

PART TWO of TWO

Terry Talks Nutrition

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Key Words

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

Polyunsaturated fatty acids. The supercritical (CO₂) millet seed (*Panicum miliaceum*) oil extract contains valuable linoleic acid, the triterpenoid miliacin as well as other phytosterols and squalene are important for sustaining hair growth. Miliacin increases cell metabolism, stimulates cell proliferation and tissue regeneration. Clinical studies have proven it supports hair growth, has anabolic activity and supports the formation of lustrous and healthy hair. Miliacin activates skin repair mechanisms and has anti-inflammatory properties. It is wound healing and has positive effects in the case of skin ulcers and purulent skin conditions. In a recent case controlled study which included 28 cancer patients, concomitantly treated with millet seed oil extract (*Panicum miliaceum*), and 56 patients receiving the same combinations of chemotherapy alone as a control group, millet seed extract was given orally every day until the end of chemotherapy. The grade of hair loss was assessed by World Health Organization (WHO criteria).

Results: The percentage of alopecia (hair loss) of third grade observed

in patients concomitantly treated with millet seed extract in association with CDDP-containing regimens were significantly lower than that found in those who received chemotherapy only. The percentage was also lower under anthracycline-containing schedules, without however, statistically significant differences. Millet seed extract therapy was substantially well tolerated in all patients. After several years of complete failure in the treatment of chemotherapy-reduced hair loss, this preliminary study suggests that the concomitant therapy with millet seed extract may be effective in preventing complete alopecia (hair loss) following the administration of the most commonly used anti-cancer cytotoxic drugs. This benefit was more evident in patients treated by CDDP-containing chemotherapeutic combinations, whereas little therapeutic effect was achieved in patients who received anthracycline-containing regimens. Therefore, these preliminary results will justify future randomized clinical studies with chemotherapy alone versus chemotherapy plus millet seed extract in an attempt to confirm the apparent benefit observed in the present study. Moreover, successive clinical studies will be required to establish whether more evident results in terms of prevention of alopecia may be achieved by increasing the dosage of millet seed oil extract and/or by starting its administration some weeks prior to the onset of cancer chemotherapy (Department of Radiotherapy and Oncology, San Gerardo Hospital, Monza, Milan Italy). Sunflower seed oil also contains valuable essential fatty acids of the omega 6 group that are necessary for the health of the hair. Sunflower seed oil also contains lecithin, phospholipids,

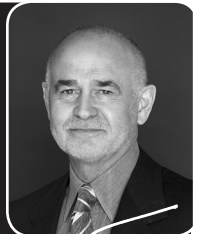
tocopherols, carotenoids and has a very high content of vitamin E. Sunflower seed oil can retain moisture in the skin and hair. It may also provide a protective barrier.

Silica. A lack of silica can lead to skin, nail and hair disorders as well as growth problems. A well balanced hair formula should contain a good level of silica from horsetail with the addition of minerals being supplied by the millet seed extract. The millet seed oil extract contains a natural content of iron, copper, zinc, manganese and iodine. Additional silica can also prove to be extremely beneficial for the quality of hair and new hair growth. This type of formulation is well tolerated and there are no known side effects. It can be used with other hair growing medications. We also must consider that many medications are responsible for hair loss. This formulation will provide high quality nutrients for hair growth but it will not cause hair growth on undesirable areas of the body. It does not contain hormones and is safe for all ages and genders. To obtain optimal results from a nutritional formulation, one should be prepared to continue the protocol for a minimum of three months. New hair growth may respond very slowly and while you may see results with greater beauty and thickness, for new hair growth one must be patient and allow ample time for hair to grow. *END*

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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