

# Help! I'm Losing My Hair!!!

When we think of our hair it represents our crown and glory. Hair is not only a physical expression of our femininity but a spiritual part of who we are. We minister more to our hair than we do to any other part of our temple. As hair begins to almost disappear we become immobilized physically and stunted spiritually. Let's take a look at the different types of hair loss...

The most common loss is male pattern baldness. This condition is due to genetics, and not a whole lot, unfortunately can be done about it. It does help to keep the hair healthy, by eating a good diet of berries for the mineral Tin and cold-water fish for iodine.

If the pattern of hair loss is not typical of male pattern baldness, that is, the hair is not lost in an evenly retreating hairline or a circle of shining scalp at the crown of the head. Nutritional support for the hair on a cell level may be necessary. Begin to reflect on how well you digest your foods and what foods you are eating.

**HELP WHAT DO I FEED MY HAIR?** The way we feed our bodies will determine many factors about the quality of our hair, skin, nails, teeth and bones. Researchers have found that certain essential amino acids in the diets of laboratory animals controlled the thinning and thickening of their hair. Magnesium-deficient rats lost hair in bunches. On diets low in biotin or inositol (B vitamins), they became hairless.

A diet rich in B vitamins has resulted in restoration of hair. Heavy doses of B-2 and biotin accelerated the hair growth in some cases. Men deficient in vitamin B-2 often lose their hair, and men shorted on folic acid sometimes become totally bald. However, a normal intake of this vitamin restored their hair in most instances.

Hair is comprised mostly of protein, and protein foods are high in B vitamins. Soy protein has been found in European studies to reinforce hair and stimulate regrowth. One study found it increased hair growth by 15 percent, resulting in regrowth for 33 percent of the hair. One good source of soy protein is tofu, soybean curd. It can be made into delicious baked dishes or added to soups and stews. Other good sources of protein are: soy cheese, fish, beans, and dark color vegetables.

Hair loss occurs when the diet is inadequate in the B vitamins especially B6, B-2, biotin, inositol and folic acid; and the minerals, magnesium, sulfur, Tin and zinc.

Studies in the former Soviet Union have revealed a slowing of hair loss through silica therapy, and that organic silica added to shampoos will help prevent baldness, stimulate healthier hair growth and assure beautiful shine, luster and strength. Silica is found in mineral supplements and in the outer coverings of potatoes, green and red peppers and cucumbers. Bean sprouts are also high in silica. Eating whole foods is the best and eating sprouts even better, since the young shoots concentrate more of the older plants nutrients. When targeting food supplements, look for a formula that uses freeze dried sprouts, vegetables, horsetail tea combined in such a way as to provide all the essential vitamins and minerals.

Persons losing large amounts of hair rarely realize that certain drugs or medicines could be victimizing them: blood thinners like dicumarol, heparin and heparinoid; carbimazol used to temper hyperthyroidism, and certain antibiotics such as penicillin, sulfonamides and mycin drugs.

Once these drugs are discontinued, the hair usually grows back. Severe illness or stress can bring on temporary hair loss - even baldness. Stress can contribute to permanent hair loss because often it is never-ending, in as much as the person never learns to manage his or her daily stress. Massage and B-12 work best with stress.

Women lose hair or go bald for more reasons than men do. With greater career opportunities in business and industry for women, men no longer have the stress market cornered. Furthermore, birth control pills not only create havoc with hormones, they cause a deficiency in vitamin B6, a critical nutrient for healthy hair growth.

## FEED YOUR HAIR

- Flaxseed 2 per day 1 tablespoon
- Sea kelp 2 per day
- Fiber 3 to 4 per day (Fiber cleanse)
- Nettle 250mg three times daily
- Silica (horsetail) tea 2 cups per day
- Vitamin B-12, B-2, B-6 1 per day (100mg)
- Vitamin-C individual bowel tolerance
- Vitamin-E 2 capsules (800) daily

## WATCH IT GROW!



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