

# TRACE MINERAL SELENIUM IMPROVES CURE RATE FOR COVID-19 CORONAVIRUS INFECTION UP TO 500%

BY BILL SARDI



**D**ating back over two decades prior to published studies that show that an essential trace mineral decreases the virulence of, and inhibits mutations in, viral infections, researchers in the UK, U.S., and China collaboratively report in *The American Journal of Clinical Nutrition* that selenium improves the cure rate for COVID-19 coronavirus sufferers.

The curative effect of selenium is evident in areas of China that have high-selenium soil levels. The researchers report only a 13.2% cure rate in Wuhan, China, the epicenter of the current COVID-19 pandemic, compared to a 40.6% cure rate for all other provinces combined. Cured patients are defined as those whose body temperature returned to normal.

The fact that other provinces in China do not report high death rates from COVID-19 infections has led to the claim that China is hiding its death figures. But now there is potentially a more straightforward explanation – selenium.

By contrast, in Heilongjiang Province, where selenium intake is among the lowest in the World, the death rate from COVID-19 was almost five times as high as the average of all the other provinces outside of Hubei. Another city in China, Enshi – known for having high-selenium soil and intake levels – has a 36.4% cure rate compared to 13.2% for all other cities in China, report the same investigators.

Selenium in soil makes its way through the food chain to humans. It is known (along with Vitamin E) as an essential nutrient for making a key antioxidant enzyme called glutathione peroxidase.

The curative effect is believed to be heightened by combining selenium with Vitamin E, the two nutrients being required to produce the antioxidant enzyme glutathione peroxidase, which is suggestive that multivitamins providing both of these nutrients would be a good choice.

There are very high and very low selenium soil levels in China. Most farm soils in the U.S. are selenium replete.

High blood storage levels of iron (ferritin) in the body tend to increase the severity of viral infections, which may explain why COVID-19 infections strike more males than females. Menstruating women tend towards anemia as they dump iron once a month or donate iron to their offspring during pregnancy. Men typically have higher iron storage (ferritin) levels than do women, particularly men consuming red meat.

Selenium is also known as a controller of chronic inflammatory maladies, including acute respiratory distress syndrome.

In a very compelling study, a selenium supplement was given to individuals with low-selenium status prior to and then continually after the administration of live oral-attenuated polio vaccine. These subjects exhibited more

rapid clearance of the poliovirus with fewer viral mutations. Deficiency of selenium and/or Vitamin E enables RNA viruses (like coronaviruses) to convert to more virulent strains.

Impaired immunity is common among individuals who have selenium deficiency. For example, a deficiency in selenium can lead to decreased T-cell and neutrophil function, two types of white blood cells needed for immunity against viruses, says a 2004 report in *Trends in Microbiology*.

Even individuals with normal nutritional status were found to be vulnerable to COVID-19 once mutations occur. Selenium deficiency leads to increased viral mutations in the influenza virus genome.

COVID-19 is mutating within the bodies of infected human subjects. Thirty (30) different strains of the virus are currently reported. One particular strain is 270 times more virulent than other strains. **Selenium deficiency can result in a benign virus mutating into a deadly viral strain.** Adequate intake levels of selenium, as a trace mineral to inhibit such deadly mutations, are thus of crucial importance to human health. Both selenium and Vitamin E are suggested when battling COVID-19 infections.

Eosinophils are a type of white blood cells that fights off infections. About 80% of COVID-19 patients are reported to exhibit low eosinophil counts. Withdrawal of selenium from the diet of animals induces eosinophil-

ia (eosinophil deficiency).

Organically bound selenium (bound to an amino acid like methionine) exhibits greater bioavailability (~90%) compared to inorganically bound selenium (selenate, selenite), both of which are sold in health shops.

The Recommended Dietary Allowance for selenium is 55 micrograms for adults and 30 micrograms for school children, but those values are considered low for optimal nutrition. Brazil nuts have the highest amount of selenium (544 micrograms in 6-8 nuts) with meat and sea foods also being rich dietary sources.

According to the Office of Dietary Supplements, the average daily selenium intake of Americans aged 2 years and older from foods is 108.5 mcg, and from foods and supplements is 120.8 mcg. Adult men have higher daily intakes (134 mcg from foods and 151 mcg from foods and supplements) than adult women (93 mcg from foods and 108 mcg from foods and supplements). In the United States, 18% to 19% of adults and children use a dietary supplement containing selenium. Selenium deficiency is rare in the U.S. but not in other countries such as the UK where selenium intake declined by 50% when high-selenium wheat from North America was replaced with low-selenium wheat from European Union countries. 🔥

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