

# BORON ARTHRITIS REMEDY

- 1 tsp. borax
- 32 oz. Healthy Vibes™ water

Drink 1 tsp daily.

Drink 3x daily if arthritis, cramps, spasms, stiffness, menopause, low sex hormones

Add 1 tsp Hawaiian Sea Salt or Celtic Sea Salt (not Himalayan Salt) to the mix if energy is low.

Add 3 oz. fresh organic lemon juice to the mix if your Urine pH is greater than 6.5.