

HOW TO MAKE BORAX SOLUTION
(from Video "Borax Cures and Health Benefits How to make Borax Solution")
EarthClinic.com

(Borax powder from "20 Mule Team Borax" - detergent booster)

TED's method

Ingredients for MEN	Ingredients for WOMEN	Instructions
1 liter clean glass jar	1 liter clean glass jar	
¼ tsp Borax bit of hot water	1/8 tsp Borax bit of hot water	Put Borax and small amount of hot water into the jar and shake the jar vigorously to dissolve the Borax powder.
purified water	purified water	add purified water to fill the rest of the jar
		shake the jar vigorously
		Sip this Borax water throughout the day
		Do this for 5 days, then off for 2 days.

Walter Last's method

Ingredients	Instructions
1 liter clean glass jar	
1 tsp Borax bit of hot water	Put Borax and small amount of hot water into the jar and shake the jar vigorously to dissolve the Borax powder.
purified water	add purified water to fill the rest of the jar
	shake the jar vigorously
	Take 1 or 2 tsp, once or twice a day, preferably with meals

from link: www.earthlink.com/remedies/borax.html

How Should I store Borax Solution?

"If you make Walter Last's solution with distilled water and store it in a clean glass jar, you will avoid having any impurities to contaminate the mixture. This will maximize the shelf life of the solution. For even more exceptional preservation of this solution, store it in the refrigerator and always use a clean stainless steel spoon to take your dose out of the jar. If your solution looks cloudy or smells off to you, discard it and make another batch."