VERWANDT UND DOCH VERSCHIEDEN

MSM, DMSO UND BORAX

für Einsteiger

HEALTH ALPEN EXPERTS

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MSM, DMSO and borax for beginner

Related and yet different

Health Alps Experts
1st edition

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FINAL WORD

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foreword

Would you like to find out more about DMSO, MSM and borax and get the most comprehensive possible impression of the substances? Then you are exactly right here. In this book we have put together the most important and most interesting information about these substances for you. With this knowledge, you can then get a very good idea of whether treatment with DMSO, MSM or borax is an option for you or not.
In addition to comprehensive information about the origin and effects of the substances, we also present you with tangible results obtained from scientific studies. We would like to inform you objectively and transparently. That is why we value valid, verified information. The negative aspects should also be mentioned. This is always part of the holistic picture of something like a natural remedy. Finally, you can also expect tips and valuable information about the correct use of DMSO, MSM and borax. This also helps you to handle these substances correctly.

We hope you enjoy reading it and hope that the content will answer some of your questions.

Note: This book was written by multiple authors.

What is sulfur good for?

Sulfur fulfills a variety of roles in the body. It is a component of the skin, teeth, ligaments, cartilage, tendons, bones and connective tissue. It has a very important role as a guide for a wide variety of metabolic processes that are necessary for cell repair and body detoxification. By nature, the body should be able to absorb enough organic sulfur through food and water. rainwater e.g. B., contains a lot of organic sulfur. In the past, people used to drink rainwater, but nowadays this is no longer possible due to pollution. Since sulfur is only very rarely found in a pure natural form, it is included in a wide variety of compounds. The type of sulfur compound is decisive for how well the sulfur can be absorbed by the organism. Sulfur is naturally produced by algae and excreted by them in gaseous form. This is how the sulfur gets into the rainwater because it is bound in the rain clouds. With the rain, the organic sulfur gets into the soil and then into a wide variety of plants and animals. Humans could easily ingest the sulfur through food if most types of food preparation were not associated with thermal heating, which destroys the organic sulphur. With the rain, the organic sulfur gets into the soil and then into a wide variety of plants and animals. Humans could easily ingest the sulfur through food if most types of food preparation were not associated with thermal heating, which destroys the organic sulphur. With the rain, the organic sulfur gets into the soil and then into a wide variety of plants and animals. Humans could easily ingest the sulfur through food if most types of food preparation were not associated with thermal heating, which destroys the organic sulphur.

Not only in the human organism is sulfur a component that cannot be dispensed with. Organic sulfur is needed by the organism if glutathione, hormones and enzymes are to be formed, which are necessary for all body functions to run as desired. Organic sulfur is found naturally in many foods. Unfortunately not in sufficient quantities. Since most foods, such as vegetables, milk and meat and much more, are cooked before consumption, the natural, organic sulfur is destroyed. MSM, also called methylsulfonylmethane, is a

good source of organic sulfur. There is always a lot of reporting in the media about how important it is to have an adequate supply of iron or magnesium, the important role of sulfur in the organism is usually not mentioned at all. A human body needs 40 times more sulfur than iron, at least 5 times more than magnesium, so that all organic tasks can take place properly, a sulfur content of 0.2 percent is necessary in the body.

Only with the help of sulfur is the organism able to form the amino acids taurine, methionine, cysteine and a few more itself. They are vital. Free radicals, which attack the body's cells in all areas every day, are fought by the body's own glutathione if the organism is able to form glutathione itself. It is referred to by some medical professionals as the body's own protection against cancer. If there is no sulfur, the body will not produce enough glutathione. This then leads to a weakening of the immune system. The result is oxidative stress. The diseases that can result from this are wide-ranging, including tumor diseases.

Body's own protein compounds

The body's own protein consists of amino acids and sulphur-containing amino acids. All proteins and enzymes have a spatial structure that is determined by sulfur bridges. If there is not enough sulfur in the organism, the proteins and enzymes have a different structure than if there is enough sulfur for the right structure formation. The incorrect spatial structure formation that results from a lack of sulfur is then responsible for the proteins and enzymes being biologically inactive. The functions that they should actually fulfill in the organism cannot then be fulfilled. If the organism is supplied with organic sulphur, nothing changes in the incorrect structural formation of existing proteins and enzymes, they remain biologically inactive. Since new enzymes and proteins are constantly being formed by the organism, the newly formed enzymes and proteins with the correct spatial structure can be formed when a sufficient amount of organic sulfur is available in the body. These are then also biologically active again and can take over their original task in the organism.

The strengthening of the immune system

The immune system can only be strong and kill pathogens if important trace elements, such as e.g. B. the selenium, which repels pathogens, can be transported in the body. Methionine, which is an amino acid that contains sulfur, is responsible for this. Selenium also strengthens the connective tissue and vessel walls and is required for eye health. It not only repels pathogens, but also has a protective effect against free radicals. The body's own defenses literally break down when selenium can no longer be transported through the organism. This is the case when no more methionine can be formed due to a lack of sulfur. The consequences are signs of wear and tear, inflammation and infections. Since the organism can be compared to clockwork, the consequences are enormous, if a block is missing. As soon as there is not enough organic sulfur available for the body, numerous malfunctions occur, which result

in further malfunctions. This vicious circle begins as soon as not enough natural sulfur is ingested with food. This vicious circle can be broken through the intake of methylsulfonylmethane (MSM) as a low-dose dietary supplement, especially because not only selenium is transported through the body by the sulfur, but also essential vitamins and trace elements. this vicious circle begins. This vicious circle can be broken through the intake of methylsulfonylmethane (MSM) as a low-dose dietary supplement, especially because not only selenium is transported through the body by the sulfur, but also essential vitamins and trace elements. this vicious circle begins. This vicious circle can be broken through the intake of methylsulfonylmethane (MSM) as a low-dose dietary supplement, especially because not only selenium is transported through the body by the sulfur, but also essential vitamins and trace elements.

Against joint problems

Organic sulfur is needed to build up the inner layer of the joint capsule, but also the synovial fluid. If this is not available to a sufficient extent, joint pain occurs. The pain is due to the wear and tear that occurs with normal, daily movements. Since the body is no longer able to carry out joint repairs due to the lack of sulfur. Since less or no synovial fluid can be formed, the pain becomes more and more intense. In the case of a permanent lack of sulfur, it is not just a matter of pain, but over time signs of degeneration occur, which can lead to stiffening of the joints. Anyone who wants to prevent joint degeneration should therefore always take in a sufficient amount of organic sulfur through food, so that the body is always able to independently repair and renew the joints again and again. As early as 1995, researchers were able to prove in a study that healthy cartilage contains two-thirds more sulfur than degenerated cartilage. In addition, a lack of sulfur not only leads to cartilage degradation in the joints, but also to inflammation. Organic sulfur counteracts inflammation because it prevents the messenger substances that are pro-inflammatory from being inhibited as they form. It also prevents the formation of enzymes that break down

cartilage. Sulfur promotes the formation of endogenous cortisone, which can then be transported to the place in the body where it is needed due to the increased blood circulation caused by the sulphur. The fear of arthritis and joint inflammation is unfounded if there is always a sufficient amount of organic sulfur available in the body. Arthritic complaints can not only be alleviated because there is a reduction in pain, but increased mobility is also evident. Arthritic joints can then be moved easily and without pain.

Organic Sulfur

In order to be able to convert fat into energy, sulfur is necessary. The fat metabolism only works if there is a sufficient amount of sulfur in the organism. However, it is not only necessary in order to be able to achieve the desired "slim line", it also increases personal attractiveness. Strong and strong fingernails, supple skin and strong hair are possible when the diet provides sufficient amounts of sulfur, as it is needed for the formation of keratin, collagen and elastin. Keratin, collagen and elastin ensure an attractive appearance because the connective tissue is strengthened, wrinkles are reduced and the hair becomes shiny, full and strong.

basic effect

Due to numerous nutritional errors, many people suffer from over-acidification of the body. This shows up not only because heartburn occurs, but also through the growth of fungi and bacteria. White flour and industrial sugar promote physical acidity. The alkaline sulfur gently counteracts physical hyperacidity. If you have enough sulfur in your body, you can do without acid blockers if you have problems with your stomach. There are scientists who are of the opinion that physical hyperacidity not only provides a good breeding ground for fungi, but also for cancer cells. Due to the numerous effects of sulfur, the fight against carcinomas is announced not only through the alkaline effect, but also through the increase in the immune system, the possibility of catching free

radicals and detoxifying the body. Steady inflammation also leads to the growth of carcinomas if it persists for a long time. All physical activities are controlled by sulfur in such a way that the body's own defenses against a wide variety of diseases are actively increased. Cell regeneration is noticeably supported, so that now and then an inexplicable self-healing occurs when the organism is supplied with sufficient sulfur again. Cancer cells do not want an oxygen-rich environment. They develop significantly better in oxygen-poor areas. In the case of some types of cancer, it is therefore sufficient if the diseased areas are supplied with more oxygen-rich blood in order to be able to provoke a weakening or the death of cancer cells. Sulfur not only increases blood circulation,

wound healing

Diabetics often suffer from poorly healing wounds (open legs). Although sulfur is not responsible for diabetes itself, it ensures that wounds heal faster and the insulin requirement of diabetics decreases. The liver works more intensively again because the environmental toxins that have been stored over many years are bound by the sulfur and excreted in the urine. Physical detoxification through sulfur prevents early aging. The regenerating effect of sulfur can also be felt by athletes. Too short warm-up phases or training mistakes repeatedly lead to muscle injuries in athletes, which can be very painful. If the sulfur level in the body is saturated, muscle injuries are hardly noticeable because they are regenerated directly by the body. Come in addition, that the alkaline effect of sulfur also protects against other pains because it counteracts sore muscles. The lactic acid formed during training no longer damages the muscles if it is neutralized immediately.

For allergy sufferers?

Allergies are rare or very weak if the body has enough sulfur. The GENESIS Center for Integrative Medicine and its research team proved that there is a direct connection between organic sulfur and

the occurrence of allergies. If there is a sulfur deficiency, allergies (hay fever and pollen allergies) occur more frequently.

Drives the cell supply

Every cell in the body must be supplied with nutrients and cleared of toxins. This is only possible if there is enough sulfur in the body. The effect of increased cell supply is evident at first glance. The skin looks plump and rosy. The increased blood circulation, in combination with the increased oxygen content in the blood, which is also favored by sulfur, is responsible for this. Not only are free radicals removed from the body, but also more vitamins and other vital trace elements and minerals are transported into the cells. Ultimately, this not only delays the signs of aging, but also prevents cancer. Organic sulfur is helpful as cancer prevention, but also has a positive supportive effect on cancer therapies. the effectiveness of the drugs, which act therapeutically against cancer can be increased by sulfur. It transports not only vitamins, selenium and trace elements into the interior of the cells, but also the active ingredients of many medicines.

Traditional healing method

Natural sulfur compounds are also found in onions, garlic, radishes, wild garlic, mustard, cabbage, leeks, chives, horseradish, rocket and other plants that contain mustard oils. They are known to have an antibiotic effect and to boost the immune system, especially in winter. The organic sulfur has a particularly intense effect in these plants because they are often not boiled or heated, but are also enjoyable raw. Onions, which also contain natural, organic sulphur, have traditionally been used extensively in detoxification regimens. They are cut into slices and fixed with a sock under the soles of the feet overnight. The natural sulfur from the onion then penetrates the body through the skin and enables the enzymatic processes that are necessary for detoxification. In this way, organic sulfur can be supplied to the organism on a daily basis, but the method is

somewhat complex and uncomfortable. Nevertheless, it is well known that no one can experience harmful side effects from an increased consumption of the mentioned herbs, salad and vegetable plants with mustard oils.
As already mentioned, organic sulfur stimulates fat burning. Smoothies with fresh broccoli or kale are also said to offer this effect. However, the health-promoting effect is attributed to the mustard oils, the organic sulfur also contained, nobody mentions. Think carefully. The black radish, which is processed with honey to make radish cough syrup in winter for a sore throat, also contains sulphur. It contains organic sulphur, which has a detoxifying and strengthening effect on the immune system.

sulfur deficiency

Hardly anyone talks about sulfur deficiency. It is generally assumed that mankind is sufficiently supplied with sulphur. This is perhaps the case with raw foodists because they don't heat their food. But for all other people who cook their food every day, there is hardly any sulfur in their meals because the sulfur is not heat-resistant. The deficiency symptoms that then occur can hardly be assigned, because hardly any doctor thinks of a lack of sulfur when the following symptoms occur:

allergies

joint problems

obesity

liver problems

heartburn

diabetes

gout

disc problems

The deficiency symptoms listed, which can occur with a sulfur deficiency, also occur from other health complaints, so they cannot be clearly assigned. A definite confirmation that the diseases and symptoms are due to a lack of sulfur is only possible if these are no longer noticeable after an increased intake of organic sulfur. Since this topic is generally not mentioned, it hardly occurs to anyone that a lack of organic sulfur can have such an impact on health.

artificial fertilizers and the industrial processing of food

Since artificial fertilizers have been used in conventional agriculture, the sulfur content in the soil has been falling steadily. The fertilization with manure and compost ensured that more sulfur got into the soil. The calculation is simple, if the sulfur content in the soil drops, then there cannot be much sulfur in the food either. If the food is then industrially processed and heated, there is hardly any sulfur left in the food. In the past, people fetched the milk fresh from the farmer and drank it. It contained the natural, organic sulphur. Nowadays, the milk is heated up by the farmers shortly after milking, before it is even picked up by the dairies. A

large part of the sulfur contained in fresh milk is already destroyed. The sulfur content that has not been destroyed by heating the milk will be destroyed at the latest when the milk is shock-cooled after heating. Sulfur decomposes not only with warmth and heat, but also with cold. However, this also means that fresh fruit and vegetables that are stored in refrigerated warehouses after harvesting hardly contain any sulphur. Even if the vegetable is eaten raw or as a smoothie rather than cooked, it can no longer meet a person's sulfur needs. In the past, when people used to get the vegetables they wanted to eat for the day fresh from the garden, the supply of sulfur looked a little better. when the milk is chilled after heating. Sulfur decomposes not only with warmth and heat, but also with cold. However, this also means that fresh fruit and vegetables that are stored in refrigerated warehouses after harvesting hardly contain any sulphur. Even if the vegetable is eaten raw or as a smoothie rather than cooked, it can no longer meet a person's sulfur needs. In the past, when people used to get the vegetables they wanted to eat for the day fresh from the garden, the supply of sulfur looked a little better. when the milk is chilled after heating. Sulfur decomposes not only with warmth and heat, but also with cold. However, this also means that fresh fruit and vegetables that are stored in refrigerated warehouses after harvesting hardly contain any sulphur. Even if the vegetable is eaten raw or as a smoothie rather than cooked, it can no longer meet a person's sulfur needs. In the past, when people used to get the vegetables they wanted to eat for the day fresh from the garden, the supply of sulfur looked a little better. consumed raw or as a smoothie, it can no longer meet a person's sulfur needs. In the past, when people used to get the vegetables they wanted to eat for the day fresh from the garden, the supply of sulfur looked a little better. consumed raw or as a smoothie, it can no longer meet a person's sulfur needs. In the past, when people used to get the vegetables they wanted to eat for the day fresh from the garden, the supply of sulfur looked a little better.

Sulfur overdose

You may now be wondering whether the organic sulfur that many people lack in their bodies can simply be compensated for with sulphurized dried fruit or other products that contain sulphur. The organic sulphur, which is of vital importance for the human and animal organism, has nothing to do with sulfur dioxide, which is considered a danger to ecosystems, nor with the health-threatening sulphites found in vinegar, wine and dried fruit. Organic sulfur is z. B. contained in MSM (methylsulfonylmethane). It cannot be overdosed and is also non-toxic. If there is more sulfur in the organism than is required, the sulfur is excreted in the urine until the sulfur level has dropped to the level required.

What happens when the sulfur level increases and the symptoms get worse?

Sulfur has a detoxifying effect on the organism. This natural detoxification cannot take place if the body does not have enough sulfur available. As soon as more organic sulfur is supplied to the body from the outside, the desired body detoxification can begin. This is not always gentle. It is clearly perceived by many people. It is therefore perfectly normal that symptoms can worsen as sulfur levels in the body are balanced. This reaction is not critical. The detoxification symptoms can manifest themselves as headaches, fatigue, skin rashes or diarrhea. They subside after a few days when most of the stored toxins have been eliminated from the body. After that, there should be a significant improvement in well-being,

Sulfur Side Effects?

