

Borax, Baking Soda & Sea Salt: The 1800s Pain Reliever Recipe

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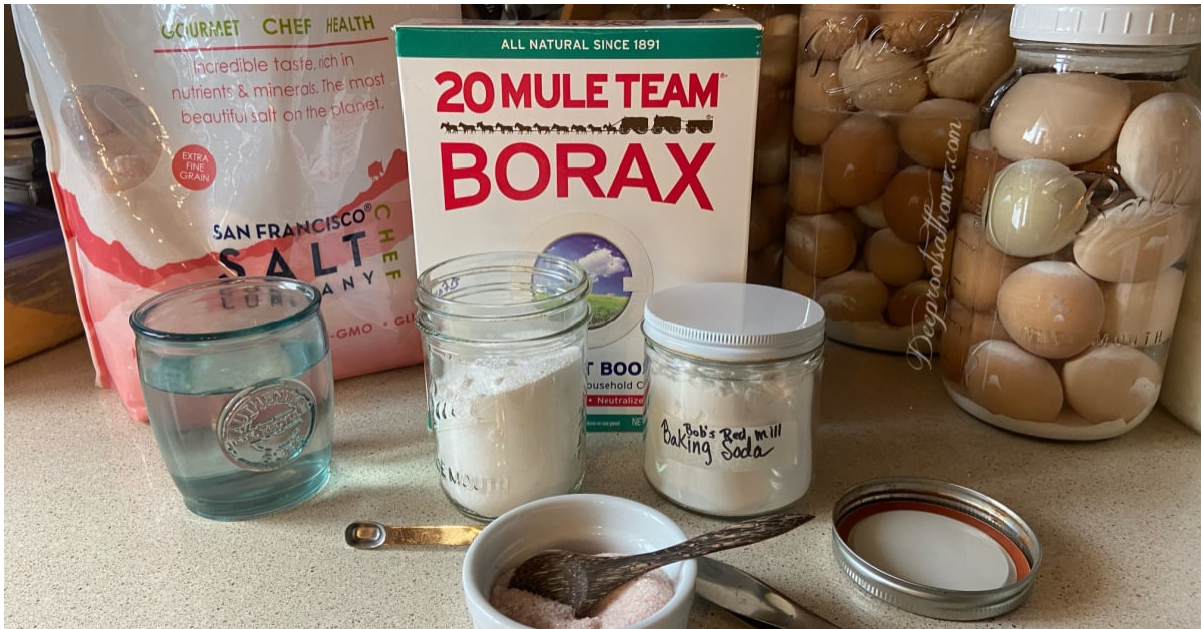
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By [Jacqueline](#) • 12 Comments



To store fresh eggs at room temperature in lime for over a year, visit [my post here](#).

I researched both Baking soda and Borax quite a while ago and found them to be healthful when used in appropriate amounts —then, due to our sweet grandbabies I forgot about it. I was reminded when a good friend sent me this [Facebook reel](#) about using borax and baking soda together with sea salt —and as always, the Lord’s timing is so great!

So today I want to give you all the science —and you’ll see why I’m now taking a pinch of these myself daily. If you have arthritis, osteopenia, osteoporosis, or even random joint pain —you will not want to miss this.

So often these simplest of healing compounds have been **suppressed** and then they are forgotten about. Well, no more.

Here’s [the fascinating story](#) of how the need for **boron** (in the form of **Borax**) for arthritis was originally discovered. (Actual recipes will follow below).

When [scientist Rex E. Newnham, PhD, DO, ND](#), developed unexpected painful arthritis back in the 1960’s, he was

stunned because he was quite healthy. Conventional drugs didn't help his arthritic condition. He knew there had to be a reason that he, and others his age around him, were all developing arthritic pain.

Being a soil and plant scientist by training, [he began investigating and discovered](#) that the food crops in his area were deficient in the trace mineral Boron.

Not having any boron handy, Newnham began taking very small daily doses of a product called **Borax**. He knew the main ingredients in Borax are water, salt, oxygen and the trace mineral boron. Nothing more. Nothing less. So he began putting what amounted to one-eighth to one-quarter teaspoon of Borax into a liter of water each day, and drinking it.

