

More Vitamins and Minerals Needed for Hair Growth

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Sample of Content:

There are certain nutrients that you need to keep your hair healthy. Learn which ones they are so that you can minimize your hair loss.

Content:

In another article, I pointed out the importance of making sure you get plenty vitamin A and B-vitamins every day for healthy hair. There are addition vitamins and minerals that you want to make sure you maintain your diet to make sure you reduce hair loss.

Vitamin C

Vitamin C is responsible for the development of healthy collagen, which is necessary to hold body tissues together. A vitamin C deficiency can cause split ends and hair breakage, yet this is easily reversible with an increase to normal vitamin C levels. Vitamin C can be found in foods such as fresh peppers, citrus fruits, melons berries, potatoes, tomatoes, and dark green leafy vegetables.

Vitamin E

Vitamin E is necessary to provide good blood circulation to the scalp by increasing the uptake of oxygen. Vitamin E is derived from foods such as green leafy vegetables, nuts, grains, vegetable oils, and most ready-to-eat cereals, which are fortified with vitamin E. Vitamin E deficiencies are rare in people in North America and Europe.

Copper

Copper is a trace mineral that is also necessary in the production of hemoglobin. Hemoglobin is vital to the process of carrying oxygen to tissues and to the hair follicle. Good sources of copper are liver, seafood, nuts, and seeds.

Iron

Another key mineral vital in the production of hemoglobin is iron. Iron is found in two forms, heme and non-heme heme iron is much easier to absorb into the system. Of course most people know that red meat is a good source of iron, however red meat is non-heme iron and is difficult for the body to absorb, as are many iron supplements.

Good heme iron sources are green leafy vegetables, kidney beans, and bran. Also, one can increase the absorption of non-heme iron into the body by consuming non-heme food sources and vitamin C sources in the same meal.

Zinc

Zinc is another vital component of healthy hair. Zinc is responsible for cell production, tissue growth and repair, and the maintenance of the oil-secreting glands of the scalp. It also plays a large role in protein synthesis and collagen formation. For this reason, zinc is important for both hair maintenance and dandruff prevention.

Most Americans are deficient in zinc. Most foods of animal origin, particularly seafood, contain good amounts of zinc oysters are particularly rich in zinc. Zinc is also found in eggs and milk, although in much smaller amounts. Zinc from sources such as nuts, legumes, and natural grains differ from than those found in animal sources and are not easily used by the body. Oats are a good source of zinc, which is readily absorbed by the body.

If you take antacid for heartburn you lower your ability to digest and absorb vitamin C and iron. As you make your stomach acid more alkaline, with antacids, your ability to absorb vitamin C and iron decrease.

Rudy Silva is a natural nutritionist. He writes a newsletter called "Natural Remedies That work." You can subscribe to his newsletter and read some of the back issues, which give you information of how to have better health. Read his latest newsletter at: <http://www.natural-remedies-thatwork.com/nl-111.html> For more information on hair loss go to: <http://www.hair-loss-remedies.for--you.info>

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