

## PART ONE of TWO

# Terry Talks Nutrition

Compliments of Terry... Naturally

## Key Words

**Alopecia, Hair loss, Sulphurated amino acids, Millet seed oil extract, Miliacin, Alopecia clinical study**

Any organ or gland, as well as the entire body, must be nourished with nutrients to provide healthy structure and function. Most people do not associate hair and its growth as part of a living structure of the body. For hair to grow and have the outward appearance of thick, shiny and lustrous hair, it too needs nutrients that are critical for healthy hair. We have come to believe that to have beautiful hair we only have to treat our hair with shampoos, conditioners and cosmetic products to improve the quality of our hair. While certainly high quality hair products are important to improve the shine and look of our hair, they can never effectively nourish the hair root and shaft for new hair growth and quality. Hair is made up of a number of different structures. The hair follicle is a small pocket from 1.2 mm to 1.5 mm in the skin surface surrounded by nerves and hopefully a supply of rich nutrient filled blood. Within the follicle is a hair bulb and the papilla which supplies the growing hair with nutrients. This tiny hair growing factory also contains a small muscle which responds to cold or fright and gives us those familiar goose bumps. In addition, the follicle

contains an oil producing gland called the sebaceous gland. This gland produces a fine, natural oil which coats the growing hair and protects it from loss of moisture. The hair shaft is the part of the hair that leaves the surface of the scalp. The shaft consists mainly of keratin, a hard protein similar to that of our nails. Keratin is very strong and supple and has a great resistance based on a high content of sulphurated amino acids. The second part of the hair cuticle is a horny, scaly, outer layer that protects the inner protein fibers. It consists of overlapping scales like those of a fish. When the scales lie flat, the hair is protected and free of tangles. The cuticle also protects the inner hair partially because it acts as a trap for sebum, the natural oil produced by the sebaceous gland. If the cuticle becomes damaged and breaks away, the inner fibers will fray leading to breakage and split ends. Underneath the cuticle is the next layer called the cortex. It is made up of millions of keratin fibers twisted around each other like a rope. The cortex is responsible for the thickness and strength of the hair and contains pigment that determines your natural hair color. In the very center of each hair is a canal made of soft keratin called the medulla. Its function is unknown. Sometimes the medulla is missing and it's believed that poor health and unbalanced nutritional intake is responsible for its disappearance. When the body is deficient of nutrients it will shuttle the nutrients to the most critical lifesaving organs and glands and starve the non-essential structures and functions of the body. In reality, the hair has very little to do with improving the quality of our health. The hair is sacrificed to provide what little

nutrients are available to protect the critical function of the body.

**Based on scientific studies, there are a number of nutritional factors that can provide nutrients for beautiful and shiny hair and to sustain new hair growth.** To keep our hair in a healthy condition, we know we must look after our hair through regular shampooing, conditioning and other external treatments. However, to really nourish and sustain healthy hair growth, we must provide an internal treatment which contains high levels of the following active ingredients.

**Sulphurated amino acids.** The two most critical sulphurated amino acids for new hair growth are L-methionine and L-cysteine which are essential building blocks for the formation of keratin (the basic structure of hair) and to promote hair growth.

**B Vitamins.** The B vitamins contribute to healthy skin and hair. B6 plays an important role in the absorption of the sulphurated amino acids. Along with the B vitamins, vitamin E is an essential antioxidant associated both directly and indirectly in new hair growth.

*PART TWO continued on September 30, 2009.*

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*Terry Naturally*



*Terry*

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### Terry recommends this formula for your best health:

Vitamin A (as retinyl palmitate) 4000 IU, Vitamin E (natural mixed tocopherols) 45 IU, Riboflavin (Vitamin B2) 4 mg, Vitamin B6 (as Pyridoxine HCL) 20 mg, Folic Acid 400 mcg, Biotin 1000 mcg, Pantothenic Acid (Vitamin B5) from calcium pantothenate 20 mg, Zinc (gluconate) 10 mg, L-Cysteine 100 mg, L-Methionine 100 mg, Millet (Panicum miliaceum) Seed Oil CO2 Extract standardized to contain >6 mg of miliacin, Essential Fatty Acids and Phospholipids Complex from Sunflower Seed (Helianthus annuus) Oil and Soy 3200 mg, Silica from Horsetail (Equisetum arvense) Extract 7 mg