

Hair Loss - Nutrition

While the problems of male and female pattern baldness are hormonal in nature, nutrition can play a part in the maintenance of a healthy head of hair. In some cases, poor nutrition can directly contribute to hair loss. Even when hair loss is not the result of poor nutritional habits, such habits can still lead to hair that's in relatively poor shape. Such conditions as lack of luster, dryness, stringiness and even excess shedding can be tied to poor diet and less than the minimum recommended amount and types of vitamins. Examples of this can be seen in those people who go on extreme diets in order to lose weight quickly. The body's systems, including the hair and scalp, are sensitive to and affected by what is eaten. The best nutritional friend to your healthy head of hair is a well-balanced diet. While it may help to include a little extra of foods and nutrients that are thought to be hair specific, the whole body is best served by a diet that supplies all of its needs in total. So if you want to eat what's best for your hair, good eating habits and a balanced diet are the way to go. There are those whose eating habits can add to or create hair loss problems. People who suffer from anorexia can lose hair simply because they aren't getting nearly enough of the nutrients needed to sustain hair health, like protein and iron. And since hair is protein based, some vegetarians can have hair loss problems if they aren't getting adequate amounts of protein. There are supplements available to help one avoid this problem. Also, the B vitamin biotin, another nutrient that may be associated with hair loss can be deficient in those with protein deficiencies. It is however not certain though that a biotin deficiency can lead to hair loss. Zinc is an important nutrient to consider if you're having hair issues or hair loss. If your diet is lacking in zinc, then a zinc supplement, or better yet a multi vitamin and mineral supplement may be called for. Zinc is also important for your immune system and for your body's ability to repair itself. It can be found in most meats, shellfish, lima beans, navy beans, and most legumes, spinach, and in eggs, milk and cheese. People who go on extended low or no-fat diets can suffer some hair loss. The essential fatty acids in food products containing fat are important to the maintenance of healthy hair. The scalp tends to dry up when the diet is lacking in fatty acids, which can affect follicular health. And iron deficiencies are contributing factors, too. So fad or restrictive diets may reap benefits in terms of skinniness, but they may exact a hair loss toll as well. B vitamins are thought to be important to the health of hair. Vitamin B3 (niacin), B5 (pantothenic acid), and B6 (pyridoxine) can be taken in supplement form or acquired from eating the right foods. Soybeans, nuts, eggs, peas and beans are all high in these vitamins. Vitamin E, which is essential to the immune system, is an important nutrient for your hair. Improving immune system functioning may be the answer to hair problems you may be having. While there are supplements for all of these vitamins, you still derive more benefit from getting them through a healthy and well balanced diet. So if you can, rather than loading up on your nutrients with supplements, eat more fruits and vegetables (especially the green leafy variety) and any nutritionally induced hair loss problems you have should disappear.

About the Author

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