

AN IMPORTANT CAUSE OF MUCH ARTHRITIS

INTRODUCTION

Dr. Rex Newnham has probably done more research into the cause of arthritis than anybody, but because at the time he was not working for any hospital or university much of his work has gone unnoticed. He travelled the world going to places where there was more or less arthritis than we normally see here and that is 20% of the population. His work took ten years and since then more than one million people world wide have been able to benefit from his work. He will use his own words to describe how he found out and applied his work.

THE RESEARCH

Forty years ago I developed arthritis that made walking difficult so I went to the local doctor who gave me medicine that did not help. So I realized that there must be a reason for my arthritis and went looking for it. At the time I had just recently moved from a home on good clay soil to a home on sandy soil, and I was teaching chemistry, soil science and agricultural botany at Fremantle Technical College, Western Australia. The clay soil had grown good quality fruit and vegetables, but the sandy soil gave a good crop in the first year but after this everything showed mineral deficiencies, as is common on many sandy soils. So I looked into the properties of all these minerals to see if there was anything to do with bone or joints in man or animal. Nothing relevant was found, but one of the deficient minerals was boron and this was written off as not needed by man or animal; yet I knew that in the green plant boron was needed for proper usage of calcium. Bone contains much calcium so I wondered if boron could have anything to do with the calcium in bone.

The commonest compound of boron was borax so I looked into the properties of borax. It had about the same toxicity as did common salt or sodium chloride and that was that about 60 grams was a lethal dose. Borax is often labelled as 'Poison,' but salt is not. Anyhow I took 30 mg or less than one thousandth of a dangerous dose of borax twice a day; that is the amount that would stick to a wet finger tip. In ten days the pain was less, in two weeks the swelling was going down and in three weeks all the pain swelling and stiffness had gone. So I stopped taking the borax ; but a year later it all returned, so I took some more borax and soon all the pain, swelling and stiffness had gone again. I took more doses of this from time to time. Plants will not grow unless there is some boron in the soil, so by eating fruit and vegetables we all get some boron.

Then I told other people who had arthritis and they were getting well, but it meant buying a packet of borax which was labelled 'Poison, for killing cockroaches and ants'. That put people off and they asked me to have borax made up into a tablet that was not labelled Poison. So I did this and had 1000 bottles of tablets made and it took me two years to sell these, then I had 2000 bottles made and these went in six months, then 5000 went in six months, then another 5000 which went in four months, then another 5000 which went in two months. Then I did a foolish thing and went to a drug company in Melbourne to see if they would make and sell these tablets. At first they seemed interested and they paid for a double blind clinical trial at the Royal Melbourne Hospital. Then they realized that borax could not be patented, so they lost interest, and even made the Australian government declare that boron should be made a legal poison, and that made me a criminal so that I was fined for selling a poison. I gave up teaching and studied to become a naturopath and nutritionist. Then I went to New Zealand, South Africa, Britain and America where boron was not a legal poison. The double blind clinical trial lasted five years and was a success in that 80% of those who used boron got better and those who used a placebo did not get better.

I then travelled to places where there was more or less than the normal amount of arthritis, and to places where there was more or less than the normal 1.5 parts per million [ppm] in the soil or water. This entailed nine trips around the world and it cost a lot of money, but this was paid for by the sale of boron tablets in South Africa, and it was better to buy airline tickets than to pay Income tax ! Some of the high lights of this research is seen early as in New Zealand there were spas where arthritic people used to go and bathe in the water for some weeks, so as to get rid of their arthritis. One of these spas was at Ngawha where the water had 300 ppm of boron in the water. People had left their crutches and wheel chairs behind when they got better, and these could be seen at the hotels of Ngawha. Other spas had 30 or 50 ppm boron and people were getting better when they bathed in all of these. At Carnarvon in North-west Australia there was 2.5 ppm boron in the soil and water and people used to go there to enjoy the good climate so as to get rid of their arthritis ; but it was really the good food and water as the food grown there had more boron than is usual. I employed school leavers to go from house to house with a questionnaire and established that there were 67 people who had arthritis in the population of 6000, and that is 1%, which is far less than usual. Inland from Carnarvon were cattle stations where there was 7.5 ppm boron in the water and there was no arthritis at all in man or animal.

Then I went to South Africa and found that the Xhosa people had 2 % with arthritis when in their native area of Transkei, but when the same people went to the big cities they soon developed 20% with arthritis. These people ate corn or maize for over 90% of their diet and in Transkei the corn had ten times as much boron as did the commercially grown corn used in the big cities.