There are no known side effects of organic sulfur. Pregnant or breastfeeding mothers should discuss with their doctor what they can do if they suspect a sulfur deficiency.

Which groups of people tend to have a sulfur deficiency?

Whether and how an organism is supplied with organic sulfur depends on the diet. If you cook your food every day and use industrially processed foods for breakfast, you can assume that you have a sulfur deficiency. Even if you treat yourself to a fresh smoothie every day, you can't sit back and be sure that you're not also deficient in organic sulfur. Only when you buy organic, regionally grown fruit and vegetables that have been harvested directly at harvest time can you assume that you are consuming more organic sulfur than your fellow human beings.

The first step in correcting an organic sulfur deficiency

You cannot compensate for a sulfur deficiency if you do not even know that there can be a sulfur deficiency. You've already taken the first step to balanced sulfur levels when you start thinking about what changing your diet can offer you. In the future, you will consciously take in more organic sulfur through your food every day. Conscious nutrition has a major impact on health. It is also important that you learn that vitamins B and C have an even more intense effect on the body if they are transported straight into the cells with the help of organic sulphur. Even if you only take in a small amount of vitamin C, the effect is enhanced by the sulphur. So that the sulfur content in fresh fruit and vegetables is not reduced, If you do not store it in the refrigerator, but in a room that is not too cold, do not buy too many vegetables in stock, but use up your stocks quickly so that you can always buy fresh goods. Give preference to regional farmers who do not store their vegetables in cold stores.

What is MSM?

MSM is the abbreviation for methyl sulfonyl methane, which is a sulfur compound that is organic in origin. The sulfur compound is indispensable for every living organism, whether human, animal or vegetable. About 150 g of the mineral are found in the tissues of an adult human. Sulfur compounds must be supplied to the organism through food or drink, since humans cannot produce sulfur themselves. Sulfur compounds are formed by algae, then enter the air as a gas and return to the earth with the rain. Plants then absorb them during the growth phase, and humans and animals absorb them through plant and animal food. MSM is sensitive to cold and heat. It breaks down if the food is stored in the cold for too long, cooked, deep-frozen or industrially processed. So that there is no sulfur deficiency, fresh organic vegetables should be bought seasonally and regionally and eaten raw, which is not always possible. Therefore, sulfur deficiency is very common. The foundation for the lack of sulfur is already laid in conventional agricultural cultivation. Artificial fertilizers replace compost and manure, which means that the sulfur content in the soil is getting lower and lower. MSM is sold as a dietary supplement and is a white, crystalline powder. There are many similarities with DMSO. Therefore, sulfur deficiency is very common. The foundation for the lack of sulfur is already laid in conventional agricultural cultivation. Artificial fertilizers replace compost and manure, which means that the sulfur content in the soil is getting lower and lower. MSM is sold as a dietary supplement and is a white, crystalline powder. There are many similarities with DMSO. Therefore, sulfur deficiency is very common. The foundation for the lack of sulfur is already laid in conventional agricultural cultivation. Artificial fertilizers replace compost and manure, which means that the sulfur content in the soil is getting lower and lower. MSM is sold as a dietary supplement and is a white, crystalline powder. There are many similarities with DMSO.

Why do you need MSM?

Organic sulfur cannot be produced by the organism itself. It is an important basic element for many processes that take place in the body. In order for the organism to be able to produce its own vitamins, enzymes and proteins, sulfur is required. Likewise for the regeneration and maintenance measures of the body. Sulfur is needed for hair and nail growth, but also for a balanced psyche and a healthy immune system. The entire body structure (skeletal system, joints, tendons, cartilage, connective tissue and synovial fluid) is dependent on a balanced sulfur level in the organism, so that there is no pain or chronic / acute joint diseases or joint problems. MSM contributes to keeping the body healthy because it has an anti-inflammatory effect, but also by forming the necessary enzymes supports the body's own processes. Without MSM there is no healing and the body cannot regenerate. They would quickly look old and wrinkled if there is a long-term organic sulfur deficiency. MSM is responsible for the selenium transport into the cells, reduces the risk of allergies, the oxygen supply in the organs is secured through improved blood circulation, the energy metabolism and the fat metabolism are stimulated. The liver is detoxified, heavy metals are eliminated and insulin production is stimulated. Since all organic functions in the body run like clockwork, the entire process comes to a standstill if the basic building block sulfur is not available in the required quantity. They would quickly look old and wrinkled if there is a long-term organic sulfur deficiency. MSM is responsible for the selenium transport into the cells, reduces the risk of allergies, the oxygen supply in the organs is secured through improved blood circulation, the energy metabolism and the fat metabolism are stimulated. The liver is detoxified, heavy metals are eliminated and insulin production is stimulated. Since all organic functions in the body run like clockwork, the entire process comes to a standstill if the basic building block sulfur is not available in the required quantity. They would quickly look old and wrinkled if there is a long-term organic sulfur deficiency. MSM is responsible for the selenium transport into the cells, reduces the risk of allergies, the oxygen supply in the organs is secured through improved blood circulation, the energy

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Story

After the Chinese discovered sulfur and the connection between explosions and fire, they invented black powder about 1000 years ago. The Romans and Greeks have known about the healing powers of sulfur since ancient times. They found springs with sulphurous water and bathed in them to relieve rheumatic complaints.
In the 18th century (at the end), the French chemist Lavoiers discovered a chemical element, sulphur, which he then described in detail. The first general anesthetic was then carried out with sulfuric ether in the 19th century. In the 20th century, sulfur was already being used in medicine in the form of sulfonamides in ointments, pastes and as a precursor to antibiotics (against bacterial infections). Based on numerous researches, it was discovered that sulfur not only had a healing effect on skin diseases, but was also essential for the formation of enzymes and hormones.

The US medical team Drs. Robert Herschler / Stanley Jacob, who discovered and researched the versatile effects of DMSO, also examined MSM more closely. In their studies around DMSO, they came to MSM, which is related to DMSO. Their clinical studies then showed numerous therapeutic benefits of MSM that could be achieved without any side effects.

Foods with MS M

Ocean water contains sulphur, which becomes dimethyl sulphide (DMS) when it is bound by seaweed. Dead algae release DMS, which then occurs as a gas on the sea surface. The reaction with UV rays and oxygen then creates natural DMSO and MSM. These sulfur compounds are bound by the rain clouds and then rain down with the rain to be reabsorbed by the ground. The sulfur cycle is then closed. The plants that then grow on the soil absorb the organic sulfur compounds that have concentrated in the soil as they grow. This makes them available to people and animals, who consume the plants as freshly as possible, unheated and not chilled. MSM is therefore found in meat, fish, dairy products, coffee, Contain fruits and vegetables. It is particularly abundant in raw, unroasted peanuts, redfish, walleye, cod, beef, veal, oatmeal, pork, broccoli, eggs, kale/brussels sprouts, onions, garlic, red cabbage, arugula, mustard, radish, horseradish, and other plants that contain mustard oils. At first glance it seems that the daily sulfur requirement can be covered simply by eating in combination with a latte. But that's not the case. The coffee beans that contain MSM are roasted and then brewed. Due to the double heat supply, most of the MSM breaks down. The same applies to the milk, which is ultra-high-heated after milking and then cooled again.

possible applications

Since MSM is required as a basic building material in the entire organism, the possible uses are very diverse. It has positive effects on the following diseases:

allergies

ADHD

fungal diseases

The organism is not only supported and strengthened in its regular processes by taking MSM in humans, but also in animals. Dogs, cats and horses respond very positively to MSM supplements in the feed. They also benefit from body detoxification, allergy protection or support for regeneration (in everyday life and after an injury). With the help of MSM, the immune system is boosted because they are directed more quickly into the cells when the permeability of the cell membrane is reduced by the MSM. On the other hand, the cells can then be purged and detoxified more easily. Cell activity is increased and the effect of the vitamins supplied is enhanced. MSM ensures increased oxygenation of the blood, which ultimately also brings more oxygen to the tissue. Cancer cells do not get this

increased oxygen supply at all, they literally die off. Researchers at the University Glocal Campus in Seoul have conducted studies using known breast types and metastases. MSM counteracts cancer cells and supports chemotherapy against metastases. More metastases are killed by chemotherapy when taking MSM at the same time than when there is not enough organic sulfur available, because they then respond much better to the therapy.

Rosacea is considered an incurable, inflammatory skin disease that occurs almost exclusively on the face. Not only nodules and pustules form, but also redness and new tissue formation, which can be painful and itchy. By administering MSM, in combination with a milk thistle active ingredient, scientists were able to achieve noticeable improvements in the skin's appearance in selected patients at the San Gallicano Dermatological Institute (Rome) during a study.

For another skin disease, fish scale disease (ichthyosis), attempts have been made to use MSM in a moisturizing lotion. The first successes could be seen during a case study. In a 44-year-old man, the dandruff disappeared and the complexion appeared clear. The improvement in the complexion was evident within 4 weeks.

With the help of MSM, the organism forms glutathione, an effective endogenous antioxidant. Glutathione scavenges free radicals throughout the body, causing wrinkles to disappear, the face to appear rosier and the immune system to be boosted. Finally, glutathione also provides some protection against cancer by preventing oxidative stress. In addition, MSM is also necessary to be able to form methionine, which is needed to transport selenium through the body, which also strengthens the body's defenses and protects the connective tissue and vascular walls. All other endogenous amino acids cannot be formed by the organism without sulfur bridges, so whether the supply of enzymes, insulin or amino acids is sufficiently secured depends on the sulfur level. The sulfur bridges are responsible for the formation of the spatial structure in the enzymes. If these important enzymes and amino acids are not formed by the organism, malfunctions occur throughout the body, which can not only be unpleasant but also dangerous.

MSM increases self-confidence and physical and mental attractiveness. Full hair, smooth and strong fingernails, wrinkle-free skin and an extremely good ability to concentrate have always been considered attractive. As soon as the organism is provided with enough organic sulfur, it can produce more keratin, elastin and collagen. These endogenous substances are a guarantee for a young appearance, energy and fitness. It's almost never too late when you want to appear young and youthful again. If you suffer from wrinkles caused by a lack of sulfur, there is hope. The skin is very capable of regeneration. As soon as your organism has a sufficient amount of sulfur available again, the wrinkles recede and the complexion (all over the body) becomes firmer again.

Osteoarthritis, arthritis and rheumatism

Osteoarthritis is usually associated with pain, which can be relieved with MSM. In 2006, scientists at the Southwest College Research Institute conducted a placebo-controlled study (double-blind, randomized) with 50 participants (women and men) between the ages of 40 and 76. The study participants all suffered from painful knee osteoarthritis. The participants who received a placebo felt no improvement compared to the participants who received MSM. The pain in the MSM patients decreased significantly and they felt better mobility. When taking MSM, the study participants did not suffer from the side effects that they have to accept with the well-known rheumatism drugs and notice a reduction in inflammation.
The following effects were recognizable:

pain relieving

antioxidant

Without sulfur, neither the inner layer of the joint capsules can be regenerated nor synovial fluid formed. Joint diseases are rare when

sufficient organic sulfur is available in the body for natural regeneration to occur on a daily basis. However, if the important organic sulfur is missing, it not only causes pain, but also inflammation and ultimately degeneration of the joints. Joint degeneration leads to joint stiffness in many sufferers. As early as 1995, researchers were able to prove in a study that cartilage damaged by osteoarthritis contains only about 30 percent of the amount of sulfur found in healthy cartilage. MSM not only promotes cartilage regeneration in arthrosis, it also inhibits the formation of enzymes that break down cartilage and messenger substances, that are pro-inflammatory. Cartilage expert David Amiel, Ph.D and his research team are therefore convinced that MSM can stop arthritis in its early stages and can offer noticeable protection against cartilage degradation and joint inflammation from MSM.
Athletes suffering from joint ailments experience an additional benefit when using MSM for joint protection as the sulfur compound can also reduce muscle damage. Muscle injuries are very common in athletes. The scientists found that the antioxidant effect of MSM is responsible for fewer muscle injuries. MSM increases blood circulation and oxygen saturation in the tissue, and waste products and cell toxins can be removed more quickly. Lactic acid bacteria (which are also responsible for sore muscles) often attack the muscle tissue with their acid, so that the muscle fibers can tear more easily. According to the studies carried out, MSM lowers this risk.

allergies

More and more people suffer from allergies. Whether animal hair, house dust, pollen or food allergies, the restrictions in everyday life are more than just unpleasant. Who likes to walk around in the sunshine with swollen eyes and red spots on the face because the pollen that triggers allergies is just flying around? Although allergies can also be alleviated with commercially available antihistamines, side effects such as tiredness have to be accepted. With MSM, the symptoms of allergies can be alleviated, especially if you e.g. B. Use MSM every day as a dietary supplement anyway, because you also want to counteract other ailments. Allergies reduce the quality of life enormously, you no longer have to accept them. It can take up to 2 weeks until the true efficiency of organic sulfur is fully felt. It's different if you don't just use MSM during the seasonal allergy seasons, then you probably won't even notice when the actual allergy season begins, because your body then already has an adequate supply of organic sulphur. Scientists suspect that MSM causes a kind of protective film to form on the mucous membranes, which prevents a wide variety of allergens from adhering.

gastrointestinal problems

Gastrointestinal problems have a wide variety of triggers. They can be caused by parasites, spoiled food or germs, but also by poor nutrition and the resulting hyperacidity. It is not always easy to be able to carry out an alkaline diet in everyday life, especially if you are often away from home for professional reasons. They then have to dine in canteens or restaurants and cannot control which ingredients are contained in the dishes in detail. Fast food and processed foods also promote hyperacidity. In addition, not only fungi (e.g. Candida albicans) feel comfortable in an acidic body environment, but also cancer cells develop even faster. MSM becomes alkaline and therefore counteracts heartburn and flatulence. As soon as the acidic environment in the body is

balanced, the fungi, which not only settle on the feet or nails, but also in the stomach or intestines, die off. In a healthy intestinal environment, parasites no longer stand a chance. Because the stomach and intestines can work properly again when the environment and the acid/base balance are right again, the food you eat is digested much more intensively. This boosts the immune system because more vital vitamins, minerals and trace elements are available through proper digestion. MSM prevents intestinal worms and parasites from attaching to the mucosal surface. but also in the stomach or intestines. In a healthy intestinal environment, parasites no longer stand a chance. Because the stomach and intestines can work properly again when the environment and the acid/base balance are right again, the food you eat is digested much more intensively. This boosts the immune system because more vital vitamins, minerals and trace elements are available through proper digestion. MSM prevents intestinal worms and parasites from attaching to the mucosal surface. but also in the stomach or intestines. In a healthy intestinal environment, parasites no longer stand a chance. Because the stomach and intestines can work properly again when the environment and the acid/base balance are right again, the food you eat is digested much more intensively. This boosts the immune system because more vital vitamins, minerals and trace elements are available through proper digestion. MSM prevents intestinal worms and parasites from attaching to the mucosal surface. This boosts the immune system because more vital vitamins, minerals and trace elements are available through proper digestion. MSM prevents intestinal worms and parasites from attaching to the mucosal surface. This boosts the immune system because more vital vitamins, minerals and trace elements are available through proper digestion. MSM prevents intestinal worms and parasites from attaching to the mucosal surface.
Even with Crohn's disease, MSM can offer relief when taken in addition to the usual therapy. MSM is not a drug. It supports the organism in finding its own balance again.

diabetes

If the metabolism does not function properly, the first foundation for diabetes has been laid. In addition, sulfur is required for the body's own production of insulin. If this is not available, not enough insulin can be formed. The liver is a very important organ where many toxins accumulate. She can only stay healthy and work properly if she is constantly detoxified. This task is performed by the body's own antioxidants, which the body produces itself with the help of sulphur. These include methionine, taurine and cysteine, which, as sulphur-containing antioxidants, not only support the liver in detoxification. Glutathione then fights the remaining free radicals so that the organism can work properly again. Not only does protein metabolism depend on the available amount of organic sulphur, but also energy production in the cells, which is responsible for converting blood sugar into energy. The blood sugar level becomes more controllable if the organism's ability to produce insulin is supported by the organic sulfur of the MSM.

burnout

Burnout has almost become a widespread disease in recent years. The triggers are not only stress and excessive demands, but also a lack of supply of the body with important vitamins, minerals and trace elements. The undersupply can have various reasons. In the first place is the wrong diet, which is either due to ignorance or lack of time. Anyone who hardly ever gets fresh food, but always resorts to industrially processed products, is not feeding his body the substances that are urgently needed. bowel diseases such as B. Colitis Ulcerosa do not allow proper digestion of the ingested food. A large part of the contained vitamins, minerals and trace elements are excreted unused. Due to the deficiency symptoms, the organism gets more and more stressed. In the end there is depression or burnout. MSM can help restore gastrointestinal health. As soon as this is achieved, the absorption of the supplied nutrients can take place properly again. An improvement in well-being is not possible in the short term, but in the medium term. The relaxing effect of MSM takes away additional stress, so that well-being can prevail

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bladder and kidney problems

Bladder and kidney problems are often associated with inflammation, which can cause pain. It is not uncommon for chronic bladder infections to result in bladder shrinkage. The bladder then absorbs significantly less urine. Scarring of the bladder is not uncommon. Since DMSO and MSM are "related" and water-soluble, studies in the 1970s already showed clear therapeutic success in the treatment of "interstitial cystitis". MSM reduces inflammation, relieves pain and increases blood circulation. Therefore, the success of an exclusive treatment of chronic cystitis with MSM is just as successful as with sole treatment with DMSO (according to Stcy Child, urologist at the University of Alabama Tuscaloos).

detoxification

In everyday life there are many substances that get into the body and get stuck. Starting with the dreaded heavy and light metals. There are also chemical substances that are found in detergents, soaps, shampoos, shower gels, detergents, fabric softeners, creams, lotions, sunscreen and food. With the help of interactions between the ingredients of a wide variety of food and personal care products, the toxins get deeper and deeper into the organism, right down to the brain. Fluorides are suspected of damaging light metals such as As aluminum, can transport to the brain. These then become established and lead to an interruption in nerve conduction, which can lead to Alzheimer's and dementia. Acute and chronic poisoning are not uncommon. Since many toxins and pollutants also settle in the fatty tissue, detoxification is not that easy. Since MSM makes the cell membrane more permeable and increases blood circulation, including oxygen supply, in the tissue, more and more toxins can be eliminated from the cells over time. This process takes time. By taking MSM, the body must first be able to form the sulphur-containing cysteine that is necessary for the detoxification of the organism. In addition, heavy metals such as cadmium, mercury and lead are bound by the sulfur (how it works is still fairly unknown).

