



Healthy Vitamins For Hair

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The LHL Guide To Healthy Hair Vitamins Good nutrition is vital to healthy hair growth, just as it's essential to overall good health. Although your body needs a variety of vitamins and minerals to maintain proper body functions, there are several that are specific to hair growth and health.

When starting a new vitamin regime, it usually takes from 2 to 3 months to see results in your hair's condition. That means that patience and consistency is very important. It's also important to check with your doctor before starting a vitamin program, especially if you have health concerns, are pregnant or lactating.

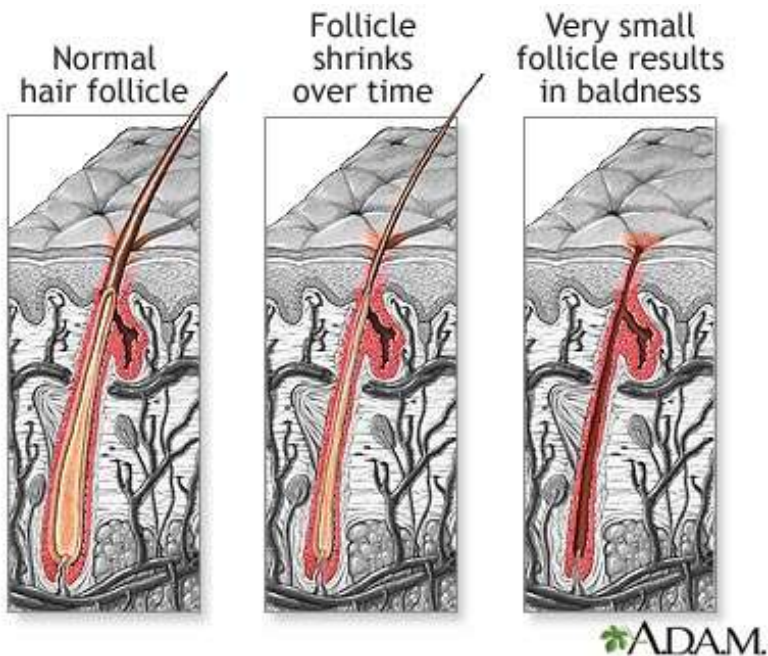
The LHL Guide To Healthy Hair Vitamin

Vitamin	Benefits to Hair	Food Sources	Daily Dose	Warnings	Other Info
Vitamin A (Retinol)	Antioxidant that helps produce healthy sebum in the scalp.	Fish liver oil, meat, milk, cheese, eggs, spinach, broccoli, cabbage, carrots, apricots and peaches.	5,000 IU	More than 25,000 IU daily is toxic and can cause hair loss and other serious health problems.	Zinc and Vitamin A work together. A deficiency in either can lead to dry hair and oily skin.
Vitamin C (Ascorbic Acid)	Antioxidant that helps maintain skin & hair health.	Citrus fruits, strawberries, kiwi, cantaloupe, pineapple, tomatoes, green peppers, potatoes and dark green vegetables.	60 mg	None	Helps the body absorb iron, bolsters the immune system and helps form red blood cells.
Vitamin E (Tocopherol)	Antioxidant that enhances scalp circulation.	Cold-pressed vegetable oils, wheat germ oil, soybeans, raw seeds and nuts, dried beans, and leafy green vegetables.	Up to 400 IU	Can raise blood pressure and reduce blood clotting. People taking high blood pressure medication or anticoagulants should check with their doctors before taking Vitamin E supplements.	Taking at least 1,000 IU of Vitamin E daily for a few weeks before chemotherapy may help prevent hair loss in cancer patients. Check with your doctor before starting Vitamin E therapy.
Biotin	Helps produce keratin, may prevent graying	Brewer's yeast, whole grains, egg yolks, liver, rice	150-300 mcg	None	Biotin deficiency is rare because it is found in a

	and hair loss.	and milk.			variety of foods.
Inositol	Keeps hair follicles healthy at the cellular level.	Whole grains, brewer's yeast, liver and citrus fruits.	Up to 600 mg	None	Found together with Choline in lecithin.
Niacin (Vitamin B3)	Promotes scalp circulation.	Brewer's yeast, wheat germ, fish, chicken, turkey and meat.	15 mg	None	Taking more than 25 mg a day can result in "niacin flush" - a temporary heat sensation due to blood cell dialiation.
Pantothenic Acid (Vitamin B5)	Prevents graying and hair loss.	Whole grain cereals, brewer's yeast, organ meats and egg yolks.	4-7 mg	None	Known cosmetically as "panthenol" and found in shampoos and conditioners.
Vitamin B6 (Pyroxidine)	Prevents hair loss.	Brewer's yeast, liver, whole grain cereals, vegetables, organ meats and egg yolk.	1.6 mg	High doses can cause numbness in hands and feet.	Helps create melanin, which gives hair its color.
Vitamin B12 (Cobalamin)	Prevents hair loss.	Chicken, fish, eggs and milk.	2 mg	None	The only vitamin that contains an essential mineral element - cobalt.

