users in the self-help groups, now tens of thousands, confirm these facts, namely on the one hand the non-toxicity and on the other hand the good effect.