Jamaica was another very interesting place as the medical people established the fact that 70% of people had arthritis, so I looked into the records of the agriculture department to find that since the mid 1800s very much nitrogen and phosphorus fertilizer had been poured on to the land so as to produce much sugar. The boron content of the soil had fallen from 1.5 ppm to lose than 0.6 ppm and even less in some places. Other sugar producing places such as Mauritius had similar low boron levels in soil and water and their doctors established the fact that 50% of people had arthritis, and the amount of juvenile arthritis was increasing greatly. Fiji is another sugar producing island, but it has two distinct areas and types of people. Indians grew the sugar in the west and they had 40% with arthritis, while the native Fijians in the east farmed their land without great quantities of artificial fertilizers, and they only had 5% with arthritis. The sugar producing lands were worn out and low in all the trace minerals, particularly boron, while land that had been used for farming for centuries and where composts and wastes were returned to the soil had 1.5 ppm boron or more.

Israel is interesting because the water under the coastal plain had 2.6 ppm boron and this water was used for irrigation and production of local food crops. The medical authorities showed that only 2% of people had arthritis. Yet in Britain and America the soils are becoming less productive because of the continued use of artificial fertilizers containing only nitrogen and phosphorus. These two will help to produce big crops but their quality is poor and only truly organically produced foods have enough of the trace minerals, including boron.

The table below will show the relative amounts of arthritis and of boron in soil and water in these different places.

Daily Boron intake and incidence of arthritis

Country and source of information	Estimated daily intake mg of Boron	Arthritis incidence approx %	Remarks
JAMAICA 1974 Soil analysis and crop inspection	<1	70	All food crops deficient
MAURITIUS Analysis of sugar cane and crop inspection	<1	50	Most food crops deficient

FIJIAN INDIANS	1	40	They eat rice
NATIVE FIJIAN	3-5	10	Root vegetables eaten
USA, ENGLAND, NZ AUSTRALIA, S.AFRICA Analysis of foods	1-2	20	Most elderly are arthritic
XHOSA TRIBAL PEOPLE In Transkei (Meyers 1977) In big cities	2-5 1-2	3 20	Eat native maize Eat processed maize
CARNARVON, W.AUSTRALIA Survey in 1981	6-10	1	Water has high boron
ISRAEL Volcani Inst. and Arthritis survey (Bentwich 1980)	10 or more	0.7	Adequate to much boron
NGAWHA, NEW ZEALAND Town council and geological survey	>10	None	Spa area with much boron and reputation for curing arthritis

So - in summary we can see that where there is plenty of boron in soil, water and food that there is little or no arthritis, but in places where there is little boron in soil, water and food there is much arthritis. It has also been seen that boron will harden and strengthen bones and so prevent osteoporosis. Elderly women are particularly liable to osteoporosis, but a daily supplement of boron will prevent it because the bones are hard and strong. One elderly woman of 87 recently fell all the way down a flight of stairs, but no bones were broken, due to the fact that she had one or two boron tablets every day.

Animals such as sheep, cattle and dogs also get arthritis and the boron supplement tablets will correct it in these animals.

When we compare these results with the work that has been done by Dr. Roger Wyburn-Mason and others who have followed along with his regime we can see that there are really many factors that can cause arthritis and rheumatism. Many of these causes are due to the invasion into the body of foreign organisms such as bacteria, fungi or viruses which soon multiply and then they cause many diseases of which the arthritic diseases are prominent. Many drugs have been used to counteract and kill these organisms. But then we are faced with the problem of how and why did they multiply and cause so much trouble, When there is enough boron in the body fluids these invaders are killed, but when the level of boron drops then there is not enough to kill them and the disease organisms just multiply until there is disease.

Boron is not stored in the body to any extent so it must be supplied daily in the food. The table shows that when there is 5 or 6 mg of boron in the daily diet there is very little arthritis which means that the micro organisms are under control and arthritis does not show as a symptom. Less than this allows all the bacteria, fungi and viruses

to grow and multiply so that arthritis is apparent. In order to cure or get rid of these organisms then we recommend that a person uses about 9 or 10 mg of boron a day.

Osteoporosis is not caused by bacteria, fungi or viruses but by a loss of calcium, because it is not re-absorbed back into the skeleton after it has been lost from a bone. Boron acts on the parathyroid to ensure that this calcium is properly re-absorbed and is not lost. It is a different mechanism to the correction of arthritis.

Boron has been used in the Osteo-Trace tablets for some years now and these have helped over a million people to get rid of their arthritis. These tablets will also prevent osteoporosis as has been seen recently when two ladies in their 80's have fallen badly, one fell down a flight of stairs and the other fell on a concrete path, but neither of them broke any bones.