

**Total Boron™ for Osteoporosis Prevention, Hormone Enhancement,
and Protection from Heavy Metal Poisons**

by
John Brimhall, D.C., and Stephan Cooter, Ph.D.

In 1979, the U.S. Environmental Protection Agency reported that poisonous metals are the second worst environmental health problem in the United States. Poisonous metals are widely used in industry, food processing, and agriculture and find their way into our air, food, and water.

Good habits that can help reduce poisonous metals in your body include eating a high fiber diet, avoiding conventional foods grown with pesticides and artificial fertilizers, and eating organic foods.

Include high sulfur foods in your diet, such as asparagus, onions, garlic, beans, peas, and eggs to help block absorption and remove many poisonous metals from the body.

Use only stainless steel, glass, enameled, or iron cookware, and avoid aluminum cookware to reduce your intake of harmful metals.

Read labels and avoid products known to contain harmful metals. Avoid canned foods and canned drinks of all kinds, beer in cans, aluminum cans, tin cans, and especially lead-soldered cans.

Consider having “silver” fillings removed by a biological dentist trained in safe removal and replacement with biologically compatible fillings.

Include apples in your diet for a source of pectin, which binds with and helps remove most heavy metals from the body. Eat buckwheat, which contains a protective agent against heavy metals and radiation. Eat an organic, whole-foods, high-fiber diet to help bind with and pass toxic metals. Drink orange juice before X-ray exams to reduce radiation damage.

Our clinical practice suggests that boron plays an important role in neutralizing the effects of several heavy metals.

By enhancing the levels of beneficial minerals known to reduce heavy metal poisoning, boron may play a regulatory role in helping the body block uptake of heavy metals and help discard them.

Total Boron™ contains other synergistic nutrients that help reduce uptake, remove many poisonous metals from the brain and intestinal tract, and by other means help excrete heavy metal from the body.

Vitamin B6 helps remove lead from the brain. B6 helps rid the intestinal tract of excess metals, removing them from the body. B6 is essential for antibody formation and important in detoxification functions of the body.

Pyridoxal-5-Phosphate is one of the essential components of vitamin B6.

Boron enhances the uptake and spares the loss of calcium, magnesium, and phosphorous from the body. Both calcium and magnesium bind with aluminum, cadmium, excess copper, and help eliminate them from the body. Adequate calcium also helps prevent lead from being deposited in body tissues. Calcium and magnesium help protect against radiation. Boron supplements help raise natural estrogen, testosterone, vitamin D levels, and may trap radiation by-products.

Apple Pectin binds with heavy metals in the colon and helps remove them from the body. Apple pectin especially helps to protect against arsenic, lead, mercury, and nickel.

Asparagus is a member of the lily family, which includes asparagus, garlic, leeks, and onions. This family contains sulfur compounds that help eliminate arsenic, cadmium, excess copper, lead, mercury, nickel, and radiation products from the body. Asparagus has been traditionally used as a diuretic. Aluminum is excreted principally through the urine. Enhancing elimination helps in heavy metal removal from the body.