The detoxification then takes place on different levels. Not only are the free radicals present combated by the antioxidants, chemical detoxification methods are also taking place, which are favored by the organic sulfur in the MSM. Since MSM is also able to Crossing the blood-brain barrier also removes toxins from the brain. During the planned detox you should drink a lot. An additional intake of chlorella algae can alleviate the effects of detoxification because the algae binds the flushed toxins in the body and then excretes them through the digestive tract. The released toxins should be flushed out of the body as quickly as possible with as much liquid as possible so that they cannot settle again in other parts of the body. Those who take MSM daily as a dietary supplement also benefit daily from the versatile effects of organic sulphur. Massive poisoning can then no longer occur because the detoxification, as well as the regeneration of the cells and cartilage areas, takes place daily. Thus, the performance of the brain is also improved over time because MSM is not only required for the construction of neurotransmitters, but also improves brain function.

side effects

In the EU, MSM is considered a tested dietary supplement. Based on the reviews, it is considered safe as no side effects have been observed during use that need to be mentioned. The organic sulfur compound MSM was examined in detail by the Medical University in Hanover in 1989. The investigations, as well as animal experiments, showed and confirmed that MSM is non-toxic and water-soluble. Even when taken in very large amounts, MSM is "no more toxic than water," according to the study cited. Experimental animals could be poisoned in the experiments, but with a quantity of 20 g MSM per kilogram of body weight. The recommended dosage of MSM for humans is up to 1 gram per body weight. According to the researchers' calculations, a person weighing 75 kilograms would have 1, 5 kilograms of MSM per day if poisoning should occur. No one would take this amount voluntarily or by mistake.
Disorders of well-being can still occur, which can be explained by the varied effects on the body. As previously reported, you can use MSM to detoxify your body. As soon as the toxins are released from the cells and are freely available in the organism, you can actually feel the toxic substances. It can therefore lead to mild or moderate detoxification symptoms, which express themselves differently. Skin rashes, headaches, diarrhea or nausea can be a sign of effective detoxification with MSM. After about 10 to 14 days, these detoxification symptoms will decrease. If the symptoms become too uncomfortable, you can reduce the daily dose of MSM a little and combine it with vitamin C. This accelerates the elimination of toxins. At best, plan a detox associated with starting MSM intake, on vacation. So you don't have to worry that the unpleasant side effects of physical detoxification will represent a professional impairment.
Like DMSO, MSM has a blood-thinning effect. If you are taking blood-thinning medication to prevent a stroke or heart attack due to existing cardiovascular diseases, you should consult your doctor before taking MSM. The MSM will then thin your blood a little more, so the therapy with marcumar, heparin or aspirin will have to be adjusted accordingly.

As a precaution, pregnant or breastfeeding women should refrain from taking MSM, as there are not yet enough studies in this area. If your doctor or alternative practitioner particularly recommends MSM during pregnancy or breastfeeding, you can follow the expert advice with peace of mind.

Buy MSM

When buying MSM, you should pay close attention to the quality. You can buy MSM as capsules, tablets, or powder. It is important that it is of pure quality and no other additives, such as e.g. B. anti-caking agents, preservatives, flavoring or coloring agents from synthetic production are included. Additives would reduce or change the effect of MSM. During production, the MSM goes through various cleaning processes that ensure that the white, crystalline powder does not contain any heavy metals or other pollutants. Application recommendations from the manufacturer are beneficial so that you know how to dose your selected MSM. Therefore, do not buy any goods that are not clearly labeled and provided with an application recommendation from the manufacturer.
The manufacturer's information must therefore be clear, also with regard to the content and the type of production.
Some users find the taste of MSM to be very unusual and take some getting used to. If you opt for the powder, you should initially choose a small container so that you can test for yourself how you can cope with the product in everyday life. When taking capsules or tablets, you do not taste what you are taking and you have the additional advantage that you can simply take the capsules or tablets with you on vacation or to work. However, they have the disadvantage that you cannot freely choose your individual dose as easily as when taking the powder.
You can buy MSM in Austria, Switzerland and Germany in drugstores, health food stores, pharmacies and online shops. Before making a purchase decision, compare not only the price, but also the quantity and quality. As a rule, the powder is cheaper than tablets or capsules. Since MSM can be produced both synthetically and naturally, you may be wondering which quality is best. There is no difference in the various manufacturing options. You may feel better if no trees were cut down to make MSM. In that case, you should then opt for synthetic production.

What is to be observed?

When purchased, MSM is also offered as methylsulfonylmethane, which designation is on the packaging does not determine which quality is included.
The dosage information from the various manufacturers varies. Anything from 0.5 to 4 grams per day is possible. If you are not sure which dosage is most suitable for you, you should consult your doctor or naturopath.
It is better to start with a rather low dosage. You will then feel for yourself whether you feel well or should increase the dose.
MSM is not only offered pure, but also as a combination preparation. You should think carefully about what you want to buy before you buy it. As an alternative to the combination preparation, you can also combine MSM separately with other preparations in order to achieve the same effect. The advantage then is that you can dose all the preparations separately from each other yourself. Your individual needs can then be better taken into account.

Benefits of MSM

Although DMSO offers many advantages, the dietary supplement MSM does not lag behind with its numerous advantages. MSM cannot be overdosed at all if consumed responsibly and not excessively. The amounts necessary for poisoning were tested on rodents. According to these experiments, a person weighing around 75 kilograms would have to ingest around 1.5 kg of MSM per day (over 90 days) for poisoning to occur. Nobody will take this amount voluntarily, so the possibility of an overdose can be ruled out from the start.
Although MSM tastes quite bitter, it can be taken in combination with citrus juice (grapefruit or orange) without any problems.
Three different MSM variants are commercially available. You can choose between capsules, tablets and powder. Tablets or capsules are clearly the best choice when traveling or taking on the go. With the powder you have the chance to always be able to adjust the dose exactly to your needs. Initially, you should use a precision scale so that you can determine how much powder you need. After some time you can estimate the required amount with the naked eye and dose it with the tip of a knife or a spoon.

basic effect

A lot of people suffer from hyperacidity. The organism becomes more susceptible to fungal infections, but also to tumor diseases, if there is always an acidic environment in the body. Since most people are not familiar with alkaline nutrition, there is hardly a way out of this vicious circle. Heartburn and flatulence are the least of the dangers of acidosis, so everyone should try to find a balance. This is very easy to do with MSM, since MSM has a basic effect and therefore balances the acidity in the organism. This not only increases well-being, but also the immune system. If you have always needed acid blockers, you can largely do without them if you consume MSM regularly.

Increase natural attractiveness with MSM

Symptoms of sulfur deficiency do not always immediately lead to illness. First of all, personal attractiveness and charisma are reduced. As soon as you feel uncomfortable, your charisma dwindles. You clearly sense that you no longer enchant the people around you as you used to. They don't attract as many looks as they did a few years ago. Your hair is getting thinner and thinner, it falls out more and your fingernails splinter. You can no longer concentrate properly and the connective tissue also becomes weaker and weaker. Not only do they bother the slight wrinkles that have developed over time, but also the obvious cellulite on the thigh. How happy you will be when you can turn back the clock a little with MSM as a dietary supplement. All the signs of aging described (and some more, such as joint or intervertebral disc problems) are a sign of sulfur deficiency. The cells in the body need sulfur for daily regeneration. If this is not available to a sufficient extent, cell regeneration does not take place. Then you age faster. It is amazing that by taking MSM, cell regeneration and physical detoxification start again immediately, as if there hadn't been a "stop". It is therefore quite the case that your wrinkles will reduce again and the skin on the entire body will become firmer again if you no longer have a sulfur deficiency. If this is not available to a sufficient extent, cell regeneration does not take place. Then you age faster. It is amazing that by taking MSM, cell regeneration and physical detoxification start again immediately, as if there hadn't been a "stop". It is therefore quite the case that your wrinkles will reduce again and the skin on the entire body will become firmer again if you no longer have a sulfur deficiency. If this is not available to a sufficient extent, cell regeneration does not take place. Then you age faster. It is amazing that by taking MSM, cell regeneration and physical detoxification start again immediately, as if there hadn't been a "stop". It is therefore quite the case that your wrinkles will reduce again and the skin on the entire body will become firmer again if you no longer have a sulfur deficiency.

Increased liver functions and a strong immune system

If you don't have a balanced sulfur level, you can't break down body fat. MSM not only cleanses the liver, but also increases its function. The fat metabolism gets going and the excess pounds can be reduced. The body's own antioxidants are produced again as planned by nature. Life becomes much more worth living again when you can feel good, healthy and attractive all over again. They then get more life energy and do not get sick with every change in the weather. Your immune system will become stronger again and protect you against infections, colds and other illnesses.

allergies

If you take MSM regularly, you won't even notice when the actual allergy season begins. MSM offers you a blockage of the allergen receptors. Even if the pollen that you've always been allergic to is flying, you won't feel anything (or hardly any) of it. But the best thing is that you can completely do without the usual antihistamines, which had noticeably reduced the symptoms of the allergies, but also caused tiredness. The side effect "fatigue" is not only unpleasant, it can also be dangerous if you have to drive or do dangerous work.

All enzymatic bodily processes are more regulated

All enzymes and amino acids that the organism produces itself contain sulphur. Without enough sulfur in the body, enzymes and sulphur-containing amino acids cannot be formed to do the job they are responsible for. The sulfur is responsible for shaping the enzymes and amino acids. If it is missing, the enzymes and amino acids have a different form and cannot take on their necessary tasks. The entire organism then gets into an imbalance. The emerging discomfort and symptoms are usually misinterpreted,

because hardly any doctor or medical professional comes up with the idea that a lack of organic sulfur could be responsible.

Gentle pain relief

The joints (knees, hips, shoulders, fingers, hands, feet and arms) have to work hard throughout your life. As a rule, the organism regenerates the cartilage, tendons, ligaments and synovial fluid with the help of organic sulfur every day. Deformations then do not occur in the first place. If there is not enough sulfur for regeneration, pain in the joints and muscles occurs. Every step can become an ordeal. MSM has a triple effect against rheumatism, arthrosis and arthritis, as well as disc problems. Not only does it increase the body's ability to regenerate, it relieves pain and has an anti-inflammatory effect. The anti-inflammatory effect also offers you other advantages. You probably have inflammation somewhere in your body that you don't even know about. By taking organic sulfur (MSM) daily, you give your body the opportunity to heal itself. Inflammation subsides before you have recognized it yourself or felt an illness. According to the researching scientists, the pain-relieving effect occurs through muscle relaxation in combination with the anti-inflammatory effect.

More and more doctors and naturopaths are interested in MSM

MSM is not a miracle or magic drug. It is only organic sulfur that is needed by the organism. The mode of action and various areas of application can therefore be understood by most doctors and naturopaths. After consultation with your family doctor, you can discuss your entire medication with your doctor and partially reduce it in combination with MSM. MSM is not only usable for humans, but also for animals. Many veterinarians use MSM to treat dogs, cats and horses. There are no side effects or toxic deposits. For people who often suffer from back pain, tension or lumbago (lumbago) due to their job, regular use of MSM can bring relief,

DMSO

DMSO is the abbreviation for dimethyl sulfoxide (chemical formula C2H6OS). It belongs to the group of sulfoxides and is an organic, bipolar solvent with an oily feel that is odorless and colorless. DMSO solidifies at temperatures below 18.5 degrees Celsius. Because it is a solvent, DMSO should only be stored in glass bottles. The danger that the solvent could dissolve unhealthy ingredients from plastic bottles would be far too great. During use or after a longer storage period, the user will notice a slight smell of garlic or leeks. DMSO dissolves in both water and oily liquids. The solvent is used in the human and animal organism as a means of transport, since it can not only penetrate the cell membrane, but also the blood-brain barrier. DMSO is completely natural and is obtained as a by-product during wood processing (pulp production). At temperatures above 18.5 degrees Celsius, DMSO is very thin and should never be used pure (in a 99.9 percent concentration). It can easily be diluted with Aqua Dest. As a rule, the therapeutic concentrations are between 30 and 50% DMSO in an aqueous solution. Storage should be dark and cool. Scientists who have studied DMSO for many years recommend that DMSO fumes should never be inhaled. It can be used as a topical liniment, orally, or intravenously. Intravenous administration should only be carried out by doctors or naturopaths.

The discovery of DMSO

In 1960, Dr. Robert Herschler and Dr. Stanley Jacob with DMSO and tried to find a therapeutic benefit. Since the chemical discovery of DMSO by Dr. Alexander Mikhailovich Zaitsev and his team had already passed about 100 years. dr Stanley Jacob, an American surgeon (Oregon Health Sciences University, Portland) accidentally discovered the therapeutic effects of DMSO. Since the solvent was already being used to preserve blood platelets and pieces of tissue, he researched whether it could also be used as a preservative when preparing organs for transplantation. During his investigations, he

accidentally spilled DMSO on his hand. He wasn't wearing gloves, so the solvent could penetrate the skin. dr Within minutes of the accident, Jacob experienced a strange taste in his mouth that reminded him of oysters. Then he noticed the leek-like smell of DMSO. He immediately concluded that the solvent on the skin had penetrated the cell membrane and entered the blood. It must have already spread throughout the entire organism, since he noticed the peculiar aroma in his mouth. Once intrigued, he continued researching in this area.

