

most active form of oestrogen, 17-beta oestradiol, to the level found in women on oestrogen replacement therapy, and also testosterone levels double.<sup>7</sup> **Boron does not raise oestrogen above normal healthy levels, but instead balances sex hormones in a similar way as does maca root powder.** In younger men, 100 mg of daily borax increased the level of free testosterone (which matters most) by one third.<sup>8</sup> This is of special interest for body-builders.

Contrary to the medical preference of chemically castrating men with prostate cancer, research with boron shows that elevated testosterone levels are beneficial by shrinking prostate tumours and prostate-specific antigen (PSA) levels (PSA being a marker for tumours and inflammation in the prostate). It also improves memory and cognition in elderly individuals.<sup>9</sup> Also, with oestrogen-sensitive breast cancer, I would use borax to normalise the calcium-magnesium metabolism and cellular membrane functions rather than feel restricted by a possibly faulty medical concept.

### Fungi and Fluoride

"Borax Cures" is an Earth Clinic forum<sup>10</sup> with many successful *Candida* treatments. Low- to medium-weight individuals use ¼ teaspoon of borax powder, and those with heavier weight use ½ teaspoon per litre of water. One drinks the water, spaced out during the day for four or five days a week, as long as required.

Many contributors wrote that it cured or greatly helped them. Read, for instance, this post: "I also have psoriasis, so maybe the soreness in my joints is the psoriatic arthritis creeping in. I thought, after reading about borax here on this forum, I would give it a try. OMG! In one day, the soreness in my knees has vanished!... Also, my psoriasis seems a lot better after two days drinking ¼ tsp borax in one litre of water per day."

Here's one about toe fungus: "He wet his feet and then took a handful [of borax] and rubbed it all over his feet. He said it stopped itching immediately! He was stunned. A few weeks later, I asked him how his athlete's foot was, and he said: 'Oh wow! It hasn't come back! That stuff totally cured it.'"

Other enthusiastic posts are about vaginal thrush. Borax appeared to be more effective than other remedies. Commonly, one large gelatine capsule filled with borax or boric acid was inserted at bedtime for several nights or up to two weeks. Alternatively, the powder was mixed with cool, solidified, coconut oil as a bolus or suppository.

A recent scientific study<sup>11</sup> confirms these positive observations with vaginal thrush. Boric acid in a filled capsule worked even in cases of drug-resistant *Candida* and against all the tested bacteria. Because of the greater dilution, a douche may not be strong enough for bacteria and drug-resistant *Candida* but should work for normal *Candida*. Borax, due to its alkalinity, was more effective than boric acid.

Normally, *Candida* exists as harmless oval yeast cells. When stressed, chains of elongated pseudohyphae develop and, finally, strongly invasive long, narrow and tube-like filaments called hyphae. These damage the intestinal wall and cause inflammation and leaky gut syndrome. Pseudohyphae and hyphae can be seen in the blood of individuals with cancer and autoimmune diseases. *Candida* can also form tough layers of biofilm. Boric acid/borax inhibits the formation of biofilms and the transformation of harmless yeast cells into invasive hyphae. In other articles I have shown that this process, usually initiated by antibiotics, is a basic cause of most of our modern diseases, and this makes borax and boric acid primary health remedies.

A scientific review in 2011 concluded that "boric acid is a safe, alternative, economic option for women with recurrent and chronic symptoms of vaginitis when conventional treatment fails".<sup>12</sup> Being so much better than drugs, why not use it as the first option?

A study from Turkey<sup>13</sup> showed the protective effect of boric acid on food contaminated with mycotoxins, especially fungal aflatoxins. Among these, aflatoxin B<sub>1</sub> (AFB<sub>1</sub>) causes extensive DNA damage and is the most potent carcinogen ever tested, especially affecting liver and lungs and also causing birth defects, immunotoxicity and even death in farm animals and humans. Boric acid treatment was protective, with increased resistance of DNA to oxidative damage induced by AFB<sub>1</sub>. The strong antifungal action of boric acid is, of course, the reason why traditionally it has been used as a food preservative.

Borax, similar to the equally endangered Lugol's solution, can also be used to remove accumulated fluoride and heavy metals from the body.<sup>14</sup> 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. In a Chinese study, 300 to 1,100 mg/day of borax was used for three months to

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