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## Selenium promises to hold your beauty

A little bit of selenium goes a long way toward protecting your health. Selenium is a trace mineral, which means we need a small amount of it. However our body is able to flush selenium out of your system somewhat quickly since it plays an actionable role in many important body functions, therefore it's important to consume it. This essential mineral found in varying concentrations in soil, in water. The amount of selenium in food often depends on the selenium concentration of the soil and water where the food was grown or raised. Good natural food sources of selenium include Nuts, like Brazil nuts and walnuts Many fresh and saltwater fish, like tuna, cod, red snapper, and herring, beef, poultry, Grains. Whole foods are the best sources of selenium. The mineral may be destroyed during processing. We do know that selenium is an essential mineral that's crucial to many bodily functions. Natural sources, like fruits and vegetables, are the best way to incorporate selenium into your diet. Selenium supplements may also be appropriate for people who are experiencing a selenium deficiency. if you're concerned that you're not getting enough selenium, talk to your doctor and see if selenium supplementation is right for you. The recommended Dietary Allowance (RDA) is defined as the "average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%-98%) healthy people. "When choosing a selenium supplement, pay attention to the form of selenium it contains. The most important distinction between the various selenium forms is whether it's organic or inorganic. Conversely, organic, protein-bound selenium is better retained, utilized, and incorporated by the human body. Inorganic forms of selenium are easily absorbed through the intestine but poorly retained. How selenium benefits your body? Skin beauty factor: Here's what happens when you feed your body selenium It protects cells from damage. Selenium neutralizes free radicals and other skin-damaging compounds before they can lead to wrinkles. It's similar to vitamin E and actually works with the vitamin to safeguard cell membranes, the protective coating around cells. That makes selenium a key player when it comes to slowing the signs of aging. In fact, research has shown that it's a triple treat, protecting against UV-induced cell damage, skin inflammation and pigmentation, skin cancer. Selenium for immune system support: It's able to play such a protective role in the body because it increases antioxidant capabilities and the quality of blood flow, therefore enhancing the body's resistance against disease and stress. Metals are among the most toxic of pollutants. Effective ways to detoxify the body of toxic metals are few and far between. The good news? Data suggests that supplementing with organic (carbon-bound) selenium supports mercury excretion. It may also be useful for other viral infections, including influenza, as well as potentially bacterial infections. Selenium promises to hold your beauty: Fortunately for us, free radicals are controlled in the body by antioxidant. Helps reduce infertility Selenium is required for proper sperm motility and also increases blood flow, two key components involved in conception and beating infertility. Selenium affects the behavior and function of the sperm as they move through the vaginal canal. Among women, there is suggestion that it may reduce the risk of miscarriage. Cancer fighting mineral: A single nutrient - selenium - has been shown to hold great promise in the war against cancer. A high dose of 200 mg a day of selenium can be effective in protecting DNA which can reduce the risk for cell mutation and cancer development .According to studies, selenium is effective at reducing the risk of cancer incidence, cancer caused mortality, and severity of cancers specifically in the liver, breast, prostate, colo-rectal and lungs. And other studies show that in areas of the world where the soil is lowest in selenium, cancer risk is increased when compared to areas that have higher levels of selenium naturally available. Have you added selenium to your life? What changes have you noticed? Studies have shown just how important this vital mineral is to our health and longevity. If you want to live a long, vibrant life definitely selenium is a mineral you want to include in your diet.

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