

# Does Boron Reduce Prostate Cancer Risk?

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Substantial evidence is showing that the trace mineral boron plays an essential role in protecting men against deadly prostate cancer.<sup>1-3</sup>

Prostate cancer is the single most deadly cancer for men.

As we grow older, our risk of getting [prostate cancer](#) increases and metastasis outside the prostate is “generally lethal.”<sup>1</sup>

There are many nutrients, including minerals, that can reduce the risk of getting prostate cancer and improve prostate health. These include vitamins, minerals, and other food extract nutrients.

There is not, however, a single, silver bullet that causes you to be completely safe from getting prostate cancer. The more of these nutrients that you combine and ingest, the less likely you are to become susceptible to prostate cancer.

Of course, that also assumes that you are not eating foods, such as cow [dairy products](#), which encourage the growth of prostate cancer.

In recent years, there have been many studies that demonstrate that boron compounds have been found to kill prostate cancer cells while leaving healthy cells unharmed selectively.<sup>2,4</sup> In this article we will cover the question, can boron lower prostate cancer risk and highlight some

of the main benefits of this supplement.

## Can boron lower PSA?

In addition, boron has been found to lower PSA <sup>1</sup>. PSA was previously believed to be only a marker for benign prostatic hyperplasia and prostate cancer.

More recent research shows that elevated PSA levels are actually a causal factor in prostate cancer progression.<sup>1</sup>

Adequate [boron levels](#) are associated with a 64% reduced risk of prostate cancer,<sup>3</sup> but obtaining protective levels of boron from food alone is difficult.<sup>5</sup>

Very little boron is to be found in food, especially if such food is not produced organically.

This means that dietary supplements with low-cost boron could be a lifesaver for aging males at risk of prostate cancer, in addition to other health benefits provided by this vital mineral.