You can read the outcome in [his old writings here](#).

“I found out all that I could about **boron**... 40-60 grams was too high a dose. So I took 30 mg of **borax** twice daily (~6 mg of elemental **boron**/day) and in a week the pain was less. In ten days the pain was less. **In three weeks the pain, swelling and stiffness had all gone**, so I stopped taking the **borax**. A year later the pain and swelling returned so I

took more borax and in two weeks all was right again.”

He told public health and medical school authorities in and around Melbourne about his discovery, but they were not interested.

Eventually he had tablets made *with a safe and effective quantity of borax*.

Within five years and only by word of mouth he sold 10,000 bottles a month. He could no longer cope with the demand and by 1981 asked a drug company to market it.

That was a MAJOR mistake. They indicated that this would reduce their profits. Very soon afterwards [Australia instituted a regulation declaring boron to be poisons in any concentration](#). Newnham was fined \$1000 for selling a “poison”, stopping his work in Australia.

As Newnham began publishing his research, his arthritis findings traveled worldwide. That’s when the EU stepped in and also classified Boron compounds to be a “poison”, however, we know Boron has [low toxicity in mammals \(similar to table salt\)](#), but is toxic to [arthropods](#) (ants and

cockroaches).” See [Ants: Get Rid Of Them & Their Nest Fast, The Non-Toxic Way](#)

No Stopping This Man

Not to be shut down completely, Newnham continued his research. As medical writer [Walter Last, a former Chief Forensic Chemist at Cologne University in Germany](#) would later detail:

*“Newnham found, for instance that **Jamaica has the lowest levels of Boron in the soil, and arthritis rates are about 70% of the population.** He noted that even most dogs in Jamaica were limping.*

But [Carnarvon, Western Australia](#), has high boron levels in soil and water, and the arthritis rate is only 1%.

What Newnham demonstrated is that **areas of the world with the lowest levels of Boron in their water and soil have the highest levels of arthritis. And where there are the highest levels of Boron there are the lowest levels of arthritis.**

He also found that the lowest rates of arthritis were where the daily Boron intake (through food and water) were [at](#)

least 3 mg. Anything lower than 3 mg. per day, and arthritis appeared to be the inevitable result for large swathes of the population.

One **key study** supporting his finding wrote: “A substantial number of **(peer-reviewed) articles support boron supplementation of 3 mg/d for any individual who is consuming a diet lacking in fruits and vegetables or who is at risk for or has osteopenia; osteoporosis; osteoarthritis (OA); or breast, prostate, or lung cancer.**”
(source)

3 mg. of Boron Per Day For Both Bone and Cartilage Tissue

Newnham’s research provided some extremely insightful information into the role of Boron in arthritis. **Walter Last** explained:

“Bone analysis showed that **arthritic joints and nearby bones had only half the boron content of healthy joints.** Equally, synovial fluid that lubricates joints and provides nutrients to the cartilage is boron deficient in arthritic joints. After boron supplementation was instituted, **bones were much harder than normal and surgeons found them more difficult to saw through.**

(As a surgical nurse with a fair number of orthopedic cases in my day, I can attest to soft bones in most cases!)

“With additional dietary boron, **bone fractures heal in about half the normal time in both man and animal.** Horses and dogs with broken legs, or even a broken pelvis, have fully recovered.”

Newnham later stated that arthritis sufferers can get rid of their pain, swelling and stiffness in about one to three months from the time they start replenishing their body’s Boron levels by taking a total of 3 mg. of Boron per day.

What about toxicity?

As forensic chemist Walter Last would later point out, studies have demonstrated it takes ingestion of 26 mg. of Boron *per kilogram of body weight* before any kind of toxicity was noticed. That means **a person weighing 160 pounds would have to take 216 mg. of Boron daily before signs of toxicity would begin to show up.**

Just 3 mg. taken daily begins to wipe out arthritis symptoms in a few short months. **It just has to be taken**

regularly.

