

How to Use Borax as a Natural Remedy for Arthritis

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How to Use Borax as a Natural Remedy for Arthritis

64 User Reviews

Posted by Deirdre (Asheville, NC) on 09/28/2022



I wanted to provide an update on my trigger finger, various arthritic joints, and Ted's famous borax protocol. I started the protocol in early June and have kept up with it very consistently since then. Here are my notes:

1. It took 3 weeks to get improvement in my trigger thumb, but my finger joint stiffness improved within the first week or so. Things continue to improve slowly.
2. Even though the women's dose is 1/8th teaspoon borax in 1 liter of water, the men's dosage, 1/4 teaspoon, seems to be what I need.
3. For the first 3 months, I could NOT do 5 days on and 2 days off because my thumb would start to get sore and stiff again after 1 day off the protocol. However, I am now able, in my 4th month, to take a day off here and there.
4. I use distilled water and add trace minerals to it in addition to the 1/4 teaspoon of borax.

Hope this helps. If borax isn't helping you, consider upping the dosage.

And stick with it for a while. Don't give up on it too soon.

I think the over 50 crowd (myself included) probably needs high-dose boron, quite frankly.

Arthritis

Posted by robert (PA) on 09/08/2022



I put about 2-3 oz boraxo in my daily bathwater. The skin is an organ too so it gets absorbed that way. No ill effects...once I ran out and went without Boraxo for about a week and the pain started to come back. As soon as I started using it again the pain and stiffness went away.

Arthritis

Posted by [Art](#) (California) on 09/04/2022 1508 posts



I had previously reported about a friend who was able to effectively mitigate her osteoarthritis by taking borax to the point of being pain free for many years. About 3 years ago, she developed anemia and her doctor was unable to determine the cause of the anemia at that time, so he told her to stop using borax in case that was the cause.

About 6 months after stopping borax, her osteoarthritis returned and quickly became much worse than ever before. She told me that if she could do it all over again, she would have never stopped taking borax, even if it were the cause of her anemia because she said she is so miserable now, she would rather have tried to deal with the anemia through natural means. It turned out that borax was not the cause of her anemia so she decided to resume using it to try and alleviate her severe osteoarthritis again. Unfortunately, borax is no longer working for that purpose for her.

She is mad at her doctor for having told her to stop taking borax, but that anger is pointless now. In the meantime I continue to have her try other remedies for her OA, but because of her advanced age (80's) and using mostly green drinks for her meals, she is unable to tolerate other remedies as they all seem to cause her severe indigestion, nausea diarrhea and vomiting, even the remedies that she had previously taken with no problems.

My take away from my friend's predicament is that if borax is working well to keep your arthritis in remission, think long and hard before you decide to stop it for any reason. This also adds further confirmation to the idea that borax does not work for everybody all of the time, as I have previously seen in other friends.

Art

Replied by CL

(US)

09/08/2022

Replied by Edy

(CA)

10/10/2022

[Art](#)

(California)

10/10/2022

1508 posts

Replied by Carol

(Dewey AZ)

12/14/2022

Replied by Alexis

(FL)

01/11/2023

Arthritis

Posted by Elaina (Kansas City) on 08/31/2022



Better But With Side Effects

I have had congestion in one ear and sinus cavity off and on for a long while. Nothing has helped remove it. It has never been extreme or painful, more an annoyance.

I began taking Borax over a week ago primarily because of the bone and joint support it provides, but immediately noticed my lungs feeling clearer and in general, my body felt great and very responsive.

Then on day five, I noticed the congestion in my ear getting worse than it has ever been and woke the next day with it so bad, my teeth and gums on that side are extremely painful and I have a low grade fever. This has now gone on for about five days. My feeling is that it may be symptoms of the issue detoxing from my system and getting worse before better, but wanted to ask for any insight.

I've mixed two teaspoons of Borax into a liter of water and take two teaspoons of that distillation daily in water.

Thanks

Replied by Deirdre

(NC)

08/31/2022

Replied by KS

(IL)

10/11/2022

ElaineF

(New Brighton, MN)

12/16/2022

Arthritis

Posted by scott v (grand rapids, mi) on 08/23/2022



I was diagnosed with arthritis in my back by a chiropractor. he said there was nothing that I could do about it. I investigated and found articles on Borax.... I started taking it every morning. it was scary at first, taking a cleaner.

on the fifth day, I got out of bed and wow! no pain! I've been taking it for 10 years, every day. no issues. Doctors and nurses are amazed when I tell them I take it daily. it works!