Regardless of dr. Jacob also made Dr. Herschler made a similar discovery with DMSO. He was head of a research department at the American paper mill Crown Zellerbach Corporation and conducted experiments with pesticides that were highly toxic. In one experiment, he mixed them with DMSO, coming into contact with the mixture. He immediately felt the poison being transported into his body, causing him to become unconscious and short of breath. Based on the shared experiences, Dr. Robert Herschler and Dr. Stanley Jacob together since. They conducted experiments with DMSO on animals, plants and later on humans. They found that DMSO relieved headaches, promoted healing of burns,

The research team did not see any side effects, except that there were occasional skin rashes when sensitive skin areas were rubbed with DMSO. dr Herschler and Dr. Jacob therefore continued to research and found some other therapeutic effects. They found that DMSO reduced swelling, reduced pain, increased blood flow, softened scar tissue, and slowed bacterial growth. In addition, they found that DMSO could be used as a therapeutic adjunct because, as a means of transport, it was able to bring other drugs into the organism more quickly. The therapeutic effect of the drugs then took place without the digestive tract playing a role. The effect of the medication was faster as a result,

areas of application

For pain and inflammation

DMSO is able to penetrate the biological membrane of the cells. This property alone offers a demonstrable inhibition of bacterial growth during therapeutic treatment with DMSO, which reduces inflammation. In addition, pain-conducting nerves are temporarily blocked by applying DMSO to the affected areas of the skin. Due to the fact that DMSO can also serve as a means of transport of other drugs through the skin into the cell, the pain-relieving and anti-inflammatory effect can be increased if desired. The free radicals that are in the focus of inflammation are trapped and transported away. This results in cell detoxification in the treated cell regions, which facilitates proper cell activity and strengthens the area, so that it can fight inflammation more effectively. Inflammation is not only prevented and counteracted in the case of injuries, but also in the case of existing sources of inflammation in the body. The use of DMSO for painful bursitis and burns is therefore particularly analgesic and anti-inflammatory.

In the case of inflammatory pain in the joints, DMSO also has a pain-relieving and anti-inflammatory effect. Blood circulation is stimulated and healing is accelerated. The affected areas of the body are not only supplied with more oxygen, but also with important amino acids, enzymes and minerals that support healing in the cells. Intravenous administration could be done from a medical point of view, but should only be carried out by the treating physicians or naturopaths. In its function as a means of transport, DMSO can also bring antibiotics, cortisone or penicillin into the inflamed areas of the body in order to support healing quickly and reliably with additional medication.

Due to the fact that DMSO has a muscle-relaxing and loosening effect, it is also useful in general pain conditions, such as e.g. B. headache, usable. There is pain relief for the following complaints if the DMSO is rubbed externally into the skin on the affected areas:

Muscle aches

Headache

Inflammation often causes pain because the inflamed areas swell. Spraying or spreading DMSO on the inflamed areas of the body has a draining effect and at the same time reduces swelling in the tissue. As soon as the pressure is relieved, the pain decreases in addition to the blockage of the pain-conducting nerves.
Already during the research of Dr. Jacob found out that DMSO has a bacteriostatic effect. He used a 20 percent solution (DMSO diluted with Aqua Dest) and used it to inhibit the growth of Staphylococcus aureus and Escherichia coli. The binding of free radicals, which is possible with the DMSO, also reduces the pain of inflammation. Pain reduction is most noticeable in inflamed articular cartilage, primarily because it is accompanied by significantly reduced inflammation when DMSO is used.
The analgesic effect of DMSO in injuries of all kinds (after operations, burns and other reasons) occurs because impulses take place along the nerve cells that are prevented or slowed down by the solvent. The pain relief is not permanent, but subsides as soon as the DMSO breaks down again in the cells. In order to be able to achieve a longer pain reduction, DMSO is often used in combination with painkillers that reduce the production of prostaglandins (hormone-like substances). This interrupts the transmission of pain. The painkilling drugs that are transported into the body with DMSO are sufficient in very small doses to achieve the desired effect. Significant extensions in the duration of action with lower drug doses could thus be confirmed in rats. Vietnamese scientists (Department of Oncology of the 198th Hospital in Hanoi) have been working for years on a treatment concept for terminal cancer patients so that they can experience pain relief that offers them a

better quality of life than they were able to achieve with the therapy options before.

For cardiovascular diseases

DMSO has an anticoagulant effect because it prevents platelets from clumping together. This effect is important for preventing strokes and heart attacks in many people. Most patients who need to prevent a heart attack or stroke from a medical point of view take aspirin or other anticoagulants daily, which are not without side effects. The results of clinical studies are still missing in order to be able to actually start heart or circulatory diseases with DMSO as a replacement for other platelet aggregation inhibitors. The optimal dose must be known so that the anticoagulant effect is as it should be for each patient individually. It is also not yet clear how the DMSO can best be administered to reduce blood clotting. Since DMSO protects the tissue in the event of circulatory disorders, but also counteracts tissue calcification and modulates blood lipids, its use has a positive effect on heart health if a user suffers from cardiovascular diseases. Ischemia protection with DMSO prevents some tissue areas from suffering from a lack of blood, which could lead to a lack of oxygen.

For skin problems

Skin diseases are often caused by free radicals, toxins in cells or inflammation. It is not uncommon for fungal infections to be responsible for itching or skin changes. If diluted DMSO is applied to the affected skin areas, it not only counteracts bacteria and inflammation, but also fungi and viruses. It increases blood circulation, binds free radicals, has an antioxidant effect and strengthens cell functions. By using DMSO for skin problems, the skin is supported in its natural function and can not only heal but also regain its balance on its own. Skin problems such as B. herpes, associated with pain. In this case, DMSO even has a double effect in the treatment. Not only does it help the skin heal, it also takes away the pain associated with the skin problem. Unsightly scars that tighten and cause pain can be softened with DMSO so that in most cases they recede and are no longer bothersome. Since the natural

solvent is very thin above a temperature of 18.5 degrees Celsius and has an oily character, it can be easily spread on the skin and is not felt to be uncomfortable when the skin areas are slightly irritated. Depending on the dosage, the skin may feel warm when applied. Since the natural solvent is very thin above a temperature of 18.5 degrees Celsius and has an oily character, it can be easily spread on the skin and is not felt to be uncomfortable when the skin areas are slightly irritated. Depending on the dosage, the skin may feel warm when applied. Since the natural solvent is very thin above a temperature of 18.5 degrees Celsius and has an oily character, it can be easily spread on the skin and is not felt to be uncomfortable when the skin areas are slightly irritated. Depending on the dosage, the skin may feel warm when applied.

For sports injuries

Sports injuries are not only painful, they are also often associated with muscle fiber tears and sprains. DMSO is ideally suited to alleviate the symptoms that are perceived as annoying in sports injuries. Not only does it increase blood flow, it also reduces the pain associated with sports injuries. Sore muscles are caused by over-acidification of the muscle tissue. It is not directly a sports injury, but it is associated with pain and can lead to a sports injury if the stored lactic acid is not removed from the muscle tissue. Injuries to the muscle fibers occur more quickly if they are already damaged by sore muscles. Since the DMSO is able to cross the cell membrane and bind free radicals, it has an antioxidant effect on muscle tissue. Added to this is the increased blood circulation and the anti-inflammatory effect, which means that small muscle fiber injuries or sprains heal much faster. The warming effect that can be felt when applying DMSO can support the healing effect. If it is not directly a sports injury, but only a painful muscle tension, the loosening effect of DMSO on muscles is also welcome. Depending on the type of injury, the DMSO is used as a means of transport, e.g. B. when magnesium or an analgesic and healing ointment is to be taken deep into the tissue for support. whereby small muscle fiber injuries or

sprains heal much faster. The warming effect that can be felt when applying DMSO can support the healing effect. If it is not directly a sports injury, but only a painful muscle tension, the loosening effect of DMSO on muscles is also welcome. Depending on the type of injury, the DMSO is used as a means of transport, e.g. B. when magnesium or an analgesic and healing ointment is to be taken deep into the tissue for support. whereby small muscle fiber injuries or sprains heal much faster. The warming effect that can be felt when applying DMSO can support the healing effect. If it is not directly a sports injury, but only a painful muscle tension, the loosening effect of DMSO on muscles is also welcome. Depending on the type of injury, the DMSO is used as a means of transport, e.g. B. when magnesium or an analgesic and healing ointment is to be taken deep into the tissue for support. Depending on the type of injury, the DMSO is used as a means of transport, e.g. B. when magnesium or an analgesic and healing ointment is to be taken deep into the tissue for support. Depending on the type of injury, the DMSO is used as a means of transport, e.g. B. when magnesium or an analgesic and healing ointment is to be taken deep into the tissue for support.

For cancer diseases

Cancer diseases are often triggered by oxidants and oxygen radicals. They are mostly formed as a by-product of cell respiration in the mitochondria. With a very high proportion of oxygen radicals in the metabolism, oxidative stress is provoked, which causes free radicals to develop, which damage the body's cells. This results in a change in the proteins, which inhibits the mitochondria in their respiratory chain. The consequences are oxidizing fatty acids and DNA damage. This not only leads to cell death, but also to serious diseases such as cancer, arteriosclerosis, Alzheimer's or premature skin aging. In many cases, the damaging physical factors are intensified by external factors such as smoking, alcohol, ozone and long periods of sunbathing. To ensure that the increase in free radicals cannot lead to the damage mentioned, the antioxidant effect of DMSO is good protection because it can neutralize hydroxyl radicals, hydrogen

peroxide and superoxide anions. The constant, preventive use of DMSO reduces the tumor rate because existing cancer precursor cells are inhibited in growth. Cells and tissue are protected, also against radiation damage.

For further complaints

DMSO has a diverse effect on the organism, which is why alleviation or even healing can be seen in numerous complaints. DMSO has been used successfully in the past for the following diseases:

scleroderma

contact dermatitis

tissue calcification

acne

arthrosis

eczema

sarcoidosis

leprosy

burnout

eye diseases

warts

In addition, you can use DMSO against all complaints where the following properties would be useful:

pain relieving

decongestant

antiallergic

Some doctors and naturopaths trust in the healing effects of DMSO. You can contact a doctor you trust at any time and get comprehensive advice. DMSO can also be administered intravenously by a doctor or naturopath. You should only limit yourself to taking it orally or spreading it on the skin (alternatively spraying). Medical advice is advisable, especially if additional medication is to be transported into the organism with the DMSO. The combination with DMSO significantly reduces the known dosage of many drugs.

Against sunburn

The best protection against sunburn is high sun protection. Nevertheless, it happens again and again that sunburn cannot be

prevented because the daily planning is different than expected or the sun suddenly shines stronger than expected. Once it has happened that the skin turns red and maybe even hurts, the effect of DMSO is very intense and pleasant. Not only does it protect against radiation damage and inflammation, it also reduces the pain that sunburn can cause. So that the painful skin areas do not hurt even more when you apply it, a spray bottle with DMSO is also highly recommended. MSM cannot offer this therapeutic success. In combination with pure aloe vera juice, the healing effect can be increased.

DMSO for animals

DMSO has been used in veterinary medicine for a long time. In the case of movement disorders in horses and dogs, it is used as a rub until the symptoms subside and the movement disorder is cured. The usability of DMSO is just as diverse in animals as it is in humans. Whether cats, dogs or horses, pain, broken bones, wounds and also internal diseases are treated by many veterinarians with DMSO alone or as a support. Particularly striking are healing successes with DMSO in animals that have long since been abandoned by veterinarians who do not use DMSO. The same areas of application of DMSO apply to animals as to humans.

Advantages of DMSO over MSM

DMSO and MSM are related and can be used alone or in combination. Unlike MSM, DMSO is a registered medicinal product. MSM is classified as a dietary supplement. Both sulfur compounds can be used by both humans and animals. MSM is available in powder, capsule, or tablet form. As a powder, it has to be weighed out with a precision scale, which is not always easy. For use on the go, capsules or tablets are therefore the easiest to use.

Wider range of applications

MSM also relieves pain, supports the body's own detoxification and allows hair and fingernails to grow stronger. However, it does not offer such a wide range of applications as DMSO.
DMSO is effective against viruses, bacteria and fungi. Since no real side effects have been identified so far, apart from the fact that it can lead to unpleasant-smelling body odors, you do not take any risks if you develop diseases that are caused by viruses, bacteria or fungi. Drop a drop of DMSO e.g. B. on a nail that is infected with nail fungus. The same applies to athlete's foot or fungal infestation on other parts of the body. Due to the antioxidant properties, you also increase the immune system, so that you support your organism to heal itself. If you don't feel an improvement within a short time, go to your doctor and get advice. You can then possibly start a combination therapy,

MSM registered as a drug

Although not all doctors are familiar with DMSO, more and more medical professionals are interested in the possibilities that the natural solvent offers. In contrast to MSM, DMSO is registered as a medicinal product and significantly more studies have been published on the effects and use of DMSO than on MSM. Interested doctors will therefore find a sufficient number of research options for DMSO that are serious and comprehensible. You can therefore

address the topic of DMSO with your family doctor or specialist without any shame and get advice when it comes to using DMSO in combination with your other medications. In acute cases, the DMSO can then be injected intravenously by your family doctor or naturopath, but this is not so easy with MSM.

effect and dosage

Make your own doses

The areas of application of DMSO are very versatile. As a rule, a dosage of 50 percent DMSO and 50 percent Aqua Dest is mixed for external use. However, this dosage is not suitable for all applications. For applications in the eye, a DMSO dosage of 1 percent is sufficient. With the help of a syringe (preferably made of glass) and a graduated laboratory glassware, you can easily mix the different dosages yourself. More and more doctors and naturopaths have recognized the potential of DMSO and are incorporating natural sulfur into their therapies. If you are interested in DMSO, you should look for a doctor or naturopath who will support you in a wide variety of therapeutic treatments with DMSO. You will then experience first-hand what treatment options are available for you. Since DMSO is a natural solvent, you should be a little careful when using plastic syringes for dosing and mixing. You can use it if you fill a new plastic syringe with a little DMSO before using it for the first time, swirl it slowly and then dispose of the DMSO that has been drawn up. This precaution removes all of the ingredients from the plastic of the syringe before you later use a measured amount of DMSO for a therapeutic application. It's that easy to prevent unwanted toxins from entering your body with your DMSO. The various potencies can also be diluted without prior medical knowledge. You just have to know exactly how,

Rapid onset of effect

Like the DRES. Jacob and Herschler felt that the DMSO goes through the body quickly because it can easily cross the cell membrane of all cells. You will feel it yourself as you will already feel a bitter taste in your mouth within about 1 minute after using DMSO. No other painkiller can work faster. In addition, DMSO alone already relieves pain, but can also be used as a means of transport for other drugs. The positive side effect is not insignificant. Medicines that are

introduced into the organism via the skin surface with DMSO can be dosed much lower than usual. Transdermal delivery also prevents the drugs from having to pass through the gastrointestinal tract. This protects and relieves the organism. DMSO itself does not accumulate in the organism. It is broken down within 120 hours and is then no longer detectable in any body cell.

Simple application

DMSO is easier to use in humans and animals than MSM. DMSO can also be taken orally or injected intravenously, but the easiest way to get it into the organism is through the skin. The clear liquid can be sprayed onto the skin in a particularly economical and well-dosed manner. After that, DMSO can be easily massaged into the skin due to its oily feel. The application is very economical, so overall the use of DMSO is inexpensive. Especially when other medications can also be used at a reduced rate. There is also protection against radiation. Herewith are not only X-rays, but also sun rays. You really can't go wrong with the application. If the dosage is too high, skin reddening occurs at most, which subsides again after a short time. A small bottle with DMSO can be found in every small bag and is a good rescuer in case of many illnesses, emergencies or accidents. Whether it's a sprain or a burn, an immediate spray of DMSO not only reduces pain and the risk of inflammation, it also accelerates healing. You should therefore always have a small amber glass spray bottle on hand so that you can help yourself quickly in an emergency.

side effects

There are hardly any side effects when using DMSO. When applied to the skin, skin irritation or redness can occur, but these will subside after a short time. It is normal to feel a slight warmth on the surface of the skin when spreading the bipolar solvent. If you want to be particularly careful and completely rule out side effects, you can put a little DMSO on the lower inner arm and observe the skin area. If there are no skin irritations or allergic reactions, you can safely use the DMSO on larger areas of skin.
As the DMSO penetrates the cell membrane, you will feel a slightly bitter, leek-like taste in your mouth, which will be felt on the skin about 1 to 5 minutes after application. In addition, after using DMSO, you give off an unpleasant, garlic-like odor that you don't even notice yourself. Only those around you can smell this odor.
If you use DMSO as a means of transport, you must be aware that the effect of the medication or active ingredients that you transport into your body with DMSO will be enhanced. Therefore, if you use a drug in combination with DMSO, you should reduce the dose so that the drug effect does not become too strong. Unless you follow the instructions and dosing requirements of your doctor or naturopath exactly.