Vitamin tip: If you take a multi-vitamin or "hair vitamin," compare the doses of each vitamin against this chart. If your vitamin has a lower dose of a particular nutrient, simply make up for it with a stand-alone vitamin.

For example, if your hair vitamin contains 50 IU of Vitamin E, be sure to add up to an additional 350 IU of Vitamin E capsules.



Vitamins for Your Hair

Healthy hair is not only a pleasure to behold, it is pleasing to the person that has it. A single follicle on the human scalp produces approximately .35 millimeters of hair shaft per day.

The cycles of growth of each follicle consist of the building up and tearing down of the structure. After a period of rest the follicle is built anew from raw materials and each hair follicle goes through this identical processes as it grows longer and stronger. A high-quality liquid multivitamin supplies the body with the proper amino acids, vitamins and minerals that you may not be receiving in your diet to help create beautiful hair.

It is important to point out at this point that many of the metabolic requirements of the cells of the hair follicle must be met at this time or adequate and optimal hair growth will not occur. This means that certain vitamins and minerals must be present in adequate proportions or there will be faulty or nonexistent hair growth. Research has shown that in our hurry up world of fast food, and extreme work schedules we have developed extraordinarily poor eating habits. This extremely poor diet affecting our general health and energy levels and makes our fingernails weaker and our hair thinner and far less healthier.

Along with stress, toxins in the environment, exposure to the sun, cigarette smoke (actively or passively inhaled), excess alcohol consumption and lack of sleep sometimes makes our bodies work overtime to maintain a standard of marginal health - not optimal.

These factors may lead to a decline in our cosmetic appearance, including our hair, being compromised and weakened. Because we consider our hair to be expendable and not needed to maintain your health, at least our physical health, it tends to be the last part of us to receive attention.

The result of this is dull, lifeless hair, or even retarded (slowed) hair growth. What should enhance our best features has become a deterrent to our beauty as individuals and the way others possibly perceive our health and how attractive we appear to them. This does not have to be so. Remember, people subconsciously use triggers like how healthy your face or hair is to make a subconscious judgment about your overall health.

Taking proper, daily vitamins and minerals plays a huge role in keeping your hair healthy. Any nutritional deficiencies can lead to thinning hair or even total baldness. It is a well-known fact that an under-active thyroid can result in frizzy or brittle hair while an overactive thyroid turns hair greasy and limp. The goal is proper supplementation and proper nutritional balance.

In an older person the total number of the capillary loops (blood source) supplying the hair follicles is considerably diminished. This diminution (reduction) of blood supplied to the hair follicle would require either greater blood flow through these follicles or an increased amount of nutrients of various types such as vitamins, minerals and amino acids in order to supple the hair follicle with the same amount of these materials. Since the former is unlikely, as blood vessels are decreasing instead of increasing, it appears that the latter course, mainly supplying more nutrients, would be the most logical way to keep the hair follicle in its i°younger± state.

Your hair ultimately reflects the overall condition of your body. If your body is healthy and well-nourished, your hair will be your shining glory. If you are having any health problems or suffering from any nutritional deficiencies, your hair may stop growing or show damage or become brittle. If your body is in good health, you can maximize your genetic growth cycle through taking the proper blend of amino acids and B-vitamins.

It is also important to include B-6, biotin, inositol and folic acid in the supplemental program. It has been found that certain minerals including magnesium, sulfur, silica and zinc are also very important toward maintaining healthy hair.

Beta-carotene is also important to hair growth. This is so because beta-carotene is converted to vitamin A as the body needs it, helps maintain normal growth and bone development, protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails.

