



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Selenium

“Selenium is both an antioxidant and a nutrient known to slow viral replication. It is a small but powerful tool to optimize your health.”

Dr. Alex Vasquez shared with me that selenium is one of many supplements that supports and protects antiviral barriers, inhibits viral replication, supports immune function, protects against cytokine storms and enhances systemic cell system support. Can you see how this nutrient is essential to help protect you against any kind of flu or virus?

Let's take a crash course on selenium. Selenium is a trace mineral that is essential to good health but is required in small amounts. Although it is a micro nutrient, it plays a macro nutrient role. Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. Selenoproteins help prevent cellular damage from

free radicals. Selenoproteins also help regulate thyroid hormones. Selenium is reported to help in preserving elasticity in body tissues like skin and hair. It helps to slow the aging process by aiding detoxification and is a necessary mineral for production of the master antioxidant - glutathion. It improves the flow of oxygen to the heart and helps prevent abnormal blood clotting. Selenium supports the formation of proteins that help fight invading microorganisms commonly referred to as antibodies.

Some researchers also claim selenium protects the body against cancer by causing cancer cells to die before they have a chance to grow and

spread. Besides its antioxidant, antiviral capacities, one of the reasons selenium may reduce cancer is selenium's ability to counteract the toxicity of heavy metals such as cadmium, inorganic mercury, methylmercury, thallium and to a limited extent, silver.

The content of selenium in food depends on the selenium content of the soil where plants are grown or animals are raised. For example, researchers know that soils in the high plains of northern Nebraska and the Dakotas have very high levels of selenium.

Knowing that food enhanced with mineral content in the soil yields food grade organic forms of minerals, Biotics Research Corporation developed their

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line of selenium vegetable based minerals. Take selenium as an example. A selenium salt is added to a vegetable culture plant growth medium and then at maturity the plants are harvested and dried at low temperatures to preserve enzymes. Researchers from Biotics know that 300 mg of the dried plant will yield 100 mcg of selenium. Se-Zyme Forte, a form of selenium from Biotics Research Corporation, contains 100 mcg of a unique organic non-GMO food form of selenium as well as antioxidants, enzymes, and other trace elements that are contained in the vegetable culture. It's more than a tablet, it is concentrated food that contains measurable amounts of selenium.

Biotics has a second form of selenium called Selenomethionine. Each capsule of selenomethionine contains 200 micrograms of selenomethionine, also an organic form of Selenium. Selenomethionine was used in a large-scale cancer prevention trial in 1983, which demonstrated that taking a daily supplement containing 200 micrograms of selenium per day could lower the risk of developing prostate, lung, and colorectal cancer.

Selenomethionine is unique because research has found it can easily cross cell membranes and can be used intracellularly. As such, selenomethionine is found to have properties that inhibit viral replication. This form of selenium, selenomethionine, is recommended for all viral problems including: HIV, EBV, CMV, COVID-19, herpes, etc. and also as adjunctive support for cataracts, coronary artery disease, any type of free-radical problem, poor hair structure and color, whitened fingernail beds, poor joint mobility, loose skin, muscle wasting or weakness, fatigue, patients on TPN, Crohn's disease, digestive inflammation, heart disease and increased liver enzymes.

So, selenium is both an antioxidant and a nutrient known to slow viral replication. It is a small but powerful tool to optimize your health. Ask your wellness professional which form and dosage is best for you. We need the anti-viral properties of selenium now more than ever, and we all need a great strategy to build and maintain an immune system we can be confident in. Talk to your clinician about selenium.