Purchase of DMSO

Buy in German-speaking countries

At the click of a button you can find numerous well-known online shops where you can buy DMSO in Austria, Germany and Switzerland. The product descriptions are very detailed and you will be informed extensively about quantity, quality and packaging before you buy. You can easily compare prices and quality online. It becomes interesting when you read the reviews of other buyers. You can then immediately see how satisfied other buyers were with the seller and the product. "Black sheep" are immediately noticeable. Do not necessarily buy at the cheapest price, but use the reviews and the product quality as a guide. A smaller container is recommended for the first test purchase so that you can test for yourself how you tolerate the DMSO. Don't forget that to dilute the bipolar solvent (DMSO) you still need pure pharma grade Aqua Dest. You should get this at the same time, since you should not use the DMSO undiluted. The sale of DMSO is perfectly legal in Austria, Switzerland and Germany. You will therefore also receive tested goods if you pay attention to the quality of the goods when buying. If you do not want to buy the DMSO online, you can also contact your medicine chest. If the DMSO is not in stock, the pharmacy will simply order it and it will be available to you within a very short time. The sale of DMSO is perfectly legal in Austria, Switzerland and Germany. You will therefore also receive tested goods if you pay attention to the quality of the goods when buying. If you do not want to buy the DMSO online, you can also contact your medicine chest. If the DMSO is not in stock, the pharmacy will simply order it and it will be available to you within a very short time. The sale of DMSO is perfectly legal in Austria, Switzerland and Germany. You will therefore also receive tested goods if you pay attention to the quality of the goods when buying. If you do not want to buy the DMSO online, you can also contact your medicine chest. If the DMSO is not in stock, the pharmacy will simply order it and it will be available to you within a very short time.

What should be considered when buying and storing?

When buying DMSO, you should not only find out about the manufacturer, but also about the quality. DMSO is not only offered in pharmaceutical quality, but also used for industrial purposes. Therefore, you should not fall for cheap offers that may come from a source that sells industrially usable DMSO. The European Medicines Association recommends a purity of between 90 and 95 percent. It is reassuring when the selected product has been tested, preferably by a German institute. So you can be sure that there are additives in DMSO that could be harmful to you. It is best to buy from a retailer or source recommended to you by good friends or acquaintances who have already had good experiences with the product.
Because DMSO is a solvent, the clear liquid must never be filled into PET or plastic bottles. The solvent could release toxins or unwanted agents from the plastic, which then enter the body with the DMSO. In order for the quality of the DMSO to remain unchanged for as long as possible, the DMSO must be filled in an amber glass bottle because it must be protected from light. Make sure that cool storage does not damage the DMSO in any way, but that the liquid hardens at temperatures below 18.5 degrees Celsius. As soon as the internal temperature in the glass bottle rises again, it liquefies again. If you always want to have your DMSO at hand, you should store it at room temperature.
You no longer have the problem of DMSO solidifying at cool temperatures if you dilute it with Aqua Dest for use. Even with the self-mixed bottle, make sure that you opt for a dropper or spray bottle made of amber glass. You can get such bottles on the Internet or in your pharmacy. Also store the ready-mixed dosages in the dark and write a meaningful label on them so that you always know what concentration you are holding in your hand.

Borax Interesting facts about borax

Borax is a natural, albeit fairly rare, mineral that comes from the "borates" class of minerals. Borates are so-called salts of boric acids. These in turn represent the simplest oxygen acids of the chemical element boron. Various boron compounds are formed during degradation. Boron itself has the highest tensile strength of any known element and is only surpassed by diamond when it comes to the hardness of this element.
In professional circles, borax is referred to as "sodium tetraborate decahydrate" or, in short, as sodium borate. Since 1818 it has also been possible to produce borax artificially, both from boric acid and from sodium carbonate. In later years it could also be obtained artificially from boronate calcite and the mineral tiza.
In its purest form, borax is transparent in nature, i.e. colorless, but also occurs in a white variant. Borax often takes on light blue, light gray or light green shades when it is mixed with other materials. Although it occurs naturally in a glass-like crystalline form as borax crystal spikes, these are not of a particularly hard consistency, in contrast to the extremely hard element boron itself, as noted above. Just like plaster of paris, for example, you can use your fingernail to carve a notch in the crystal of borax, it's so soft.

Where does the name borax come from?

Borax was also called Baurach or Tinkal in the past. The name is derived, it is assumed today, from the word "Bauraq", which means something like "white" in Persian-Arabic usage. Similar to Greek mythology, Arabia also had a horse-like, winged mount that had a human face. According to legend, this snow-white mythical creature called "Buraq" is said to have flown the prophet Mohammed from earth to heaven and back again. Since the mineral borax is also ground into a white powder, it has retained this name in a modified form to this day.

When and by whom was borax discovered?

Borax was first scientifically researched and documented in Europe in 1748 by Johan Gottschalk Wallerius, a mineralogist from Sweden. In America, a chemist named John Allen Veatch only discovered it a few years later, that was in January 1856. Today, however, we know that borax was already used in ancient times by the Chinese to make glazes and the ancient Egyptians used the mineral used to embalm their mummies.

Where is borax found worldwide?

Borax is mainly found in California and Nevada in the United States of America and in Turkey, mainly in the Turkish province of Eskisehir around the city of Kirka. The world's largest mine for mining borax is located in Boron, California, and borax-containing brines are found in Searles Lake in California. The 35,000 square kilometer Mojave Desert, located in western North America and spanning the four states of Utah, California, Arizona and Nevada, is also a large and important borax discovery area. But also in Argentina, Chile, Bolivia, China, Tibet, Italy (e.g. in Tuscany with its smoking fumaroles), Mexico, India, in Iran, on the island of Ceylon, in the Ukraine, Borax deposits are found in Kazakhstan and on the Kerch Peninsula (which in turn is part of the Crimean Peninsula). It is formed by the drying up of salt lakes and then appears as sediment. It is also found in the vents and chimneys of volcanoes in the aforementioned countries. So far , however , only 80 concrete localities have been unequivocally proven worldwide .

The chemical formula of borax

The chemical name of borax is quite complicated and sounds almost unpronounceable:

Na2[B4O5(OH)4] 8H2O[2]

Put simply, it's called sodium borate. It consists of two sodium atoms, ten crystal water molecules and a nucleus made up of four boron atoms. Accordingly, borax is the sodium salt of a weak boric acid. Boric acid solutions have a pH of 9 to 10, which is in the strongly alkaline, i.e. basic range. Such bases are chemical compounds that are neutralized by reaction with acids, thereby forming salts. As is well known, the pH is neutral at 7, anything below that is acidic. The naturally occurring mineral borax contains 11.3 percent boron, while the boric acid made from it contains 17.5 percent boron.

Where does the boron contained in borax occur naturally?

It occurs in the human and animal organism, in all plants and all unprocessed foods. Anyone who eats enough fresh fruit and vegetables is naturally supplied with two to five milligrams of boron per day. However, the amount of boron it contains also depends on how and where the food was grown, what the soil conditions and climate are like there and what substances were used as fertilisers. In western countries, the average daily intake of boron is only one to two milligrams. Chemical fertilizers also hinder the absorption of the natural mineral from the soil. In turn, an apple grown organically on good, healthy soil can contain up to 20 milligrams of boron because it has been treated with natural and non-chemical fertilizers. Furthermore, unhealthy cooking methods reduce the boron content in food. After cooking vegetables, the cooking water still contains a large part of the minerals contained in the vegetables, including boron. However, due to ignorance, the cooking water is usually thrown away, regardless of whether it is in private households, in restaurants or in industrial processing . The overcooked and often almost empty and worthless vegetables are eaten while the valuable and rich vegetable water is poured down the drain. A rethinking in people's minds should take place as quickly as possible and above all through appropriate education. This also applies to boron. However, due to ignorance, the cooking water is usually thrown away, regardless of whether it is in private households, in restaurants or in industrial processing. The overcooked and often almost empty and worthless vegetables are eaten while the valuable and rich vegetable water is poured down the drain. A rethinking in people's minds should take place as quickly as possible and above all through appropriate education. This also applies to boron. However, due to ignorance, the cooking water is usually thrown away, regardless of whether it is in private households, in restaurants or in industrial processing. The overcooked and often almost empty and worthless vegetables are eaten while the valuable and rich vegetable water is poured down

the drain. A rethinking in people's minds should take place as quickly as possible and above all through appropriate education. The availability of boron to the human body is further limited by phytic acid, which we also get from food. It is contained in industrially produced baked goods, in cooked legumes and in cereals. If a person has an intolerance to gluten or has a tendency to excessive yeast growth (Candida), the absorption of minerals such as boron is also limited or even blocked. Boron deficiency is very common in our industrial age, where hardly anything of natural origin is consumed anymore, which can often lead to massive health disorders and problems.

Concentration table of foods naturally containing boron

Boron is mainly found in fruit and vegetables, but also in milk and all dairy products. Even in drinking water and in some mineral waters as well as in coffee, beer, potatoes, eggs, wheat bread, pasta, camembert, meat and herring fillets, minimal amounts of boron occur naturally. The following quantities are intended to give an example of the natural boron content of at least 1 mg per 100 g:

Fruit:

peaches	5 - 8mg per 100g
plums	2.7 mg per 100 g (but also found in prunes)
quinces	8.6 - 17.4 mg per 100 g
apples	0.2 - 10 mg per 100 g
dates	1mg per 100g
apricots	0.5mg per 100g
pears, citrus fruits	0.2mg per 100g
Currants, black	1.3mg per 100g
cranberries	1.3mg per 100g

Vegetables/salad/herbs:

cucumbers	3.6mg per 100g
radishes	2.1mg per 100g
avocado	1mg per 100g
tomatoes	0.1mg per 100g
Lamb's lettuce	27 - 35mg per 100g
dandelion	8 - 16mg per 100g
mushrooms	5mg per 100g
soy	2.8mg per 100g
Kohlrabi	2.5 - 6.7mg per 100g
Beets/beets	2.1mg per 100g
celery	1.1 - 4.5mg per 100g
Kale, Red Cabbage Brussels sprouts each	0.3mg per 100g
carrots	0.3mg per 100g
cauliflower, broccoli Romanesco respectively	0.2mg per 100g
onions	3 - 4.5mg per 100g
Peas	1.3 - 2.3mg per 100g
Chicory	2.1mg per 100g

Fish/Seafood:

herring roe	400 - 500mg per 100g
oysters	100 - 400mg per 100g
caviar	90 mg per 100 g (*Borax is artificially added to the natural content!)

Other foods:

nuts	2mg per 100g
almonds	2.9 - 3.8 mg per 100 g
Grain	0.6mg per 100g
wheat germ	1.7mg per 100g
red wine	0.9mg per 100g
cocoa	3.4mg per 100g
baker's yeast	5.4mg per 100g
Honey	25 mg per 100 g (1 tablespoon corresponds to approx. 6 mg boron)
raisins	2.5mg per 100g
dates	1mg per 100g

* Incidentally, various exporting countries of caviar add borax to the natural content for the preservation and longer shelf life of the fish roe. If this exquisite or even dubious pleasure does not seem too expensive to you, you can use it to cover your borax needs or to compensate for a possible boron deficiency.
With up to 25 mg per 100 g, honey has the highest natural boron content of all foods. The highest natural content of boron was found in various marine organisms.

effect and application

How does borax react in the body?

Borax reacts in the human stomach with the hydrochloric acid found there and formed to digest food. From this, boric acid and sodium chloride are formed. What the body needs, it keeps. The remaining boron compounds, which are harmless to humans, are quickly and almost completely excreted in the urine. Among other things, the mineral ensures that calcium gets to where it belongs in the human body, which means it gets into the bones and teeth. If there is a boron deficiency, too much calcium (calcium) gets into the blood and veins, into the tissue and into the joints. In boron-deficient areas, due to too little boron in the soil or excessive chemical fertilization, it is noticeable that there are many more people who suffer from joint problems of all kinds.

The most diverse effects of borax on health

Whether borax or boric acid, they both develop the same effect in the human body. Although they only have a weak antibacterial effect, they are all the more disinfecting, especially against viruses and fungi. Boron is distributed throughout the body, with the highest concentrations found in the parathyroid glands, followed by tooth enamel and bone. So boron is basically essential for healthy bones and joints. Boron develops its full effect in the parathyroid glands and is therefore able to regulate the absorption and metabolism of magnesium, calcium and phosphorus. Boron is therefore just as elementary for the parathyroid glands as iodine is for the thyroid gland.
A boron deficiency can cause the parathyroid glands to become hyperactive and release too many hormones. These hormones release calcium from the teeth and bones, causing blood calcium levels to rise. This in turn can lead to joint osteoarthritis and other forms of osteoarthritis and arthritis. Boron deficiency can also lead to tooth damage and osteoporosis. With increasing age, high

calcium levels often lead to muscle tension and hardening, joint stiffness and calcification of soft tissue in general. This calcification caused by boron deficiency is also related to our arteries and endocrine glands, especially the ovaries and pineal gland often calcify. If the calcification settles in the kidneys in the form of kidney stones or if the kidneys become completely calcified, this could ultimately even lead to kidney failure. If the lack of boron goes hand in hand with a simultaneous lack of magnesium, this is particularly harmful to bones and teeth.

Boron is able to influence the metabolism of steroid hormones, especially sex hormones. This leads to an increase in testosterone levels in men. A lack of testosterone in men not only leads to reduced muscle mass and increased fat storage, but can also lead to a higher risk of developing heart disease and tumors. In menopausal women, boron increases estrogen levels, but they can also be affected by testosterone deficiency. Boron is also involved in converting vitamin D into an active form that the body can use. Borax also helps the body store the element calcium more effectively in teeth and bones. Furthermore, borax is able to to positively influence clinical pictures such as heart problems and psoriasis. It strengthens eyesight, balance and memory and helps improve cognitive abilities.

Since boron plays an important role in the proper functioning of cell membranes, a boron deficiency, which is widespread today, could be a significant trigger for the development and growth of tumors. Cancers of all kinds usually begin with the breakdown of cell membranes, which Dr. Paul-Gerhard Seeger, a German cancer researcher, was able to clearly prove. Boron compounds have properties that can be described as tumor-inhibiting. They are also effective active ingredients against inflammation and osteoporosis. They also have an anticoagulant effect and can play a key role in preventing tissue degeneration. Nowadays, it is also considered that boron could have an impact on motor skills and brain function. Furthermore, it is assumed that that boron is able to inhibit the premature degradation of the body's own hyaluronic acid in old age. It is also known and proven that it has a positive effect on bone

health and protects it from calcium loss. Boron is also said to have positive properties in terms of the functionality of the immune system.
Boron is often a component of cosmetics, pharmaceuticals and detergents, toys, carpets and adhesives. So we often come into contact with this semi-metal in everyday life anyway.
Even this brief insight makes it clear how important and comprehensive the influence of boron is as far as human health is concerned.
In animals and plants alike, boron is an essential substance that is responsible for the stability of the cell walls and their functionality. Furthermore, in plants and animals, boron ensures that the signal transmission through cell membranes works and remains permeable.

What happens in the body if too little boron is ingested?

For example, a diet low in boron lowers blood levels of vitamin D, which can have adverse health effects, especially in the case of long-term vitamin D deficiency. Since boron has not yet been officially classified as an essential trace element, experts do not speak of a "boron deficiency", but simply of an undersupply of the mineral boron.
However, this undersupply of boron can already be associated with various physical complaints. Which includes:

hormonal disorders of all kinds
dermatological diseases such as B. acne, allergies or eczema
inflammation of the intestines
Reduced performance of various organs, this also affects the heart
Reduced function of the immune system due to impaired immune defence
haematopoietic disorders
increased risk of developing osteoporosis
Low boron intake also promotes arthritis and osteoarthritis.

Here is a short study result:

Studies of people living in countries with a high incidence of arthritis showed that they only ingest one to two milligrams of boron from their daily diet.
People who live in countries where the incidence of arthrosis is classified as relatively low, on the other hand, have been shown to consume around five to ten milligrams of boron daily through their diet. As already explained, this is due to the soil conditions, the mineral content of the soil, the climate and the type of fertilizers that are used, which of course also has an impact on drinking water.