Besides making lifestyle changes, taking the following supplements every day is recommended to boost your hair growth:

*Vitamin B-complex - 50 mg. of the major B-vitamins (including folate, biotin and inositol)
Vitamin B-6 - 50 mg. of vitamin B-6*

Vitamin C with bioflavonoids - one to two grams daily Vitamin E - 400 to 800 IU daily

Beta-Carotene - 10,000 to 15,000 IU of beta-carotene daily

One recommended daily dose of magnesium, sulfur, zinc

Flaxseed oil - one tbsp daily or one tablet
Beta-Carotene - 10,000 to 15,000 IU of beta-carotene daily

Certain vitamins, minerals and amino-acids are crucial to the metabolic pathways involved in keratin protein (hair) metabolism. Without the nutrients cited, it is well known that the hair growth process will slow or cease, leading to a potential loss of hair and substantial degradation of hair health. There is a rather adequate research basis to justify product effectiveness claims for a vitamin, mineral and amino-acid complex designed to supply the nutrients needed by healthy growing hair. Think about it. How many sick people do you know with a full head of healthy hair?

The Benefits of Vitamin B6 and the Symptoms and Illnesses Related to B6 Deficiency

Also called Pyridoxine, Vitamin B6 relieves numerous conditions, illnesses and diseases. Stress, poor eating habits and little exercise often yield little time for a healthy lifestyle, and may eventually lead to unexplained illnesses and fatigue. People frequently fail to meet the daily requirements of essential vitamins, minerals and other nutritional elements resulting in biochemical deficiencies within the body. The missing pieces to the diet puzzle are often overlooked, and one of the key vitamins in this category is Vitamin B6.

Symptoms of Vitamin B6 Deficiency

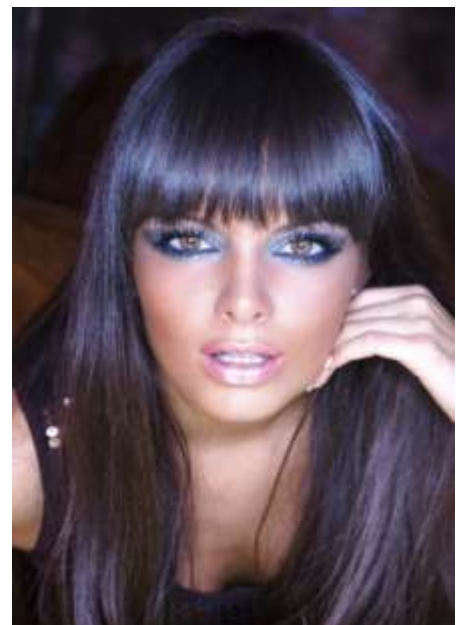
Signs of a shortage of B6 in your diet include irritability, fatigue, hair loss, moodiness, loss of appetite, and cracking, dry skin especially on the lips and tongue.

Multitudes of women suffer from monthly irritability, moodiness, cramping, and bloating associated with PMS. Researchers have discovered a link between vitamin B6 and these cyclic hormonal swings. Vitamin B6 also treats other feminine problems such as menopause, infertility and nausea during pregnancy. In fact, with all of its success, some have labeled B6 the "Woman's Vitamin." However, all people need this essential vitamin in their daily diets .

Over 60 different bodily enzymes require vitamin B6 to perform properly. In addition, Vitamin B12 relies upon its B cousin for assistance in adequate absorption of nutrients into our bodies. Vitamin B6 promotes healthy skin and hair; therefore, it is not surprising that a B6 deficiency could easily lead to a skin disorder. B6 supplementation treats common skin conditions such as:

- Eczema
- Dandruff (Seborrheic dermatitis)
- Psoriasis
- Acne
- Dry Skin
- Hair Loss

Vitamin B6 also has therapeutic effects on Melanoma; studies show B6 therapy represses growth of melanoma cells. B6 therapy has been shown to reduce the symptoms of Palmar-plantar erythrodysesthesia, a skin condition is a possible side effect from chemotherapy with the drug 5-fluorouracil.



Typical Candidates for Vitamin B6 Deficiency

The following people are likely to develop a B6 deficiency:

- *elderly people*
- *teenagers*
- *women taking birth control pills*
- *alcoholics*
- *heart Disease Patients*
- *autistic Patients*
- *people on high protein, high fat or high sugar diets*
- *people under stress*
- *people taking steroids, antibiotics, and other drugs*

For athletes involved in intense exercise programs Vitamin B6 has also had significant impact on treating diseases unrelated to the skin and hair. Patients with asthma, autism (when B6 is taken with magnesium), infant seizures, cardiac disease, depression, carpal tunnel syndrome, migraines, kidney stones, muscle pains, epilepsy, multiple sclerosis, neuritis, anemia, and influenza have all shown marked improvement with B6 treatments.

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