

# BORON

Over the last decade, [scientific research](#) has started to reveal the importance of boron for overall health.

The health benefits of boron have been associated with improved brain function, arthritis relief, and increasing magnesium absorption.

Boron is also beneficial for your bones and joints, too. Studies have shown that [boron plays an essential role in keeping your bones and joints functioning optimally](#) by helping your body metabolize important minerals such as calcium.

The “boron vitamin” as it’s commonly referred, is actually a trace mineral. Boron allows certain nutrients within your body to perform at their best.

In the past, humans and animals were able to get the micronutrient boron through the foods they eat. Now, due to mass production farming techniques, [the foods we eat](#) aren’t getting as much from the soil and water as it used to. In other words, while you may be eating a similar diet to what your parents ate, it’s providing you with less of what you need.

So how do you compensate for a lack of boron?

You can try to incorporate the top [boron-rich foods](#) into your diet, such as almonds, avocados, and bananas. Although, supplementing with boron will ensure you’re making up for the shortfall of your diet.

[Research has shown](#) that you need **at least 3 mg of boron per day** to see benefits for a number of ailments, along with plant-based calcium, magnesium, vitamin K2, vitamin D3, vitamin C and additional bone-supporting trace minerals like selenium, vanadium, and silica. [Discover more about this clinically proven bone building supplement.](#)

But what are some of the surprising ways boron can improve your overall well-being?

---

# The 12 Surprising Benefits of Boron You Didn't Know Of

## Improves Brain Function

A controlled dietary study was done on older men and women to determine whether boron is an essential nutrient for humans. Although more testing needs to be done, the study showed some very promising results.

The men and women involved in the study were given boron at various mg dosages (ranging from 0.25mg to 3.25mg). After just 63 days brain function in the [individuals who consumed 3.25mg had significantly improved](#).

The study suggests that boron is important for both mineral metabolism and membrane function.

Boron has been proven to aid in overall cognitive performance. If you're like most people, you are probably worried about depleting brain function as you age.

Boron can help the following issues and more:

- Manual Dexterity
- Eye-Hand Coordination
- Short-Term Memory
- Long-Term Memory

With results like that, it's easy to see why many doctors and scientists have decided that boron is an essential nutrient for humans. Check out this related article on [27 Boron-Rich Food Sources](#) to learn how you can get your daily dose of boron.

## Reduces Osteoarthritis Symptoms

An estimated 54.5 million US adults have been diagnosed with some form of [arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia](#) by their healthcare provider. As you age, the statistics get higher and higher. That's why it's so important to tackle the root cause of arthritis before it's too late.

To put things plainly, [arthritis is caused by inflammation in your joints](#). Inflammation can cause other problems too like:

- Joint Pain
- Muscle Stiffness
- Redness or Swelling
- Severe Headaches
- And, even loss of joint function

Inflammation occurs when your body's defence system releases [white blood cells into your system by mistake](#).

Luckily for you, boron has plenty of anti-inflammatory qualities. Boron limits the release of certain chemicals that can leak into your joints, causing pain and swelling.

The most common form of arthritis among adults is osteoarthritis. Many [published clinical studies](#) have shown promising results when it comes to boron and bone health. Boron is able to control inflammation associated with bone mineral density that causes harmful osteoarthritis.

In fact, it has been prescribed in Europe since the early 1970's specifically for the treatment of osteoarthritis. And in some patients who have taken boron, their osteoarthritis symptoms have not only been lessened but been relieved altogether.

## **Prevents and Treats Yeast Infections with Boric Acid**

Boric acid is derived from boron and has loads of antimicrobial properties making a natural alternative to harsh chemicals when treating yeast infections. Bacteria through a broad range of antimicrobial functions. Not only that, but it helps disturb the synthesis (production) of said bacteria.

A [recent study on the yeast C. albicans](#) suggests that the toxicity levels of boric acid impairs the yeast from being broken down and absorbed into your body. You can even purchase boric acid capsules over the counter if you have, or think you may be getting a yeast infection.

Although it's not 100% effective for every woman, some studies suggest [boric acid works for 70 out of 100 women](#). If you're looking for a safe, natural way to treat your yeast infection, you may want to consider the benefits of boric acid.

## Helps Metabolize Insulin

Those who suffer from hyperinsulinemia or diabetes can benefit from consuming more boron too. It turns out, boron deficient diets can cause these crushing illnesses over time.

When the levels of insulin circulating in your blood are higher than the required glucose levels, it can lead to big problems down the road. After a while your [body becomes less sensitive to insulin](#), thus not meeting your body's needs.

If your healthcare provider has suggested you may be at risk for insulin-related diseases, you may want to look into adding more boron into your regime.

[Boron helps your body metabolize insulin](#) and may help reduce the amount required to maintain optimal plasma glucose based on several animal studies. With the help of boron and a healthy diet, you can keep your blood sugar levels exactly where you want them.

## Helps with Kidney Stones

If you have or have ever had kidney stones, you know just how painful they can be. That's why doctors are constantly searching for new, pain-free treatment options.

Boron seems to have a positive role in kidney stone removal. Urinary calcium excretion has a big impact on kidney stone formation and size. Boron (in doses of 3 mg per day) reduces this excretion, leading to less painful stones.

One clinical trial followed the treatment of a man with severe kidney stones. After supplementation of boron and antioxidants, he was able to [successfully pass his stones with minimal pain](#) and bleeding due to the reduction in size.

Boron is an essential nutrient for plants, animals, and humans. However, [our bodies are unable to produce it on their own](#). We have to get our boron solely from our diet but having too little can be a problem and so can having too much.

1.5mgs of body-friendly boron in each serving per day, dissolved in 1.5 litres of water & drunk through out the day. Taking 3 days on, 3 days off for 1 month on, 1 month off.

## **Supports Metabolic Processes**

Boron is an incredibly versatile nutrient. Depending on how you use it, it can be helpful for everything from bone growth to wound healing and even helps metabolize other vital nutrients you need such as magnesium.

Did you know just a 3% solution of [boric acid in a deep wound](#) reduces time spent in intensive care by two-thirds?

Boron increases the half-life as well and the bioavailability of other supplements you may be taking through its production of oestrogen and other vital hormones. Boron allows your body to work smarter, not harder.