The herbalist Dr. Newnham unleashes a borax invasion

The naturopath and osteopath Dr. Newnham suffered from arthrosis in the 1960s and initially tried to treat it with conventional medicine, which was unsuccessful. At that time he was working as a plant scientist at a well-known Australian university and was very familiar with the biochemistry of plants. Since he knew that the element boron can boost the plants' calcium metabolism in plants that have a severe mineral deficit, he thought to himself: What works and works for plants can't hurt me either. He decided to try borax on himself, taking 30 milligrams a day. His osteoarthritis-related pain, stiffness, and swelling in his joints were almost gone in just three weeks. Of course, he couldn't keep this resounding success to himself. He reported this to both the medical schools and the local health authorities, but no one took a closer look. Word got around, however, and many patients suffering from arthrosis in particular became aware of Newnham. However, they were concerned about consuming anything that was officially classified as toxic and had a warning to that effect on the packaging. With pressure mounting on Newnham, he decided to have his own tablets made with an appropriately potent dose of food-grade borax. He sold them secretly by word of mouth to people suffering from arthrosis, who explicitly asked for his help. However, the onslaught became bigger and bigger within a very short time and so he could no longer cope with it himself. Eventually, he hired a drug manufacturer to market his borax tablets. A serious mistake! Now

the pharmaceutical companies became aware of him and his simple, natural and inexpensive drug and began to fight Newnham. Finally, in 1981, they got boron, borax and all boron compounds, in whatever concentration, declared toxic in Australia. Not only did Newnham have to pay a hefty fine for "selling poisonous substances," the ordinance also halted the spread of his effective anti-arthritis drug across Australia. However, Newnham was not intimidated by this and in return published various scientific papers on borax and its effectiveness for osteoarthritis. Incidentally, in all of his studies, none of the patients had any undesirable side effects, quite the opposite! A few even reported that their heart problems improved after taking borax. Others stated that their general condition had improved, that they were more resilient and didn't tire as easily. that since taking borax her heart problems have improved. Others stated that their general condition had improved, that they were more resilient and didn't tire as easily. that since taking borax her heart problems have improved. Others stated that their general condition had improved, that they were more resilient and didn't tire as easily.

Newnham took soil samples from around the world to check soil composition and mineral content. In Jamaica, for example, the soil has hardly any boron content due to years of massive fertilizer use, and around 70 percent of the population suffers from osteoarthritis. The soil on the island of Mauritius, where 50 percent of the population suffer from arthritic complaints, is just as low in boron. The drinking water and the soil in Western Australia, on the other hand, have high boron levels, which Newnham says means that only one percent of the population suffers from osteoarthritis. In the New Zealand town of Ngawha Springs there is a mineral spring that contains a great deal of boron and which is therefore nationally considered a real place of pilgrimage for people with joint diseases of all kinds. In Israel there are also high boron values in the soil samples,

What does borax do in relation to human bones and joints?

If you analyze joints affected by arthrosis and the bones around the joint, you will find that both these bones and the joints contain only 50 percent boron content. Healthy joints and bones therefore contain twice the amount of boron. The synovial fluid of damaged joints, which not only supplies the cartilage in the joints with nutrients, but is also responsible for ensuring that everything "runs like clockwork", also has a low boron content . This joint capsule grease is called "synovial fluid" in technical jargon. So if the synovial fluid, the joint and the adjacent bone itself contain too little boron, one could symbolically say that there is a crunch in the woodwork. Every step is difficult and painful, it feels
If borax is taken as a dietary supplement in tablet, capsule or powder form, the body's mineral stores are refilled with boron and the calcium metabolism gets a fresh boost. By taking borax, the bones also become significantly harder, more resilient and more durable. Bone fractures heal in half the time from taking borax in both humans and animals. Even horses whose broken legs or hip fractures usually mean the end for the animal recover completely with the intake of borax. They don't have to be euthanized, as is usually the case, which often means a great personal and, above all, financial loss for their owners.

Borax on the topic: Osteoporosis

According to studies, around 30 percent of women and eight percent of men worldwide suffer from osteoporosis when they are over 50 years old, which could have something to do with a lack of boron. A boron deficiency can lead to large amounts of magnesium and calcium being excreted in the urine. In return, taking boron can reduce daily calcium loss by almost 50 percent. Most of the calcium lost comes from the teeth and bones, where its loss can lead to permanent damage and health problems. As is now known, a boron deficiency could even be significantly involved in the development

of tooth damage and osteoporosis. Around the world, around one in three women and one in twelve men over the age of 50 suffer from osteoporosis.
When rats with proven osteoarthritis were given a boron preparation for 30 days in laboratory tests, their bone structure was again comparable to that of healthy rats. This study found that the improved bone quality appears to be due to the following two factors: Taking borax increases the boron content in the bones, making them harder and more resilient, and it also stimulates bone growth. Of course, this applies equally to animals and humans.

Why borax is kept secret in arthrosis & Co.!

In Western countries, around 30 percent of the population suffer from osteoarthritis or arthritis in various forms, as well as from the related osteoporosis. Because osteoporosis in particular is responsible for a high number of broken bones, this disease accounts for most of the long-term hospital stays followed by rehabilitation. Hip fractures, for example, require a particularly long healing time. In the medical field and for the pharmaceutical companies, these fractures caused by osteoporosis represent a horrendous source of income, which of course they do not want to dispute. If the public were aware of the equally effective, but financially completely unprofitable approach to healing with the help of borax and magnesium, this source of money would dry up very quickly. In addition, the entire system would collapse within a very short time. Since this is the most profitable and largest industrial sector, this must not and will not happen, of course, the pharmaceutical giants alone will see to that.
When at that time and as mentioned above, Dr. Newnham discovered the treatment of arthrosis and Co. with borax, this initially did not pose a significant problem for the manufacturers of medicines. At that time, news spread very slowly, could be kept secret and suppressed for a long time. The world wide web and its multitude of social media have changed this situation fundamentally. Since the pharmaceutical industry is known to

finance a large part of the research to this day, there are of course immediate countermeasures by denigrating borax preparations in large-scale campaigns. At the same time, these corporations allow large sums of money to flow into the development of boron drugs in order to patent them themselves. However, at the same time it is ensured that such patents have a limited scope of application, since it is still a natural and inexpensive element where no great profit is to be expected. The pharmaceutical companies have far more profitable medicines, forms of therapy and equipment at their disposal, which of course are the focus of more attention.

What is known about borax in relation to cancer?

Boron compounds are an important factor for the optimal functioning of the cell membranes in the body, as was found in a number of tests. With cancer, there is always a breakdown of the cell membranes. It is therefore reasonable to assume that the boron deficiency, which is widespread today almost worldwide, could be one of the triggers for the development of cancer, combined with tumor growth. Boron compounds are said to have tumor-inhibiting properties, in particular because they support the ideal function of the cell membranes.
Boron is known to promote the rapid and targeted reduction of violent stress reactions, which is of fundamental importance, especially in the case of a cancer diagnosis. If the patient, who has just received this diagnosis, now gets mentally involved in this illness, if he gets afraid and panics and only harbors worrying thoughts, then this will certainly accelerate the course of his illness. Staying calm right now, relaxing, letting the news sink in and largely accepting it would be extremely beneficial - in fact, almost the opposite! That is why the administration of boron to patients with cancer is already advisable on the soul level in order to weaken this massive shock experience.
Tragic case study from practice - death due to a wrong decision in conventional medicine:

Here's the specific case of a man with terminal cancer. The man's entire body was already riddled with metastases that had formed within a few weeks. In March of the year in question, no metastases could be found during an examination of the man, which is why he initially thought he was safe. By mid-June, however, his whole body was full of it. He could no longer move his right leg, could no longer see out of his left eye, and his general condition was very weak and unstable. Chemotherapy could no longer be carried out because of the man's weakness, he was already too physically unstable for this. Shortly thereafter, his wife found out about borax and gave him 50 drops of a boron water concentrate every day. On the fourth day he was able to move his right leg again and the vision in his left eye also came back a little later. A large part of his metastases receded, as the corresponding examination results clearly showed. Now, however, came the fatal medical error that ultimately cost the poor man his life, because he and his wife unfortunately trusted the doctors blindly and believed them. The medical profession around this man drew the momentous conclusion from his improved general condition that the man now had the right resistance to be able to carry out the chemotherapy after all. The man underwent this therapy and then died from the chemotherapy, which was simply too severe for his condition, which had only just recovered slightly. A large part of his metastases receded, as the corresponding examination results clearly showed. Now, however, came the fatal medical error that ultimately cost the poor man his life, because he and his wife unfortunately trusted the doctors blindly and believed them. The medical profession around this man drew the momentous conclusion from his improved general condition that the man now had the right resistance to be able to carry out the chemotherapy after all. The man underwent this therapy and then died from the chemotherapy, which was simply too severe for his condition, which had only just recovered slightly. A large part of his metastases receded, as the corresponding examination results clearly showed. Now, however, came the fatal medical error that ultimately cost the poor man his life, because he and his wife unfortunately trusted the doctors blindly and believed

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What role does borax play in relation to Alzheimer's disease?

Boron could be used preventively against Alzheimer's disease and play an important key element here. This was found by autopsying the brains of deceased people with Alzheimer's disease. It became clear that these brains contained increased concentrations of aluminum. What role does this play in relation to borax? Borax is able to eliminate aluminum. If this fact is sufficiently researched and tested, borax will certainly be used in the future to prevent Alzheimer's. Completely unconsciously and often in everyday use, we unfortunately supply our bodies with far more aluminum-containing substances than we would like. For example, we inhale aluminium, ingest it with food, it is found in drinking water and in various cosmetics, for example in armpit sprays.

Decalcification of the pineal gland with borax

The human pineal gland is tiny and shaped like a pine cone, but according to experts it is all the more important for human mental and physical health. It is responsible for regulating sleep, controls the internal clock and increases intuition. The pineal gland secretes serotonin, melatonin and dimethyltryptamine (DMT). Furthermore, this suppository, also known as a "spiritual molecule", is responsible - should it be calcified - for an accelerated aging process to take place. This applies to both physical and mental factors, so you can and should take countermeasures at an early stage. The pineal gland sits right between the eyes and inside the forehead, which is why it is also called "the third eye" in esoteric circles.
But how does calcification of the pineal gland occur in the first place? You are right to ask yourself this question. This process is accelerated in particular by the intake of fluoride. These salts are mainly found in toothpaste containing fluoride, but also in fluoridated drinking water, both of which you should definitely avoid! Fluoride is also found in fast food, processed foods, carbonated drinks, refined sugar, animal fats and flour.

Furthermore, caffeine, alcohol and tobacco as well as artificial hormone treatment and mercury can contribute to the absorption of too much fluoride, which can build up in the pineal gland as calcification.
You will notice a possibly calcified pineal gland in the following emotional states: You can no longer find peace, you can no longer engage in meditation because of inner restlessness, you feel lost, separated, drained of juice and power, your mood is very often on the zero point and you don't really know why. These could all be signs of a blocked and calcified pineal gland. However, this can be fixed quickly and easily yourself and one of the tried and tested remedies for this is borax!
To do this, mix ¼ teaspoon of borax with one liter of water and drink this water mixture in small amounts throughout the day. You should try this for a week and then feel much more vital and energetic. Your sleep and mood should also have improved.
Other helpful agents for decalcifying the pineal gland are tamarind (these are the fruit pods of the tamarind tree, which comes from Africa), the yellow kitchen spice turmeric, the mineral zeolite, which comes from volcanic rocks and sea floors, the algae chlorella and spirulina, the kitchen spice or fresh herbs coriander, magnesium and vitamin K2. Another tip is to visit a sauna or sweat lodge regularly to decalcify the pineal gland. Due to the extreme sweating at high temperatures, many toxins are excreted through the skin.

What can borax do for postmenopausal women?

Older women often suffer from low estrogen levels after menopause, which is considered the main cause of osteoporosis. This disease then occurs more frequently than in men due to low estrogen levels. If women decide not to take borax and choose estrogen-based hormone replacement therapy, they should consider that doing so may increase their risk of developing breast and endometrial cancer. However, if the female body produces the hormones itself again, as is the case when taking boron supplements, this obviously does not happen. In any case, no such case is known in practice. Borax also protects against mineral loss after menopause. investigations revealed that a daily intake of three milligrams of boron in postmenopausal women leads to fewer nutrients being excreted in the urine. This is particularly important for bone health and, as already mentioned, protects against osteoporosis. Women who took borax after menopause excreted about 40 percent less calcium and 33 percent less magnesium. The phosphorus excretion was also significantly reduced.
The male counterpart to female estrogen levels is testosterone, and it falls much more slowly in men than in women. For this reason, men usually only develop the bone disease osteoporosis in later years. Studies have now shown that the administration of boron supplements can increase both estrogen and testosterone levels by 50 percent. This in turn reduces the risk of developing osteoporosis at an early stage in both groups of patients.

Borax in men over 50

A recent study shows that the testosterone levels in the blood of participating men over the age of 50 rose by a third after taking ten milligrams of borax daily for seven days. Testosterone controls not only sexuality, but also fertility in men. It is also the key hormone responsible for increasing male muscle mass and increasing muscle strength in specific muscle groups. Incidentally, this is an

interesting aspect, especially for bodybuilders, which speaks in favor of taking borax!
Men over the age of 50 often suffer from prostate cancer. In order to lower testosterone levels, which conventional medicine requires, patients are subjected to "chemical castration" through drug suppression. However, counter-tests with borax showed that an increased testosterone level even has a beneficial effect on prostate tumors, as it shrinks them. The addition of boron also reduces the blood level of the PSA antigen, which is considered to be the cause of prostate inflammation and tumor growth in the prostate.
Incidentally, the maca root has a similar stimulating effect to boron, which affects the pituitary gland and thus has a balancing effect on hormone levels. In addition to the administration of boron as a long-term, antimicrobial form of therapy, maca powder can also be taken at any time in the form of a dietary supplement. This further enhances the increase in testosterone levels.

What Can Borax Do for Seniors in General?

An increased sex hormone level, which can be achieved by taking borax, still plays a major role even in older people. The focus is not on stimulating the primarily "sleeping sexuality", because it is about a completely different aspect. A higher hormone level not only contributes to a noticeably improved function of the membranes in the brain and thus in the brain cells, it also ensures a significant improvement in cognitive performance and memory in seniors. So taking borax is also highly recommended for seniors.

Borax to combat fungal diseases

Borax has outstanding fungicidal properties, which is why it is often used to treat candidiasis.
For example, a long-standing, stubborn psoriasis in one patient improved noticeably after just two weeks. She had taken a ¼ teaspoon of borax dissolved in a liter of water daily.
Another patient reports his athlete's foot, which he cured by rubbing a handful of borax powder on his wet feet. The itching

stopped immediately and never came back. The fungal infection had gradually receded and that after just a few days.
There are positive reports from women about the effect of borax on vaginal yeast infections. In the evening before going to bed, they inserted a dissolving, larger gelatine capsule filled with borax into the vagina. They repeated this process every night for up to two weeks. Alternatively, it is possible to mix the borax powder with solidified, cold coconut oil to make a suppository. This is also inserted vaginally every evening for up to two weeks. The subjective women's reports on vaginal thrush treatment have recently been backed up by a study that found that borax can even help with many drug-resistant candida infections. This is particularly interesting for the treatment of the so-called "leaky gut syndrome", where the intestinal wall has become permeable due to inflammation and fungal infections. The frequent use of antibiotics can also be responsible for damage to the intestinal wall. This is exactly why simple tools like borax are essential and irreplaceable.
Another study was commissioned in Turkey, which certifies that borax has a protective effect on food in order to protect it from mold toxins. Particular attention was paid to "fungal aflatoxins", which can cause severe DNA damage, for example, as well as damage to the lungs and liver. They are considered carcinogenic, can cause birth defects and can even kill people and animals. Borax should therefore also be used in this sector worldwide as a preservative for all kinds of food when it comes to combating mold.

Borax as an aid in heavy metal and fluoride elimination

If you want to get rid of fluoride concentrations and heavy metals that have accumulated in your body, you can, as already mentioned, also use a borax preparation. Fluoride damages the bones, can lead to an underactive thyroid and cause calcification in the pineal gland. Borax is able to react with the fluoride ions, resulting in boron fluoride that is excreted in the urine. This is so positive for the human body because too high concentrations of fluoride cause fluorosis, which can affect the entire skeleton and teeth.

A three-month study was conducted in China in 31 patients with confirmed skeletal fluorosis. During this treatment period, the dose was gradually increased from 300 to 1,100 milligrams of borax per day. The borax administration was suspended one week per month, i.e. the borax administration was paused for seven days per month. After the treatment period, all patients showed significant improvements in their symptoms.

