Abstract: The aim of the study was to highlight a new diagnostic and therapeutic approach for various diseases, not only infectious, which assessed both the genetic modifications, the cause of the disease, and the presence in the body of substances that cause the genetic modifications that cause the illness. Right values of Selenium, Zinc and Copper cannot avoid contagion, but they can reduce the variant variations and complications of COVID-19 disease and OMICRON, as in the case of asymptomatic patients. This study conducted on 42 patients who for various reasons were subjected to the dosage of heavy metals and dioxins in the period prior to the COVID-19 and OMICRON pandemic, on the reassessment of these values based on the pandemic. Obviously, the dosage of these substances cannot be understood as a method of preventing infections, but as a further method useful to among the "subjects at risk", those who could not only get sick, but also have a series of more complications. or less serious due to the lack of some useful metals or the presence of other heavy metals or dioxins harmful to our defenses. We must not forget that our genome is not capable of adapting to environmental changes quickly, it should not be forgotten that interferons are capable proteins that prevent many viral and bacterial aggressions and also inhibit the growth of toxic cells by activating or regulating different cellular or molecular functions of our immune system and that some of these are related to heavy metals such as zinc, selenium and copper. Therefore, their lack can be seen not only as a "predisposition to contagion", but as a possible risk of being able to have a more evident clinical symptomatology, as well as contracting complications, as happens in diabetic patients with zinc deficiency, useful for avoiding deficiency immunity, essential for the immune defenses. finally, in the evaluation of these cases we were able to observe that the complications of the COVID and OMICRON disease and its variants, have mainly occurred in carriers of chronic-degenerative diseases, tumors or in unsuspecting carriers of many toxic substances that have accumulated over the years or lacking in some essential substances to carry out their action in defense processes. The above leads us to reflect on the impossibility of escaping the risk of contagion, but on the possibility of reducing complications. "THE MORE WE POLLUTE, THE MORE WE SICK"! The question to ask is not whether we can avoid contagion, but how can we avoid complications. The challenge that awaits us in the future consists in being able to anticipate the onset of the various complications. This means not waiting for the many clinical manifestations to undergo clinical-instrumental tests by means of which it will be possible only to ascertain a state of disease already in progress, but if the traditional instrumental diagnostics were also accompanied by the search for heavy metals, dioxins and of other toxic substances in our different biological matrices, the complications of these infectious diseases could be avoided. So once again environmental pollution has proved to be a serious danger to human health and this preliminary scientific program starts from the belief that just as there is a correlation between some chronic-degenerative diseases, tumors, malformations and toxic substances, so it could exist a correlation between the complications of COVID-19 and OMICRON disease and the deficiency of Zinc especially in diabetic patients, Selenium and Copper.