

## Guillermou

Hair color depends mainly on the pigment melanin, and the manufacturing of this pigment takes place in melanosomes through the process of melanogenesis. Although research has expanded in recent years in terms of microscopic, biochemical (hormonal, enzymatic), and molecular changes that occur within the hair follicle/shaft. Genetic factors, obesity, hypothyroidism, intestinal diseases, and other diseases are related to gray hair. The relationship is reciprocal. ---1. Chronic constipation, anemia, or thyroid problems can also promote gray hair. In fact, hyperthyroidism is one of the main factors of aging. ---2.

Nutrient deficiency and junk food: Deficient intake of vitamin B12, iodine, copper, zinc, catalase, iron, protein, amino acids and folic acid. Bad diet, cereals, sugars, junk food, causes a nutritional imbalance in the body. All of this causes intestinal dysbiosis and even intestinal permeability and autoimmune diseases. This study reveals the association with vitamin B 12, folic acid and biotin deficiencies. Larger studies are recommended to reach a logical conclusion. ---3. Excessive use of chemical hair dye products, hair may have to suffer loss. The same goes for frequent users of electric hair dryers and straighteners.

----4. Smoking addiction: In some studies, it was concluded that active smokers tend to experience this problem in their 20s. ---5. Stress and anxiety take a toll on your hair causing premature graying. Both emotional stress and oxidation can be blamed for this. When you are stressed, the levels of vitamin B in your body drop considerably. Hair follicles are vulnerable to stress like our DNA. ---6. Catalase and glutathione peroxidase levels decrease, hydrogen peroxide. Elevated homocysteine can accelerate graying of hair, because it has been suggested to directly generate hydrogen peroxide.

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---7. Low catalase may be a causal factor in diabetes, and atherosclerosis. Hydrogen peroxide damages pancreatic cells and causes insulin resistance. Stress and lack of sleep lead to hair whitening by decreasing catalase. Astragalus is an effective method to prevent a stress-induced decrease in catalase. Heavy metals such as mercury and lead can also decrease catalase as can excess iron. Other useful supplements against gray hair are detailed in this link.

[www.ncbi.nlm.nih.gov/.../PMC5514791](http://www.ncbi.nlm.nih.gov/.../PMC5514791) (2017).---- [selfhack.com/.../novel-solutions-to-prevent-graying-hair](http://selfhack.com/.../novel-solutions-to-prevent-graying-hair) .--- [www.ncbi.nlm.nih.gov/.../PMC6706993](http://www.ncbi.nlm.nih.gov/.../PMC6706993) (2019) .---

[www.sciencedirect.com/.../S1110260817300807](http://www.sciencedirect.com/.../S1110260817300807) (2018) .--

[www.sciencedirect.com/science/article/abs/pii/S0190962214021409](http://www.sciencedirect.com/science/article/abs/pii/S0190962214021409) (2016) .-- Hair whitening and obesity are independently related to ascending aorta dilatation in young-middle aged men

[www.ncbi.nlm.nih.gov/.../PMC6526979](http://www.ncbi.nlm.nih.gov/.../PMC6526979) (2019).-- In this study, premature hair graying (PHG) was found to be significantly associated with a family history of depression, irritable bowel syndrome, and a history of heart disease in a first-degree relative.

In the ordinal logistic regression analysis according to graying severity, male sex, BMI, alcohol consumption and paternal graying history were significantly higher and the age of graying onset was significantly lower in the group Of gray.

[onlinelibrary.wiley.com/.../jocd.12840](http://onlinelibrary.wiley.com/.../jocd.12840) (2018) A largest genome-wide baldness study to date, using data from more than 52,000 male participants in the UK Biobank study. We identified more than 200 new findings. [journals.plos.org/plosgenetics/article%3Fid%3D10.1371/journal.pgen.100..](http://journals.plos.org/plosgenetics/article%3Fid%3D10.1371/journal.pgen.100..) (2017)

Posted On 04/06/2024

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## ShileyValentine

You might grow thick hair, but you still will get no dates, now you're just too stinky! LOL!

Posted On 04/06/2024

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**umfuli**

Thank you Gui for a thorough explanation, but my wife believes that there are many more people suffering hair loss than a few decades ago and if that could be related to a cause in the food or medication industries?

Posted On 04/06/2024

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**bpm4539**

People going through chemotherapy lose hair due to radiation. By the same token, rise in EMF radiation in our surroundings may promote hair loss.

Posted On 04/06/2024

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**juststeve**

Knew a family who had a child without a single hair on their body. The child when meeting new people and would be getting the Fisheye Look would pull their tee shirt up around the head and proclaim - Look, Ban Roll On. This usually broke the ice without a lot of awkwardness and give a good humor chuckle too.

Posted On 04/06/2024

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Good mood, Just. Sometimes alopecia areata (AA) has a worse outlook. People with AA have a higher burden of atopic and autoimmune comorbidity. This supports previous work suggesting that T helper (Th)1 and Th2 cell immune responses may be involved in the pathogenesis of AA.

[academic.oup.com/.../6853561](https://academic.oup.com/.../6853561) (2022).-----People with AA report high levels of social anxiety. One intervention that has potential to reduce social anxiety in people with AA is mindfulness-based cognitive therapy (MBCT).

[www.cambridge.org/core/journals/behavioural-and-cognitive-psychotherap..](https://www.cambridge.org/core/journals/behavioural-and-cognitive-psychotherap..) (2023).--

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## Almond

I grow enough hair on my head to outfit a flock of sheep. Naturally-curly chaos and not nice bouncy curls, either. It is one of the frustrations I must deal with. I attribute my hair growth to a diet high in game meat and seafood. Game meat is higher in minerals than domesticated meats. (good protein) Naturally, animals can migrate and seek the foods their instincts tell them are best. After all these years, I have finally given up on my hair and decided to ignore it. I will not change my diet.

Posted On 04/06/2024

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## Bunny3

Give it a diluted vinegar rinse after washing. It will calm your hair.

Posted On 04/07/2024

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## Almond

Bunny... Thanks. Already tried that.

Posted On 04/07/2024

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