

# Zinc

## The Key to Good Health

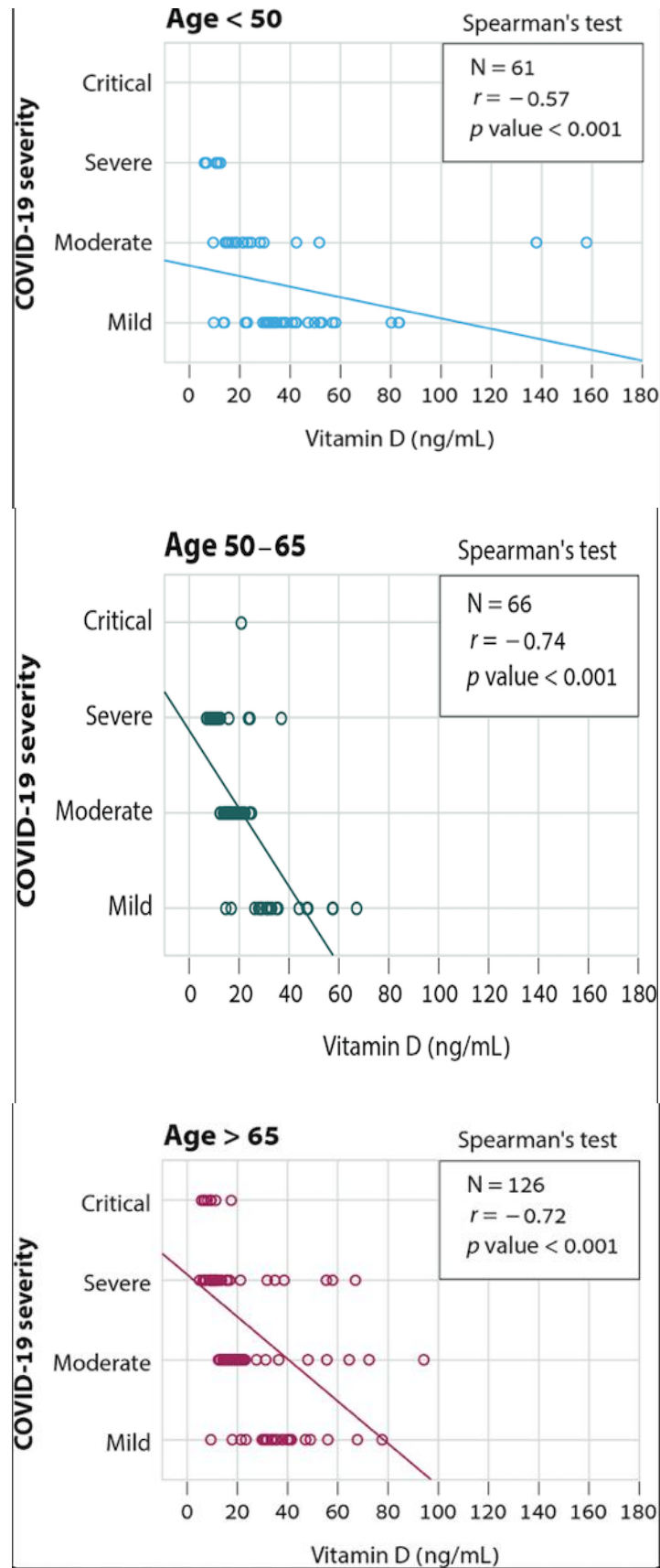
By Dean L. Gano; Updated January, 2023

When I listen to our leaders, corporate news media, and even Doctors talk about COVID-19 they never explain why healthy kids never get sick? Or, why only old people get really sick and die? Or why is obesity the single biggest comorbidity? Why is no one asking WHY? If you have read our paper from 15 months ago titled [COVID-19 and Real Science](#) you know the answer is Zinc. In fact, all 17 COVID-19 comorbidities, including old age are either caused by a zinc deficiency or cause it. Blood serum Zinc decreases with age, so kids don't get as sick and older people die because they have no zinc. Obesity causes a zinc deficiency, so fat people, [42% of Americans](#), are more susceptible to all illnesses. Also, all inflammatory and immunosuppressive diseases result from or are caused by [Zinc deficiencies](#).

Given this obfuscation by our healthcare agencies, scientists and leaders, I want to provide a short summary of how Zinc is not only the key to preventing a COVID-19 infection, but a key to [your overall good health](#). Since zinc is involved in over [300 bodily functions](#) you can understand why it is so important. When Zinc availability is reduced, it alters the survival of our cells throughout our bodies, in particular, cells of the immune system. [Zinc deficiency](#) affects cells involved in both the innate and adaptive immune systems. Zinc is commonly found in shellfish, wheat germ, red meat, and pumpkin & sesame seeds but as we age, the body has more trouble retaining it, so we need to supplement our diets. A common dose is 20 to 40 mg day.

But here is the key causative action that no one talks about: In order for zinc to get inside the body's cells to do its magic, it needs a transporter to take it across the cell boundary. These transporters are called ionophores and they come in the form of natural ionophores like Vitamins A, C, D, & E, plant extracts like Elderberry juice, [Quercetin](#), and [Curcumin](#), and hormones like Melatonin. Hydroxychloroquine, and Ivermectin are very powerful manmade ionophores that not only transport the zinc, they fight inflammation on their own. In total there are over two billion different zinc ionophores documented by the [ZINC20 Database](#). Why such a large database? Because these compounds are used in most pharmaceutical medicines. But no one tells you these meds will only work well if your body has enough zinc. At the heart of all the COVID-19 comorbidity conditions and many other diseases, like cancers, is a condition we call inflammation. Zinc and many of the zinc ionophores stops inflammation in all parts of your body. I remember when I was about 35, I noticed that my body couldn't take the hard workouts I used to give it and it got worse as I aged until I started taking zinc and zinc ionophores. The manner in which the body utilizes trace minerals and vitamins is like an orchestra, when one of the instruments is out of tune the entire symphony is off and eventually as each instrument becomes out of tune, the result is a noisy mess. If you study the healthiest people on the planet who live the longest, you will find they have a diet high in Zinc, Zinc ionophores, and Iodine which is also a natural fighter of viruses, bacteria, & toxins.

To give you a better idea of how age affects our health, here is a simple example of the effects age and Vitamin D has on the body's response to COVID-19:



The same relationships occur when you compare Zinc levels. If you are curious about your own zinc level, ask your doctor to do a test for your Blood Serum Zinc level.

I know this sounds like a naturopath spiel, but it is based on many NIH peer reviewed studies, and Big Pharma doesn't want you to know this because they can't make money selling nature. In 2002, the combined profits for the ten drug companies in the Fortune 500 (\$35.9 billion) were more than the profits for all the other 490 businesses put together (\$33.7 billion).

I hope this helps. Have a nice day and a healthy, less painful future.

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