Walter Last concludes his insights into Newnham's research:

“Chemical fertilizers inhibit the uptake of boron from the soil: *an organic apple grown in good soil may have 20 mg boron, but if grown with fertilizer it may have only 1 mg of boron or less. Fertilizers combined with poor food choices have greatly reduced our boron intake compared to 50 or 100 years ago.”*

Yikes! No wonder we see so much arthritis!

Dr. Newnham's research proves the theory that “we are what we eat.” And if we eat foods that are deficient in Boron, we will likely end up with bone loss from osteoporosis along with the wear-and-tear of arthritis, since Boron is needed for both bone and cartilage tissue repair.

Boron is dirt cheap!!!

[Life Extension Boron, 3 mg, 100 vegetarian capsules](#) are \$5.95. Some people want to get better faster and want [5 mg](#)

or [10 mg](#), Read the reviews. Most people get results with boron.

Natural borax such as [20 Mule Team](#) is also very effective (and cheap). This will also help raise your pH which is important for overall health.

How Much To Use:

At 30:10 in the video down below, Dr. Amanda Vollmer gives these directions:

“First, 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 above.

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. For maintenance, you may continue indefinitely with 1 or 2 doses daily.”

The [Facebook video](#) mentioned at the top is another simple way to take it. Stir a pinch of each into 4-6 ounces of water

once/day:

- Borax
- Baking soda (aluminum-free)
- Celtic Sea salt or Himalayan pink salt

WARNING!!! DO NOT CONFUSE BORAX WITH BORIC ACID! DO NOT TAKE BORIC ACID IN PLACE OF BORAX!

NEVER take large amounts of “Borax” it can be harmful, even fatal.

Borax in very low doses is actually **VERY** beneficial to human health and health benefits can be enormous.

Pharmaceutical grade is not noticeably purer or better.

What About Borax For Graphene Oxide & Toxic Additives In the Recent Jabs?

BORON MINERAL
ONLY KNOWN NANOBOT REPLICATION INHIBITOR

20 MULE TEAM
BORAX

B
O

This mineral intentionally depleted from agricultural process.

BORAX: 1 pinch in 1 pint of distilled water 3 times a day

FDA max dose:

DETERGENT BOOSTER
2.5% Borax - 100% Natural - Chlorine Free
Helps Remove Grease & Soap Residue

BORON

BENEFITS:
 Arthritis
 Hormone Balance
 Decalcify Pineal Gland
 Improved Cell Function
 Absorption of Minerals
 Improved Wound Healing
 Encourages Proper pH:
 (Cancer can't live in an
 alkaline environment)
 Healthy Blood Sugar
 Detoxifies the Liver
 Helps the Heart

BORAX max dose:
 1/8 teaspoon per 100 lbs body weight.
 1/4 teaspoon per 200 lbs body weight.

NANO DETOX BATH:
 1 Cup Baking Soda
 1 Cup Epsom Salt
 1 Cup 20 Mule Team Borax
 1 Cup Pink Himalayan Sea Salt
 or Redman's Salt.

NEVER use white depleted-minerals
 table salt for any reason.
SOAK AS LONG AS YOU CAN.

Candida is an always-present fungus in the
 human body there to help decompose the body
 after death. Many suffer from it's overgrowth:

COMMON CANDIDA SYMPTOMS:

Fatigue	Thrush
Brain fog	Joint pain
Digestive issues	Mild depression
Sinus infections	Urinary tract infections
Recurring yeast infection	Other fungal infections.

BORAX detoxes Fluoride from your body and brain.
 Raises your pH level from acid to alkaline.
 Cancer/Candida/Fungus/Nanobots cannot
 survive in a high alkaline pH environment.

Borax is very **useful in combating graphene nano-fibers which are widely found in disposable masks, as well as, COVID test swabs, which are critical for the dual purpose of DNA harvesting and collection. Many believe toxic additives are also in many of the jabs and boosters. Boron is an indispensable supplement for detoxing heavy metals and one of the few known nanobot replication-inhibitors.**

- **Ethylene Oxide, FDA PCR Swab Recall, & Strange Black Fibers That Move**

- [Crazy Objects Found in Blood of the Vacc'd & In Vaccine Vials](#)

Dr. Carrie Madej recommends **taking borax and 3 other ingredients** together at a medical conference:

1 minute.

