

Selenium Supplements Report

What Is It

A trace mineral essential for many body processes, selenium is found in soil. Characteristically, selenium is present in virtually every cell but is most abundant in the kidneys, liver, spleen, pancreas, and testes.

What Does It Do

Selenium acts as an antioxidant, blocking the rogue molecules admitted for harmful radicals that damage DNA. It's a piece of an antioxidant enzyme (called glutathione peroxidase) that protects cells against environmental and dietary toxins, and is usually included with other antioxidants like vitamins C and E. This combination may help prevent a range of disorders, from cancer, heart disease, cataracts, and macular degeneration to strokes and even aging, all of which can be caused by oxidative damage.

Key Uses

- Works with vitamin E to help prevent cancer and heart disease.
- Protects against cataracts and macular degeneration.
- Fights viral infections; reduces the severity of cuts and shingles; may slow the progression of HIV / AIDS.
- Helps relieve lupus symptoms.

Major Benefits

Selenium has received a lot of attention recently for its role in combating cancer. A five-year study conducted at Cornell University and the University of Arizona showed that 200 mcg of selenium daily resulted in 63% fewer prostate tumors, 58% fewer colorectal cancers, 46% fewer lung malignancies, and a 39% overall reduction in cancer deaths. In other studies, selenium showed promise in preventing cancers of the ovaries, cervix, rectum, bladder, esophagus, pancreas, and liver, as well as against leukemia. Studies of cancer patients show that people with the lowest selenium levels developed more tumors, had a higher rate of cancer recurrence, a greater risk of cancer spreading, and a shorter overall survival rate than those with high blood levels of selenium.

Additionally, selenium can benefit the heart, primarily by reducing the "stickiness" of the blood and decreasing the risk of clotting - in turn, lowering the hazard of heart attack and stroke. Moreover, selenium increases the ratio of HDL ("good") cholesterol to LDL ("bad") cholesterol, which is critical for a healthy heart. Smokers or those who've begun to have heart problems may gain the outstanding cardiovascular benefits from selenium supplements, though everyone can profit from taking selenium along with a conventional vitamin and mineral supplement.

Supplementary Benefits

Selenium may be useful in preventing cataracts and macular degeneration, the pre-eminent causes of impaired vision or blindness in older Americans. It is also constitutive for converting thyroid hormone, which is needed for the proper functioning of every cell in the body, from a less active form (called T4) to its active form (known as T3). In addition, selenium is needed for a healthy immune system, assisting the body in defending itself against harmful bacteria and viruses, as well as cancer cells. Its immune-boosting effects may play a role in fighting the herpes virus that is responsible for cold sores and shingles, and it is also being studied for its potential to help fight HIV, the virus that causes AIDS.

When combined with vitamin E, selenium appears to retain some anti-inflammatory benefits as well. These two nutrients may improve chronic conditions resembling rheumatoid arthritis, psoriasis, lupus, and eczema.

How Much You Need

The RDA for selenium is 70 mcg for men, and 55 mcg for women on average. To bring off big benefits, up to 600 mcg a day may be helpful.

If You're Too Young: Eminent Americans consume enough selenium in their common diet, so deficiencies are rare. Falling below the RDA,

however, may sway to bounteous incidences of cancer, resentment disease, immune problems, and inflammatory conditions of unabbreviated kinds, particularly those engaging the skin. Short-lived amounts of selenium during pregnancy could upturn the risk of birth defects (especially those involving the heart) or, maybe, sudden infant death syndrome (SIDS). Early symptoms of selenium deficiency enclose well-made weakness and fatigue.

If You Get Severely Much: It ' s hard to get to conspicuously selenium from your diet, but if you ' re fascinating this mineral in supplement form, it ' s important to remember that the margin of safety between a therapeutic dose of selenium (ongoing to 600 mcg a day) and a toxic dose (considering little due to 900 mcg) is wee compared screen other nutrients. Symptoms of toxicity include nervousness, melancholy, nausea and vomiting, a garlicky odor to the elan vital vital and perspiration, and a release of hair and fingernails.

How To Catch It

Dosage: Most experts agree the optimum dose for stretched - term use of selenium should fall between 100 mcg and 400 mcg daily. Flowering to 600 mcg usual may be taken for a dinky time as a treatment for viral infections or as moiety of a cancer treatment program.

Guidelines For Use: Vitamin E greatly enhances selenium ' s effectiveness; be absolute that you impress 400 IU of it daily.

Other Sources

The largely abundant sources of selenium include Brazil nuts, seafood, poultry, and meats. Grains, particularly oats and brown rice, may also have significant amounts, depending on the selenium hopped up of the blacken in which they were grown.

Doing!

Don ' t exceed recommended doses: Esteem some people, bewitching selenium long spell (now little thanks to 900 mcg a shift) can generate serious side effects, cognate as cabbage rashes, nausea, fatigue, hair euthanasia, fingernail changes, and depression.

Latest Findings

- Recent studies scene that in the test pipe selenium works relatively quickly, helping cells grow and plan at normal rates and protecting them from becoming cancerous. Experts mysterious that selenium ' s cancer - fighting benefits may steward fairly fast - show in the body as robust.
- According to the journal Agriculture Look into, studies fix mice show that a deficiency ropes either selenium or vitamin E both antioxidants - can cloister a latent, inactive virus interest its occupied, disease - causing form. This may benefit explain why selenium is effective rail arctic sores and shingles, which are both caused by reactivation of a likely herpes virus.

About the Author

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