

Natural Source Boron from mineral borax

Borax occurs in large evaporated lake deposits in Canada and Turkey. 20 Mule Team Borax is a

brand known to be unprocessed salt lake deposit material that is 99.5 % pure Sodium

TetraBorate with the 0.5% consisting of harmless light salts such as sodium and potassium

chloride and potassium carbonate (baking soda).

Mixing 20 Mule Team Borax for mineral supplementation

Elemental masses

Na=23 B=10.8 O=16

Formula for typical hydrated borax powder

Na₂B₄O₇ plus 10(H₂O)

Atomic weight = $23*2+10.8*4+16*7+10*18$

= 381.2

Ratio of Boron to Total Weight = $10.8*4/381.2$ or 0.113

Therefore one gram of Borax has 113 milligrams of boron.

If we put 9 grams of borax into 500 milliliters of water there will be 1017 milligrams boron in 500 milliliters of water or ...

This solution has 2.03 milligrams of boron per milliliter or CC

A milliliter equals one Cubic Centimeter or CC

(liquid measuring syringes from the drug store use CC units)

(This gives only about 3% error which is insignificant so we will say ... "each CC contains 2 mg boron") Dosages of the liquid measured in Cubic Centimeters or milliliters are:

For arthritis prevention take 2 CC per day or 4 milligrams boron per day.

For mild arthritis take 3 CC per day or 6 milligrams boron per day.

For full arthritis take 6 CC per day or 12 milligrams boron per day.

For cancer prevention take 9 milliliters per day or 18 milligrams boron per day.

See research from Romania where boron is used for chemotherapy. Its only side effect is the prevention of arthritis.

Sodium Dosage Issues

Remaining Na content = $46/381.2$ or 121 milligrams per gram of borax powder.

Note that boron content = 113 milligrams of sodium per gram, so that you get almost the same dose of sodium as boron. This is a low sodium dose, not expected to cause any high blood pressure issues.

Ian Soutar (Sept 13, 2017)

bodyworksvictoria@gmail.com

(Please contact me if you have corrections or additions)