For an external (not to drink) nano-detox bath, add these to hot water and soak as long as you can:

- 1 cup of [baking soda](#) (aluminum-free)
- 1 cup of [Epsom salts](#) (plain, without fragrance)
- 1 cup of [pure borax](#)
- 1/2 cup of [Bentonite clay](#)

Go Deeper Researching Borax:

The [Doctors Beyond Borders/Doctors Beyond Medicine website](#) is **incredibly valuable, clear and to the point.**

[Dr. Amanda Vollmer](#) has put this video (and [the transcript](#)) together for those **serious about getting well.**

Baking Soda: One of the Most Necessary Effective Medicines on Earth

In terms of importance, appropriate bicarbonate levels are just as crucial as hydration, getting enough oxygen, staying warm, maintaining healthy pH (high oxygen status) and optimal nutrition.

[Medical College of Georgia](#) scientists reported in [The Journal of Immunology](#) that a daily dose of baking soda helps reduce the destructive inflammation of autoimmune diseases like *rheumatoid arthritis*. The study **confirms the hypothesis that Sodium Bicarbonate (NaHCO₃),**

commonly called baking soda, can be a simple cure to autoimmune diseases.

It is used in the bloodstream to regulate pH as a counterbalance to acid build up. Bicarbonate affects the [pH of cells and tissues, balances cell voltage, and increases CO2, which helps with oxygenation.](#)

Sodium Bicarbonate can be used as a first line of defense for a vast range of sickness including, cancer, flu, diabetes, kidney disease and even the common cold. Sodium Bicarbonate can be used in many forms whether transdermally in a bath or orally. [Every cancer patient should be prescribed bicarbonate because it makes the hardest to kill, most acidic, cancer cells vulnerable to cancer treatments.](#)

Using [pH test strips](#) makes it easy to monitor your pH. If you are not confident or are very sick, working with a functional medicine doctor is one way to insure you do it right. Search [“functional medicine doctor near me”](#).

“No weapon that is formed against you shall prosper...”

[~Isaiah 54:17](#)

“For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.” ~ [Jeremiah 29:11](#)

*****For the Full Spike Protein Protocol (including [NAC](#)) to protect from transmission from the “V” and to help those who took the “V”, [go here](#).**

Deep Roots At Home now has a PODCAST! We are covering everything from vaccines, parenting topics, alternative medicine. Head over today and like, share and download a few episodes! <https://buff.ly/3KmTZZd>

I am once again being heavily shadow-banned over on FB. If you want to stay connected, [here is one way...](#)



You can also find me on [Instagram](#), [MeWe](#),
[Pinterest](#), and [Telegram](#).

And please join me for my [FREE newsletter](#). [Click here](#).

Medical Disclaimer: I am no longer a practicing medical professional, and I am not doctor. I am a mother. I do seek scientific confirmation of the safety and effectiveness of the herbs and remedies I use. Using remedies is a personal decision. Nothing I say on this blog is intended to treat or prevent disease. Consult your own doctor.

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[« Zero Amish Children Diagnosed with Cancer, Diabetes or Autism](#)

[Adding Baking Soda \(Bicarbonate\) to Cancer Protocols »](#)



Hi! I'm Jacqueline!

Thanks for being part of this journey with me.



Welcome to my own little place on the internet! Home is where I love to be. I feel there is no greater place to incubate souls. These days you'll find me using my experiences here to write about herbal remedies and natural health research — a big passion of mine. But being a wife and mother is not easy. It is challenging and potentially lonely. I get that. I wanted to create a place to connect with and support other moms for creating a natural, healthy, and fulfilling home life.

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Borax, Baking
Soda & Sea
Salt: The 1800s
Pain Reliever
Recipe

Stealing Our
Sunshine: Is
Climate
Engineering
Real?

Don't Eat or
Touch "Apeel"
Produce! This
Applies To
Organics, too