Replied by Catherine

(Holland, MI)

11/28/2022

Arthritis

Posted by Basia (Buffalo, ny) on 07/11/2022



I took a large capsule size of borax for arthritis and experienced brain foginess and slight dizziness. I believe I have some level of fluorosis and am trying borax for the accompanying joint pain.

Replied by Earth Clinic

07/13/2022

Replied by Ann

(North Carolina, USA)

07/14/2022

Replied by Brenda

(Lexington)

09/04/2022

Arthritis

Posted by [Art](#) (California) on 07/06/2022 1508 posts



A good friend of mine has been having arthritic pain in her hands and fingers for years and asked me if I had any suggestions. I explained to her about borax and different forms of arthritis and suggested she start by using homemade borax lotion since she was adverse to taking borax orally.

That helped reduce her pain level, but still the pain persisted after months of daily use. Next I suggested Deirdre's DMSO / Borax topical blend. This was more effective than the borax lotion, but she still had pain in both hands and her fingers would still lock in place such as when she was holding her steering wheel while driving and she would have to pry them open which she said was very painful and they would often make a loud popping noise when she would pry them open, which she said was very painful to do.

After explaining that the borax was helping and that she simply wasn't getting enough to the affected joints, she finally agreed to give oral borax a test. She agreed to use Ted's dose for women of 1/8th teaspoon for 4 or 5 days of the week while taking weekends off.

After about three weeks of use, she related that her hands had further reduced pain, but her fingers were still locking when she would drive. After a month of use she told me that there were areas of her hands, the padded areas, that were no longer painful and her fingers also had less pain, but here fingers were still locking.

After 5 weeks of use, she said that the pain level continues to very slowly diminish, but more importantly, she told me that she was now having days where her fingers aren't locking and

popping! She is starting her 6th week of oral borax each of 4 to 5 days per week and she said the pain is at a new all time low and her fingers no longer seem to be locking up on her. She also said that her knees which would occasionally cause her some pain had not given her any pain lately. She is also knitting again which had gotten to painful to do as she liked to do. She said she can push and pull with her hands again without pain, making her hands much more functional again!

She no longer has a fear of oral borax at Ted's suggested dose of 1/8th teaspoon in a quart of water each day for 4 or 5 days per week. I reminded her that the original founder of borax for arthritis, Dr. Rex Newnham said that in more severe cases of arthritis it can take up to 3 to 4 months to reach the point where borax has done all it can to relieve your arthritis. I also reminded her that borax is helpful for staving off osteopenia and osteoporosis. She said she plans to continue taking it for the rest of her life!

Art

Replied by [Wendy](#)

(Dublin, OH)

07/14/2022

18 posts

[Art](#)

(California)

07/16/2022

1508 posts

ElaineF

(New Brighton, MN)

12/16/2022

Replied by Wendy

(Dublin, OH)

07/16/2022

Replied by Renee

(Boston)

07/07/2022

Arthritis

Posted by Deirdre (EC) on 07/01/2022



Ted's 1/8 teaspoon of borax in 1 liter of water dosage for women is working incredibly well for my stiff hands. It has slightly helped the stiffness of my trigger thumb which is almost now locked into a straight position after a 2nd cortisone shot wore off in April.

I drink about 1/2 liter per day of the borax solution and that seems to be enough at alleviating stiff joints. I did have a severe detox reaction the first few days of drinking it - mostly stomach pain, which I cured by taking activated charcoal.

Highly recommend activated charcoal for anyone going through a detox or for stomach pain. 2-3 charcoal capsules and plenty of water. Take them at least 1 hour before or after other supplements and/or food.

Replied by Kathleen
(Orange County, ca)

11/26/2022

Replied by Deirdre
(Asheville)

11/27/2022

Replied by [Yad](#)

(Sunny Somewhere)

11/30/2022

15 posts

Arthritis

Posted by Jojo (United Kingdom) on 06/17/2022



I have been taking Borax now for several years after reading an Australian doctor's trial result. It has certainly reduced my arthritis symptoms in my hands and if I miss a dose for a

few days, the pain quickly returns.

I was unable to knit for many years, now it is easy again. I would recommend it.

Arthritis

Posted by [Renee](#) (Boston) on 05/14/2022 41 posts



I was concerned about using a full 1/8th of Borax so used a pinch in my coffee once a day for about 3 days now. I had some reduction in finger and elbow swelling but the bottom of my feet are still swollen. I was thinking of upping the dose until I noticed the solution I prepared in a glass bottle with Borax and water to apply topically has now crystalized! I had it practically dissolved and woke up this morning to find crystalized Borax in the bottom of the bottle. Is it crystalizing in our bodies when we take it internally????!!!!

