

**a teaspoon of earth pdf**

Earth Clinicâ€™s Ted recommends  $\frac{1}{4}$  teaspoon (940 mg ~ 1,000 mg) of borax in 1 liter of water for men and  $\frac{1}{8}$  teaspoon (470 mg ~ 500 mg) of borax in 1 liter of water for women each day. This would give men about 113 mg of boron each day they drink the solution and women about 56 mg of boron each day.

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