

Top 10 Surprising Health Benefits of Boron

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Boron is a trace mineral that can help prevent many diseases and keep the body healthy. While you only require a small amount of this mineral, deficiencies can cause serious health issues, making it vital that you consume enough boron on a daily basis. Found in fruits such as apples, grapes, and oranges, boron keeps the metabolism healthy and can keep chronic health conditions such as hormonal imbalance and arthritis at bay. The health benefits of boron can also be gleaned from soybeans, avocados, red kidney beans, peanut butter, hazelnuts, currants, tomato, and lentils.

Strengthens Brain Function

In a study conducted on women and men of advanced age, it was found that individuals who consume larger doses of boron have better brain function than those who consumed less. This is because boron aids mineral metabolism and strengthens membrane function. Regular consumption of boron can strengthen long- and short-term memory, eye-hand coordination, and manual dexterity.

Supports the Metabolic System

There is some proof that boron helps stabilize mineral metabolism, which in turn supports the natural metabolic processes that take place in your body every day. Boron can help metabolize other minerals in which you may be deficient, such as magnesium, and can even facilitate wound healing and bone growth. The compound can also help increase the half-life of many common supplements by allowing your body to work more efficiently.

Treats Symptoms of Arthritis

Statistics show as many as 54.5 million adults in the U.S. suffer from some type of fibromyalgia, gout, arthritis, lupus, or rheumatoid arthritis. The risk of developing any of these forms of osteoarthritis only increases as you age. Therefore, it is important to treat the cause of arthritis before it arises. Most arthritis is caused when the joints become inflamed, leading to muscle stiffness, joint pain, swelling, and more. The good news is, boron can work as an anti-inflammatory and help prevent pain and swelling before it even starts.

Reduces Pain from Kidney Stones

People with recurrent kidney stones know how painful it is when it comes time to pass a stone. Some studies show boron can help you expel kidney stones. When given in doses of 3 mg per day, it helped reduce urinary calcium excretion, a factor in the size and formation of kidney stones. Thus, boron is a natural option for breaking down the size of the stones so they can be passed with minimal pain.

Aids and Treats Vitamin D Deficiency

A lot of people are surprised to learn they have a Vitamin D deficiency which, contradictory to common belief, can occur even if you spend a lot of time in the sun. A lot of things can disturb the way you absorb Vitamin D, but boron can improve Vitamin D absorption. Boron helps increase serum levels of calcium, which in turn makes it easier for the body to absorb Vitamin D. In fact, a study conducted at the University of Wisconsin found that Vitamin D rapidly rose in rats who were given boron regularly.

May Prevent Cancer

Cancer is one of the most serious health concerns on earth, and most people know someone affected by the disease. Scientists have been seriously examining the role that boron could play in preventing cancer, and have found some intriguing results. Studies show there is an association between levels of dietary boron and the occurrence of prostate, lung, or cervical cancer. More detailed cell culture studies suggest boron may help prevent the growth of certain types of breast and prostate cancer cells, making it a preventative option and possibly even a treatment alternative or supplement.

Keeps Insulin Levels Steady

People with diabetes or hyperinsulinemia could benefit from boron and its ability to regulate insulin. In some cases, boron deficiencies cause these diseases. If you are high-risk for either, it may be beneficial to increase boron in your diet. The mineral helps your body effectively metabolize insulin so that you require less. Combined with a healthy diet, boron can also help regulate blood sugar levels.

May Increase Levels of Testosterone in the Body

It is a common fact that testosterone levels in the body drop as both men and women age. This drop can cause health and sexual performance issues. A boron supplement may help boost your levels by making the testosterone that is already present work better. Boron helps increase the natural level of testosterone your body is able to produce, then converts it into a hormone helpful to the body. Adequate supplies of testosterone hormones can help sharpen memory, increase muscle mass, boost energy levels, and improve concentration.

May Increase Levels of Estrogen in the Body

Females will be glad to hear boron can also play a large role in regulating the presence of estrogen in the body as well. Estrogen is responsible for proper bone metabolism, glucose levels, regulation of food intake, and controlling glucose and insulin. Women who have low levels of estrogen can experience a wide host of health problems, but studies have shown boron can naturally boost estrogen levels in postmenopausal women.

Strengthens Bone and Joints

Boron helps bones regenerate and supports the cell-survival rate within bones, which in turn helps regulate proteins in the bone and makes bones stronger. This is a natural process, but as you age, it slows down. You can help your body get back up to previous levels with a daily dose of boron. In addition, the mineral supports calcium, vitamin D, and magnesium metabolism, all of which are necessary for healthy bones and joints.