Replied by Maria

(Tucson, AZ)

05/26/2022

[Art](#)

(California)

05/28/2022

1508 posts

Pay It Forward

(PNW)

05/30/2022

ElaineF

(New Brighton, MN)

12/16/2022

Judy

(York, PA)

01/16/2023

Arthritis

Posted by Deirdre (CT) on 03/28/2022



Thought I would share my new borax method with the EC community as it's working so phenomenally well, and fast, I am quite stunned actually. I have been applying to my lower spine where I was having severe tailbone and sciatica the past few months as well as on my hand and knees. No more pain, no stiffness. I actually forgot I had a bad back yesterday! I am only on day 4 of this and started seeing results after the 2nd day. This works much faster than the internal borax method, in my opinion. Plus absolutely no side effects.

Materials:

- Bottle (I use a 4 oz amber bottle)
- Borax
- DMSO (buy on Amazon - 99.99% purity)

Recipe:

- Fill the bottle with 4 oz hot distilled water.
- Add 1 teaspoon of borax (20 Mule Team is what I use)
- Shake vigorously until the borax is dissolved. Make sure to shake vigorously every day before use.

Application Method

- Shake, and then pour some of your borax solution into the palm of your hand and then apply to any problem areas you want to treat. Make sure to apply to clean skin before you do this because DMSO is a solvent. Right after a shower is a good time.
- Massage into the skin until most of it has been absorbed.
- Add a few drops of DMSO to the palm of your hand, rub your hands together, and then apply the DMSO on top of the borax. Massage into the area and then allow the area to dry before you put on any clothes.

Results:

No pain in the hands.. increased flexibility in the joints.. no clicking when I open and close my fingers. (Note: my hands are achy from years of karate as an adult and intense gymnastics as a child.)

Back pain - gone.

Conclusion:

- One need apply the borax and DMSO solution only once a day to see results. Perhaps twice is better but one time works for me.
- The targeted application seems to work much faster than drinking an entire liter of borax 5 days a week.
- I tried Art's borax arthritis topical cream method last year but had a hard time dissolving the borax, so this distilled water method works perfectly for me. Thanks for the original suggestion, Art!

Try this, please. Would love to hear results from other people.

Replied by [Claudi0](#)

(Spring Hill, Florida)

04/10/2022



Kiara

(Vancouver)

11/10/2022

Replied by [Renee](#)

(Boston)

05/23/2022

41 posts



[Art](#)

(California)

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1508 posts

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Gary

(Kitchener On)

06/09/2022

Bill

(Philippines)

06/09/2022

Robert S.

(USA)

06/22/2022

jake from chicago

(chicago)

06/10/2022



[Renee](#)

(Boston)

06/23/2022

41 posts



[Art](#)

(California)

06/23/2022

1508 posts

Replied by Bodulica

(Barrie, Canada)

06/23/2022

[Renee](#)

(Boston)

06/23/2022

41 posts

Replied by Gail

(Ohio)

06/28/2022

[Renee](#)

(Boston)

06/29/2022

41 posts

Replied by LakeLady

(Massachusetts)

07/02/2022

[Renee](#)

(Boston)

07/05/2022

41 posts

LakeLady

(Boston)

07/06/2022

[Art](#)

(California)

07/05/2022

1508 posts

Replied by Kathy

(NC)

10/23/2022

Arthritis

Posted by LuRae (AZ) on 11/12/2021



I got liquid boron and take 12 mg or two droppers under my tongue each morning. It completely took stiffness and discomfort of hurting finger joints away.

Arthritis

Posted by Cheryl (Ontario) on 11/03/2021



Hello, I have started using Borax to help with an arthritic knee with much relief after only a few days. I have shared this with a friend who has concerns about taking it while on

prednisone to treat an autoimmune form of arthritis..

Does anyone have experience or know if it's ok to use if you are on prednisone?

Replied by [Art](#)

(California)

11/03/2021

1508 posts

Mila

(Ontario)

12/16/2021

Replied by CJG

(Ohio)

11/21/2021

Replied by Susi

(Madison Alabama)

12/01/2021

Arthritis

Posted by DDDDDuane (NYC) on 10/08/2021



I know borax therapy mostly as an arthritis cure...(straight out of the laundry box)... After 6 months of approximately a quarter teaspoon every day cured the arthritis in my ankle...

Arthritis

Posted by RonEBorden (Florida, USA) on 10/02/2021



I started using Borax for arthritis three weeks ago. It is very effective. Arthritis might be a combination of boron deficiency and parasite and fungal infection.

Replied by Valerie

(New Zealand)

04/21/2022

hands and wrists

(Joshua Tree, CA)

05/07/2022

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