

How to Make Magnesium Chloride and Boron Solution

Things you will need:

- Magnesium Chloride
https://www.amazon.com/Magnesium-Pharmaceutical-Comestible-Greenway-Biotech/dp/B0195FXWXM/ref=pd_lpo_3?pd_rd_i=B0195FXWXM&psc=1
- Boron (20 Mule Team Borax)
<https://www.amazon.com/Borax-Mule-Team-Detergent-Booster/dp/B000R4LONQ>
- Distilled Water (Purchase locally)
- 32oz. Bottle



How to Make Magnesium Chloride and Boron Solution:

1. Add 1 cup of magnesium chloride to your 32oz. bottle
2. Add 1 teaspoon of boron to your 32oz. bottle.
3. Fill the 32oz. bottle with distilled water
4. Shake the bottle to assist with dissolving the magnesium chloride and boron. Note that they are both water soluble

Ways to use Magnesium Chloride and Boron Solution:

1. Take one ½ teaspoon twice a day (preferably morning and night).
2. Apply solution directly to sore/aching muscles 3 times a day for relief
3. Fill a 1oz. dropper bottle with 2/3 solution and 1/3 distilled water. Apply to eyes 3 to 4 times a day to improve vision (i.e. astigmatism)

Magnesium

Magnesium is a mineral that plays a wide range of roles in the body. It helps activate certain enzymes that are important for the repair of injured tissues. It also plays a role in the nerve impulses necessary for muscle contraction and relaxation.

Many people — especially athletes — end up deficient in magnesium because they lose a lot of it in their sweat and don't get enough in their diet. Stress is also another reason for magnesium deficiencies.

A lack of magnesium has been shown to aggravate the inflammatory response. Consuming more magnesium, on the other hand, helps relieve inflammation and promote faster regeneration of injured tissues.

Good sources of magnesium include whole grains, spinach, quinoa, almonds, black beans and avocados. The NIH recommends the following magnesium intakes for adults:

- Men ages 19+: 400 mg per day
- Women ages 19+: 350 mg per day

Meeting these recommendations is a good starting point. Your health care provider may recommend consuming slightly more magnesium if you're recovering from an injury.

Boron

Boron is used for building strong bones, treating osteoarthritis, as an aid for building muscles and increasing testosterone levels and for improving thinking skills and muscle coordination.

In addition, boron has anti-inflammatory effects that can help alleviate arthritis and improve brain function and has demonstrated such significant anticancer effects that boronated compounds are now being used in the treatment of several types of cancer.

Good sources of boron include prunes, raisins, apricots, avocados, peaches, grape juice, apples, pears, almonds, hazelnuts, Brazil nuts and peanuts. The NIH recommends the following boron intakes for adults:

- Men ages 19+: 20 mg per day
- Women ages 19+: 20 mg per day