

Re: Selenium deficiency appears to affect zinc metabolism!

Re: Selenium deficiency appears to affect zinc metabolism!

Source: <http://sci.tech--archive.net/Archive/sci.med.nutrition/2006-05/msg00304.html>

- *From:* Alf Christophersen <alf.christophersen@xxxxxxxxxxxxxxxx>
 - *Date:* Mon, 29 May 2006 00:38:16 +0200
-

On Sun, 28 May 2006 17:56:24 +0300, "Juhana Harju" <shantigiriorama@xxxxxxxx> wrote:

OK, I got it. The point made by Alf is proven.

Unfortunately, this is a general principle applicable to about all trace elements. It's geochemistry applied on nutrition/medicine.

In Africa the trouble is about sulfur too. There are big areas that almost completely lack sulfur in the ground and plant materials also becomes devoid. Since it is a basis for glutathion and most people there are dependent on locally produced food, immune system is decreased and viruses may far more easily mutate, also in humans.

And glutathion is also important to prevent HIV to turn into AIDS:

Unfortunately, the most sulfur-poorest areas are those where HIV and AIDS are almost exploding in spreading.

And, what's worse, agriculture do worsen the whole story by cutting down trees that pump up from ground the little sulfur there is around and thus circulate the sulfur not lost. By cutting them down, rain washes out the sulfur from upper levels and down into the deep where there are no more roots left to recirculate it.

And, on the steppes farmers burn the plant materials left over from last season, and up in the air the sulfur goes as SO₂, making the whole story even worse. :-(