Wondrous Roots, Inc.

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"…and if the root be holy, so are the branches…"

NUTRIENTS FOR COVID-19 PREVENTION & TREATMENT

SELENIUM

Researcher identifies link between Covid-19 and selenium –
Using cumulative COVID-19 outcome data from Feb. 18, the study found that in the city of Enshi, which has the highest selenium intake in China, the cure rate (percentage of COVID-19 patients declared "cured" by that date) was almost triple that of the average for all the other cities in Hubei province. In contrast, in Heilongjiang province, where Keshan is located and selenium intakes are among the lowest in the world, the death rate from COVID-19 was almost 5 times as high as the average of all the other provinces and municipalities outside of Hubei.

"A role for selenium may also help explain phenomena such as the recently reported blood clotting in COVID-19, because selenium is known to have an anti-clotting effect."

"These findings are particularly significant for myself and Prof. Jinsong Zhang" (who are joint first authors on the new study), he added, "because we had presented research findings at an international symposium on SARS in Beijing in 2003, strongly suggesting that selenium would be a factor in SARS pathogenesis. Many of those observations we made 17 years ago still apply to the SARS-Coronavirus-2, the cause of COVID-19, which is a close relative of the original SARS virus."

The international collaboration was led by Dr. Margaret P. Rayman at the University of Surrey in the United Kingdom.

The link to the actual published study in the American Journal of Clinical Nutrition

Selenium donors at the junction of inflammatory diseases *Selenium is an essential non-metal trace element, and the imbalance in the bioavailability of selenium is associated with many diseases ranking from acute respiratory distress syndrome, myocardial infarction and renal failure (Se overloading) to diseases associated with chronic inflammation like inflammatory bowel diseases, rheumatoid arthritis, and atherosclerosis (Se unload).*

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Dietary Selenium in Adjuvant Therapy of Viral and Bacterial Infections[1,2]

Holger Steinbrenner,[3] Saleh Al-Quraishy,[5] Mohamed A Dkhil,[5,6] Frank Wunderlich,[4] and Helmut Sies[3,5,*]