Fluoride was also suspected to be the cause of another lady who suffered from rosacea, temporomandibular joint pain and chronic fatigue syndrome for more than ten years. By chance she came across a naturopath who recommended that she drink 1/8 teaspoon of borax with 1/8 teaspoon of sea salt dissolved in a liter of water per day. She drank this mixture five days a week and paused for two days. After just two weeks, her facial skin cleared up and the redness almost completely disappeared. She felt more energetic and a lot less tired than before. The temporomandibular joint pain continued for some time, but also improved day by day. And as a positive side effect, she even lost a few kilos and was thus able to reduce her excess weight. In the first few days, the rosacea on her face had worsened. However, since she had previously been informed by the naturopath about these initial aggravations that could occur, she continued with the borax-salt-water mixture anyway. As you can see, it was worth it!

As a small child, a woman was always given fluoridated water and fluoride tablets from her parents, who, out of ignorance of the situation, meant well and wanted to protect her from fluoride deficiency. She was painfully reminded of this when it turned out that many of her severe illnesses were probably caused by this too much fluoride in her childhood. She was going through adrenal fatigue, thyroid cancer, a prolapsed uterus followed by a hysterectomy, fibromyalgia, and neuropathy. All of this meant that in the fall of 2008 she was not only on the verge of total disability, but was also not far from a serious depression. She could no longer sleep because of the pain and could hardly walk, the back pain had become so bad that she had to vomit every day from taking all the medication. She heard that fluoride could be to blame for all of this

and began to read up on the topic bit by bit. When she read the many reports from similarly ill people, she quickly realized that she also suffered from fluorosis. She began detoxing with borax, also taking 1/8 teaspoon of borax powder mixed in a quart of water daily. After just three days, at least most of the symptoms and pain improved, and all of the illnesses gradually and completely regressed over the period that followed. When she read the many reports from similarly ill people, she quickly realized that she also suffered from fluorosis. She began detoxing with borax, also taking 1/8 teaspoon of borax powder mixed in a quart of water daily. After just three days, at least most of the symptoms and pain improved, and all of the illnesses gradually and completely regressed over the period that followed. When she read the many reports from similarly ill people, she quickly realized that she also suffered from fluorosis. She began detoxing with borax, also taking 1/8 teaspoon of borax powder mixed in a quart of water daily. After just three days, at least most of the symptoms and pain improved, and all of the illnesses gradually and completely regressed over the period that followed.

What does borax do in terms of calcium-magnesium metabolism?

In the human body, the chemical elements magnesium and calcium represent opponents, i.e. so-called "antagonists". At the same time, however, there is also a vital cooperation between them. Around half of the body's magnesium is found in the bones, the other 50 percent is found inside the tissue cells and organ cells. Only about one percent of magnesium is found in the blood. The human kidneys keep the magnesium level constant by regulating it through urinary excretion, sometimes more or sometimes less, depending on the concentration of magnesium in the kidneys. It is completely different with calcium, because a whopping 99 percent is found exclusively in the bones, only one percent is found in the body fluid outside the cells. Our muscles contract when calcium enters the cells and immediately relax again when the calcium is pumped out,

because then the magnesium again predominates. This "cell pump" process consumes a lot of energy. If the cells are weak and therefore have too little energy, the calcium is not pumped out quickly enough and can accumulate inside the cells. Such a lack of energy can be caused, for example, by a fungal disease, malnutrition, a disturbed fat or sugar metabolism or by an excess of metabolic toxins. If there is such a lack of energy in the cells, the muscles cannot relax completely, they stiffen and tend to become prone to spasms because the blood circulation and lymphatic flow are disturbed. The more calcium gets into the soft tissue, the more severe the problems can become. Calcium can also be stored in the nerve cells, which leads to disturbances in the transmission of nerve impulses. For example, too much calcium buildup in the lens of the eye causes cataracts. If endocrine glands become increasingly calcified due to excessive calcium concentration, this has a negative effect on hormone release, which can lead to functional disorders in all cells. This calcification in the various body regions also leads to an intracellular magnesium deficiency. However, the body needs sufficient magnesium to activate countless enzymes, and a magnesium deficiency can in turn lead to energy production that is not very effective or is almost blocked. Furthermore, too much calcium damages the cell membranes, which makes it much more difficult for the nutrients to be transported into the cells. In return, the excess calcium in the cell membranes also blocks the removal of metabolic waste products. This can go so far that the cells die if the intracellular calcium level becomes too extreme.

This is where borax comes into play. It clearly shows the great importance of this preparation in its function as a regulator for the cell membranes, especially with regard to the passage of magnesium and calcium. Due to a lack of boron, too much calcium can be deposited in the cells, which in turn prevents magnesium from entering the cells. However, magnesium is urgently needed to ensure normal muscle contraction and the function of cell membranes. These problems and the diseases associated with them are mainly found in older people. Younger and healthy people have a magnesium to calcium ratio of 2:1 and this is ensured by a

balanced diet. The older people get, the more magnesium and the less calcium the body needs. In order for the borax preparation to achieve its full effect in terms of tissue decalcification, sufficient magnesium should be supplied at the same time. In older people, this ranges between 400 to 600 milligrams of magnesium per day. This dosage should be done with the simultaneous intake of the borax preparation. If long-term and chronic joint problems are already present, it is advisable to also use a transdermal magnesium skin patch. Since magnesium taken orally has a laxative effect in some cases, the dose should be adjusted accordingly. A dietary supplement treatment using borax and magnesium is intended to ensure that the misplaced and too much stored calcium is transferred from the soft tissues to the bones, where it is urgently needed, especially in elderly patients, thereby reducing their risk of osteoporosis. Conventional medicine often prescribes high doses of calcium, especially for older people, to prevent osteoporosis, which causes the complete opposite! The same applies to the inappropriate and ill-informed advice that elderly people in particular should consume plenty of milk and milk products precisely because of an alleged increased need for calcium in relation to their bone density. Prescribing high doses of calcium has long been regarded in specialist circles as a so-called "acceleration of the aging process on prescription". that older people in particular should consume a lot of milk and dairy products, precisely because of an allegedly increased need for calcium in relation to their bone density. Prescribing high doses of calcium has long been regarded in specialist circles as a so-called "acceleration of the aging process on prescription". that older people in particular should consume a lot of milk and dairy products, precisely because of an allegedly increased need for calcium in relation to their bone density. Prescribing high doses of calcium has long been regarded in specialist circles as a so-called "acceleration of the aging process on prescription".

Borax as an effective helper for nervous stress and aggression

It is not uncommon for whole families to suffer severely from their children's aggressiveness. It has been found that if you treat them with borax, they quickly become friendly and peaceful again. For this purpose, they are given a spray of boric acid in each nostril every day for just one week via a nasal spray bottle. This should have a lasting effect, which is because boron ensures a balanced flow of electricity and energy in the body, which has a very calming effect and quickly discourages the children from their aggressive behavior.

Top managers, actors, singers, athletes and other very stressed people who are in the public eye and who are therefore often exposed to extreme nervous stress take advantage of this fact. Athletes like to take borax to calm their nerves, especially before major sporting events such as world championships or the Olympics. Politicians and other business professionals do the same, who appreciate the virtues of borax in order to keep calm and serenity in forthcoming negotiations or meetings. It has even been possible to prove this fact with the help of Kirlian photography. It showed up clearly in the completely different colored auras of these people before and after taking borax.

Boric ointment for open wounds, ulcers and burns

The common boric ointments contain about ten percent boric acid mixed with greasing Vaseline. The application of such a boron ointment helps very well with open wounds and ulcers on the skin, as well as with burns that are previously made painless with running cold water.

In which clinical pictures can borax be used to help?

There are countless studies, laboratory reports, test results and personal experience of all kinds available worldwide that award borax a helpful and alleviating task for the following diseases:
- rheumatism
- Arthritis and arthrosis
- Lupus
- Osteoporosis
- Tooth and temporomandibular joint damage
- psoriasis
- Psoriasis
- Chronic Fatigue Syndrome
- Rosacea
- Alzheimer's
- Cancer
- Athlete's foot and other fungal infections
- Fibromyalgia
- Eye inflammation
- Aggression and great nervous stress

Borax on the world market

In some countries, such as the United States, Australia, and New Zealand, borax can be found in supermarkets in the household section or in drugstores. This irritates many people because it is sold there as a household cleaner, disinfectant, detergent additive or as an insecticide. At first glance, of course, it doesn't appear as if borax would be suitable for human consumption or even as a healing dietary supplement.
Within Europe, borax and boric acid have been classified as "toxic to reproduction". Since the end of 2010, they have therefore no longer been freely available for sale as food supplements in the EU. Switzerland, in turn, continues to sell borax, but shipping to Germany has been prohibited. Boron tablets, which usually contain three milligrams of bound boron and were produced abroad, can now be ordered online. More and more health food stores are also offering boron-containing preparations - a clear indication that they are suitable as a natural food supplement. If you want to increase the effectiveness of taking borax, it is advisable to combine it with enough magnesium.
A so-called "food-grade borax" is currently not officially available on the European market and can be bought everywhere, but this is not necessary. On the respective product labels, borax is usually stated as "99 percent pure", an indication that it is also suitable for internal use. In agriculture, this can also be seen on the corresponding products and their labels, since the legal standard for borax here is a purity of at least 99 percent. Mining and processing residues are permitted up to one percent in agricultural use. As already mentioned, borax preparations are now available again on the world markets and on the Internet, in the form of "official" Dietary supplements are distributed. Here you can choose between the powder form, tablets and capsules.
Since boron has not yet officially been considered an essential trace element, the DGE (German Society for Nutrition eV) has not set a daily intake value. The daily intake of boron from foods that naturally contain boron is around one to three milligrams per day.

However, some substances can adversely affect the absorption or the effect of boron in the body. These include, for example, alcohol and chlorinated water or antibiotics that contain chlorine.

Dosage recommendation for borax

You should make a concentrate of borax powder for daily use. This works like this:
A slightly heaped teaspoon of the borax powder is added to one liter of drinking water, which then results in the "concentrate", the so-called basic solution. It is best to fill this concentrate in a dark glass bottle.
The standard dosage is now: Take one teaspoon of this basic borax solution per day with a meal, which corresponds to an intake of about five milliliters. If you feel good about it, you can permanently take one to two of these standard dosages per day. You should only increase the dosage in the event of an acute illness, otherwise this amount is also suitable as a maintenance dose.
Of course, this not only applies to arthrosis, but also to other diseases such as osteoporosis, joint stiffness in old age or to stimulate sex hormone production, as well as for women going through the menopause to relieve the symptoms of this time. You take this self-determined dosage level again and again throughout the day and do it for several months until you feel that your problems have improved significantly. You can then reduce to the starting dosage of one to two standard doses per day.

Borax is available in tablet, capsule, and powder forms

As a rule, patients can be largely relieved of their pain, joint stiffness and swelling within a period of one to three months. You should take three boron tablets with a boron content of three milligrams per tablet daily for the first one to three months (depending on how quickly and how well borax works with the patient). After that, it can be reduced to one tablet per day (three milligrams of boron each), which is referred to as a "maintenance dose" that is intended to help prevent the progression of arthrosis in joints and bones in the future.

Basically, you should always start with the standard dosage and slowly increase the borax intake to the amount you intend to take. You can take this maximum dose you want to take four to five days a week and always take two to three days off in between. You do this for as long as you think it is necessary. This borax solution in concentrated form is quite alkaline and, with a high concentration of borax powder, has a taste that is perceived as soapy. If you are uncomfortable with this taste, you can cover it up with some lemon juice, apple cider vinegar or pure ascorbic acid.

Higher doses can also be tried to treat heavy metal and fluoride elimination and to treat candidiasis. Body shape and body weight play a role here. Slim and normal-weight people take a low dose of 100 milliliters (which is about 1/8 teaspoon of borax powder) to drink throughout the day. A correspondingly higher dose is suitable for overweight and heavy people. These take 200 milliliters (which in turn corresponds to approx. 1/4 teaspoon of borax powder) also spread over the day.

Does borax have side effects?

When taking borax for the first time in the form of tablets, capsules or powder, a so-called "Herxheimer reaction" can occur, which is commonly referred to as an initial aggravation. However, as the name incorrectly suggests, this is not a "bad" thing, on the contrary it is a good sign that something positive is brewing in the body. Depending on the person, this reaction can last between two to three weeks and should be endured if possible, because then these symptoms of the disease, which are perceived as "worsened", are overcome and usually do not return. If such an initially aggravated Herxheimer reaction has occurred at all, the actual effect of borax only begins now. The body often reacts briefly with even more severe pain as a secondary reaction to dead toxins and pathogens that it is trying to get rid of. Discharge via the kidneys and liver can lead to these short-term symptoms of overload. Borax is also a highly effective fungicide - so the body also reacts to this antimicrobial treatment.
Compared to the side effects that pharmaceutical products "always" have and which often have to be classified as dangerous for the body, the undesirable side effects of natural borax are to be regarded as rather harmless. Rather, these are healing-promoting reactions with long-term effects. This is often the case, for example, when the patient's symptoms to be treated are related to osteoarthritis, joint inflammation, joint stiffness or muscle pain. This is simply because high levels of calcium within cells often cause painful muscle contractions, often accompanied by twitching or spasms. Here, borax, especially combined with magnesium, can bring about rapid muscle relaxation, which of course also relieves the pain and reduces the inflammation. If such severe calcifications in the cells, triggered by excessive calcium concentrations, have existed for years, then they cannot be relocated within a short time. Due to the high calcium level in the affected body regions, which applies in particular to the shoulders and hips, problems can arise for a longer period of time. Cramps, pain, discomfort and circulatory disorders can occur. Sometimes there are also nerve disorders in

the hands and feet, which show up as numbness or tingling. When calcium and fluoride are broken down, large amounts have to pass through the kidneys, which can lead to temporary kidney pain. Such reactions are unfortunately unavoidable in some patients. However, if you want to achieve an overall improved state of health and far less pain in the long term, you should grit your teeth in the face of these short-term aggravations in your own interest. How is it always so aptly called? "Close your eyes and through - it can only get better!"

If you find the side effects too unpleasant, then don't give up right away, but reduce the borax dose or stop taking it until the problems have subsided. Then just slowly but steadily increase the dose again. A greatly increased fluid intake, combined with the administration of organic acids such as lemon juice, ascorbic acid and apple cider vinegar, has proven to be helpful. Especially with muscle problems of all kinds, the sub-muscle tissue of the fascia is mostly affected. These can stick and tangle, which feels like you're stuck in a wool sweater that's been washed three sizes too small. It helps the fascial tissue in particular if you drink a lot, so that it can detackify and untangle. An improvement in lymph flow can also be beneficial.

The consequences of consuming too much borax can be harmful, as with many other substances. Along with some other disorders, too much borax can inhibit the activity of enzymes in the body. This can also lead to short-term diarrhea and headaches, and even damage to the kidneys.

With an intake of 1 to 3 milligrams per day, however, boron can be classified as completely harmless. The EFSA (European Food Safety Authority) specifies the minimum and maximum amounts of vitamins and minerals for each individual product within the EU.

Borax versus table salt - a truly toxic comparison!

There is concern among health authorities worldwide about the potential toxicity of boron. However, if one compares medical publications of plain table salt (sodium chloride) used daily in every kitchen, one should actually worry even more! There you can read about the conventional table salt:

Table salt has an acute oral toxicity. Half of the test animals died with the "LD50" dosage (3,000 milligrams per kilogram of the respective animal species) and it changed the genetic material in the body cells of mammals. In addition, excessive consumption of table salt can have a teratogenic effect in humans and animals and increase the risk of pregnancy toxemia in pregnant women. Furthermore, excessive consumption leads to nausea, vomiting or stomach upset, sometimes causes behavioral problems such as twitching or impaired sensory organs, can lead to dehydration, organ overload and even coma.

Now if you compare this to the "Material Safety Data Sheet Number 20" for borax:

Borax has low oral toxicity and does not adversely affect fertility. Long-term animal experiments in rats, mice, rabbits and dogs only showed negative effects in terms of fertility and testicular function in male animals at extremely high doses of borax. Likewise on the development of the fetus - they were accompanied by weight loss in animals and minor changes in the skeletal structure. However, the amounts administered were many times higher than the guideline values and dosage recommendations recommended in humans. There was no evidence that the animals would be at risk of developing cancer as a result of the borax administration. Likewise, no mutagenic effect could be determined.

According to these studies, table salt is more than 50 percent more harmful than borax and also changes the genome, which borax does not do. However, it has been found that children are most at risk if they consume excessive amounts of borax. Taking five to ten grams

of borax can cause severe diarrhea, vomiting and shock in children. Children should therefore not take any or only small amounts of borax.
Part of the Turkish population engaged in boron mining and processing was also studied, as were Turkish residents exposed to high levels of boron in both drinking water and soil. However, no significant side effects were found. On the contrary, a separate study even showed increased fertility in this group of people tested.

What else is borax used for?

The boric acid produced from borax has been increasingly used for food preservation. In the meantime, boric acid can no longer be used in many countries and has even been banned from trading in some countries, such as Australia. Although it has been known for thousands of years, conventional medicine knows next to nothing about the use of this natural mineral, which can be healing and beneficial for humans in many ways. This is proven by well-known studies with clear research results.
In earlier times, borax was used to make glazes on earthenware, porcelain, ceramics, enamel and glass. In ancient Rome as well as in distant China, it was used for the production of glass as early as the 4th century. Preferably for glasses that require high strength. Borax was also used to seal glass, clay, and porcelain, and as a flux when brazing precious metals. It was also used in forging and forge welding, which can be attributed to its oxide-dissolving effect. The textile printing company used borax for mineral mordants that could be attached with the mineral. To this day it is used in chemical processes in industry and this mineral is used to produce boric acid. Surprisingly, however, the information that borax was used even in homeopathy as a tried and tested remedy for anxiety and dizziness. Even today, borax is still used in the food industry in a few countries, where it enjoys great popularity as a food additive. Since it also has a consistency-changing effect, borax is also often used for various industrial processing in the Arabian and Asian regions, for example. It is also considered a flame retardant, softener, bleach and disinfectant. Borax is excellent for cleaning burnt-in bakeware and getting it shiny again, removing limescale and wine stains and getting odors out of mattresses or old blankets. If you add borax powder to a newly applied interior or exterior wall plaster,
In interaction with casein, a protein content in milk, borax reacts to form a kind of glue, which is characterized by its high adhesive strength. Borax is even suitable as a wood preservative (mix one liter of water with 80 grams of borax powder) against insects and fungal infestation if you apply it like a wood stain. It also seals the

wood, which acts as a flame retardant in the event of a fire. This was recognized by the individual trees, which were the only ones that had survived entire forest fires and which were then examined more closely. They had accumulated a lot of boron in their outer bark and trunk layers and therefore survived the devastating forest fires, even though everything around them was in rubble and ashes.

Germ-free water thanks to borax

In some places, being able to sterilize water can even become a matter of survival! For example, on trips abroad to areas infected with malaria, cholera, Ebola and the like. But sterility also plays an important role for drinking water systems, drinking fountains, swimming pools, outdoor and indoor pools.
For example, to make a 3 percent boric acid solution, add 30 grams of borax powder to a one liter jar. It is best to dissolve in hot water as it is much less soluble in cold water. The addition of this boric acid solution ensures that the water is sterile. Boric acid is also able to prevent germs from multiplying in the water. However, boric acid solutions that have been left standing for a long time should be boiled again to ensure that no new germs have actually formed.

Borax as a fertilizer for healthy plant growth s

Boron is an important trace element for plant nutrition and can therefore be found in many fertilizers. Plants can also suffer from boron deficiency. If this is the case, damage to the plant tissue develops, which becomes noticeable as dry and heart rot, brown leaf spots, yellow leaves or as stunted growth of the entire plant. Likewise, both the blossom and the fruit set of the plant are reduced. Even the dying forests, especially in the high mountain regions, can be traced back to a lack of boron in the soil in many places. Soils that are poor in boron lead to various deficiency symptoms, especially in taller plants such as trees. For example, they trigger root and dry rot. Just like in humans, boron also regulates the calcium balance in plants. Since a boron deficiency leads to a calcium deficiency, it is precisely this calcium deficiency that actually affects the plants. Fruits become deformed, carrots and potatoes become rotten or translucent, cauliflowers turn brown much more quickly, and cucumbers, which normally contain a lot of natural boron, simply wither with a boron deficiency. The minimum content of the mineral in the soil should be at least 0.8 - 1.0 milligrams of boron per kilogram of soil area. A boron deficiency in

the soil can be determined by appropriate soil samples and if the soil ultimately lacks boron, it can be fertilized with borax, but over-fertilization should be avoided in any case. Carrots and potatoes become rotten or translucent, cauliflowers turn brown much faster and cucumbers, which normally contain a lot of natural boron, simply wither when there is a boron deficiency. The minimum content of the mineral in the soil should be at least 0.8 - 1.0 milligrams of boron per kilogram of soil area. A boron deficiency in the soil can be determined by appropriate soil samples and if the soil ultimately lacks boron, it can be fertilized with borax, but over-fertilization should be avoided in any case. Carrots and potatoes become rotten or translucent, cauliflowers turn brown much faster and cucumbers, which normally contain a lot of natural boron, simply wither when there is a boron deficiency. The minimum content of the mineral in the soil should be at least 0.8 - 1.0 milligrams of boron per kilogram of soil area. A boron deficiency in the soil can be determined by appropriate soil samples and if the soil ultimately lacks boron, it can be fertilized with borax, but over-fertilization should be avoided in any case.

Recommended dosage for soil fertilization:

In the springtime, 20 grams to a maximum of 100 grams of borax should be applied to 100 square meters of floor space.

To fertilize fruit trees, between 5 grams and a maximum of 10 grams of borax should be dissolved in 10 liters of water. This means that the root area of the fruit trees is evenly watered all around. In particular, fruit trees bearing plums, damsons, apricots and peaches convert boron in their fruit in a way that makes it available to humans.

General to the unit of measurement of borax:

A heaping teaspoon of borax is about 5 to 6 grams of the mineral.

A level teaspoon of borax is equivalent to about 4 grams of the mineral.

How is borax used on animals?

It has been known for many years that borax is used in homeopathic remedies for animals, especially dogs, cats and horses. However, these homeopathic globules can also be given to small animals such as birds, rabbits and guinea pigs. The mineral is mainly administered in the potency strengths D6 and D12. In animals, it counteracts anxiety, for example from the effects of noise such as fireworks on New Year's Eve, gunshots, aircraft noise, thunderstorms or the like, but also against fear of heights. It is also used against diarrhea, poor wound healing, menstrual problems in female animals, oral thrush and canker sores. Borax is also used on animals as a skin and mucous membrane agent. Therefore, it can also be used against rashes, blisters and fungal infections as well as herpes. It also helps with symptoms of fear of travel, such as rocking or driving movements (e.g. with tournament horses that have to be transported in a trailer), with fear of flying and against dizziness. Incidentally, this not only applies to animals, but is also advisable for anxious children. These borax potencies are also preferred for use in urinary tract infections. Animal lovers around the world now swear by the use of this borax homeopathy and generally have the appropriate borax preparations at home in their animal emergency pharmacy. These borax potencies are also preferred for use in urinary tract infections. Animal lovers around the world now swear by the use of this borax homeopathy and generally have the appropriate borax preparations at home in their animal emergency pharmacy. These borax potencies are also preferred for use in urinary tract infections. Animal lovers around the world now swear by the use of this borax homeopathy and generally have the appropriate borax preparations at home in their animal emergency pharmacy.

Borax is also used in dogs to treat osteoarthritis. For this, veterinarians recommend dissolving 6 grams of the borax powder in one liter of tap water. This concentrate is best filled in a dark glass bottle. For a dog weighing around 30 kilograms, a ¾

teaspoonful of this concentrate should be mixed with the food every day.
In cats, borax is mainly given for ulcers or inflammation with the formation of blisters (vesicles) in the cat's mouth. These blisters often merge, thicken, and eventually burst. They leave a sore, burning surface in the mouth, which makes the cat drool profusely because the flow of saliva increases dramatically. She also licks her paws more and probably has a great aversion to downward movement, so she vehemently resists jumping off a chair, sofa, or cupboard, which cats are known to love to do and often do. As a cat owner, you can tell that something is wrong. In this case, one should examine the cat's mouth and will probably find such blister infections or ulcers (on the gums and tongue epithelium).
With its odor-binding and disinfecting properties, borax is also used to clean animal supplies such as litter boxes or aquariums. Cat litter boxes should be thoroughly cleaned every two weeks with borax dissolved in water. Aquarium owners also often use borax on dull, tarnished, or cloudy glass. For this you use a liter of water and dissolve a tablespoon of borax powder in it and clean the panes of the aquarium with this solution.
In the case of wild animals, the following fact could be ascertained by appropriate examinations of the individual animals. The permanent food intake of plant parts that are enriched with boron or that thrive on soil rich in boron causes them to develop effective protection against infections of all kinds. It was also found that diseases that had occurred in the wild animals studied cleared up much more quickly when they consumed more of these boron-containing plants. The severity of her symptoms then decreased quickly and noticeably. Since animals instinctively sense such circumstances, they do the right thing in an emergency, they prefer to eat plants with high boron content!

The EU bans borax for the benefit of the pharmaceutical industry

In June 2010, the European Union launched a targeted campaign in which everything was presented as if it were an act of charity for the entire population. Borax and boric acid were classified as "category 2 toxic to reproduction", which meant that the "poison warning symbol", the well-known skull with crossed bones, had to be printed on all packaging that still contained borax or boric acid . It was pilloried that borax or boric acid consumed in high doses is considered teratogenic and dangerous for reproduction. Even in the case of detergents and cleaning agents, borax was quickly replaced with a substitute. Since December 2010, these substances have been very rarely or not at all commercially available within the European Union. This classification with the poison warning symbol is now valid throughout Europe, only non-EU countries still have some leeway to continue to offer borax and boric acid for sale. This EU-wide campaign started on the initiative of the so-called GHS, which means "Globally Harmonized System for Classification and Labeling of Chemicals".

What it all really means in plain language:

There are no exact data and usable studies for humans. Animal experiments have shown that consuming about two teaspoons of borax per day does not endanger fertility. However, to ensure that nobody is guaranteed to get hurt, the whole thing is banned completely as a precaution. If you were to apply these standards to all chemicals and other substances, which cannot be justified by anything and are certainly not clearly documented, there would be none left that could still be allowed and sold. How senseless and nonsensical the whole thing is is confirmed at the latest in the substitute for borax. Sodium percarbonate is mainly used for this, which has been proven to be three times as "poisonous" as borax. Where the word "poisonous" here is just as controversial and unjustified as with the use of borax and boric acid. Because, as always in life, the dose makes the poison! In small doses

recommended for various clinical pictures, neither borax preparations nor sodium percarbonate harm, since these are naturally occurring substances.
Now, of course, many are wondering: why are such substitutes allowed to be used, but not borax? Conversely, what about truly unhealthy substances like hydrochloric acid or caustic soda? Why are these allowed to remain on the market and one of the safest and best household chemicals is banned? Although there is a complete lack of scientific evidence of a risk to humans, everything has already been done to remove borax preparations from stores worldwide. Even low-dosage and therefore less effective boron tablets, which can still be bought as dietary supplements, are strictly monitored by the pharmaceutical companies. With the help of the rules set out in the "Codex Alimentarius", this sale can also be restricted or prevented at any time. The pharmaceutical industry has brilliantly succeeded in bringing all the dangers posed to pharmaceutical companies by the effective but cheap borax under control. Once again they have secured their right to exist, their survival and, above all, their horrendous profits in the long term. As always, the well-being of people and their health are left behind!

A brief overview of the most important effects of borax

First of all: Borax and boric acid both contain the chemical element boron and therefore ultimately have the same effect. Especially in the area of viruses and fungi, they have a strong disinfecting effect, and borax also has an antibacterial effect. It keeps cell walls upright and plays a key role in signaling between cells. The human organism stores boron in different places, such as in the enamel of the teeth, in the bones and in the thyroid gland. As mentioned above, boron is just as elementary for thyroid function as magnesium, calcium or phosphorus. A particularly high concentration of the chemical element is regularly found in the parathyroid gland. Therefore, a boron deficiency in the parathyroid glands also causes hyperactivity. This causes a large amount of hormones to be released, which increases the calcium level in the blood. The direct result of this increased calcium level are diseases such as osteoporosis, arthrosis and damage to the teeth.
One thing is certain: Borax is important for the human body and supports it in storing calcium more effectively in the bones. Borax can help to minimize or even prevent calcifications in the tissue cells. According to the latest research, borax also helps to strengthen eyesight and regulate the sense of balance, and it also plays a role in cancer research.

The legitimate question arises: why is borax banned then?

Borax can no longer be sold to private households because it is suspected of being able to harm unborn children and cause skin irritation. However, this is basically not sufficiently researched and proven, and it is also related to borax as a cleaning agent and not for oral use in food quality. Too much intake of borax can be fatal, so you can read. That's probably true, but it's true of countless other substances and even foods. For example, consuming a large amount of salt at once, as described above, is just as deadly. The dosage

therefore determines whether something can be a remedy or rather has the opposite effect. Borax is officially only used as a weed killer and an insecticide. Previously, it was also found in water softeners, sanitizers, and anti-mold products. However, if used properly, borax products should not cause any problems.

Medical examination provides clarity: boron deficiency or boron excess!

If an undersupply or oversupply of boron is suspected, it is possible to have a blood test carried out by the doctor, which will provide clarity about the respective result.

What does the Federation for Risk Assessment (BfR) say about boron?

The statement by the BfR based on a health study and assessment is quite clear that boron-containing food supplements are not suitable for everyone. However, the BfR classifies a daily and additional intake of boron in the form of a food supplement as harmless to health. As previously described, boron occurs naturally in some foods anyway, and we also come into contact with many everyday items that also contain boron. This has also been addressed before. It is also unclear whether excessive dosages could pose a health risk; the BfR only says that there is still a need for research. However, there are various population groups for whom an additional intake of boron via dietary supplements is not advisable. According to the BfR, this would include pregnant women, breastfeeding women, children and women going through the menopause. Especially women in the climacteric who no longer have menstruation or who are also undergoing hormone therapy. The BfR also advises men with known reduced fertility not to take boron-containing food supplements.

final word

All in all, the information on the current state of knowledge about DMSO and MSM can be summarized as follows: Choosing DMSO as a dietary supplement is a bit on the safer side than MSM. This is especially true if you have to count yourself among the officially named exclusion groups for the additional intake of the body's own metabolite MSM. According to the current picture, DMSO is characterized by better tolerability and more universal applicability. Especially when used externally, DMSO has so far been clearly superior to MSM. As a necessary additive in ointments and lotions, DMSO is still indispensable and undisputed in its versatile effectiveness.

Nevertheless: A fear of MSM is completely unfounded. As long as you don't belong to the risk groups of pregnant women or young people, there is no harm in trying MSM. However, one should not expect too much from MSM. Experience has shown that its effect only sets in very slowly and gradually. It is therefore unsuitable as an immediate analgesic, in the sense of a painkiller.

What is pleasing about both supplements is the price: both DMSO and MSM are available in interesting concentrations at very reasonable prices. However, since the available preparations are very highly concentrated, up to 99.9%, the dosage instructions should be observed very carefully. A sulfur deficiency in the body cannot be compensated for with a "a lot helps a lot" strategy. Rather, this treatment is about getting the body used to the increased supply of sulfur step by step.

But just as we wanted to allay fears, we must also warn against exaggerated hopes. From a medical point of view, the indication of "sulphur deficiency" is hardly known. Especially with our good nutritional situation in the northern hemisphere, this phenomenon has hardly any relevance. As with many dietary supplements, the additional intake of MSM and DMSO primarily serves a psychological effect: it guarantees that a sufficient amount of a specific active ingredient or trace element is ingested, regardless of what else you eat. Even if statistically it does not seem necessary to

compensate for a fictitious deficiency, the reassuring psychological certainty of taking in enough sulfur in any case can in turn trigger healing effects. And that inevitably leads to the age-old wisdom of medicine: "He who heals is right", regardless of the way in which the healing was achieved. There is therefore nothing to prevent you from getting your own impression of these dietary supplements and collecting your own experiences.

If you are now curious and want to try DMSO and MSM, then let us share your experiences. Write to us how your body reacts to the additional intake of these dietary supplements and what effects you can observe. We are very grateful to you for every experience report.

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