



Diet To Prevent Hair Whitening

DIET TO PREVENT
HAIR WHITENING

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Food sources of this vitamin include beans, legumes, citrus fruits, rice bran and other whole grain foods. Excess amounts of this vitamin will also be excreted in the urine, according to the US National Institutes of Health.

► **Vitamin B12:** Vitamin B12 deficiency can lead to premature graying of hair. This type of deficiency may occur in vegetarians or infants with mothers with vitamin B12 deficiency. Also, some people are unable to get enough vitamin B12 from food sources due to medical problems such as surgery or gastrointestinal disease, thyroid disease or anemia. Blood tests can confirm a deficiency of this vitamin, so correcting this deficiency can stop the progress of graying hair.

The best way to meet your body's daily requirement of vitamin B12 is to eat animal products. Vitamin B12 is abundant in liver, meat by-products and oysters. It is also available through red meat, poultry, eggs, milk and dairy products. Some foods, including breakfast cereals and whole grains, are fortified with this vitamin. In general, the absorption of this vitamin through animal sources is better than plant sources.

► **Plants:** Flavoring foods with the right herbs can help stop gray hair. The use of curry leaves is a proven method in removing gray hair. Adding curry leaves to food also has an effective role in increasing melanocyte production.

► **Minerals:** In addition to vitamins, certain minerals also support hair health. According to hair growth and development centers in the United States, iron and folic acid help vitamins B12 and C cleanse the blood. Low levels of iron are associated with anemia, which also has adverse effects on the hair.



Consumption of green leafy vegetables, liver and whole grains will be useful to ensure the presence of iron and folic acid in the body. According to Women's Fitness Magazine in the United States, other minerals needed to counteract hair graying include copper and iodine, which are found in snail shells and other seafood.

► **Protein:** 85 to 113 grams of protein per day is needed for a balanced diet. Hair is made up of complex proteins that promote hair growth, strength and shine. Decreased protein intake may increase gray hair. Lean meats, nuts and beans are high in protein. Soy is also high in protein.

► **Diet to avoid graying hair:** Eating certain foods can increase hair pigmentation, but diet is also important. High levels of salt can damage the blood, increase blood pressure and inhibit cell production. Processed foods, chips and other snacks are high in salt, which can lead to damaged hair. Other dietary supplements include high-carbohydrate foods, such as pasta and white bread, which inhibit the absorption of antioxidants in certain vitamins.



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According to the US Department of Agriculture, vitamins C and E with antioxidant properties can help reduce the symptoms associated with aging, including graying hair. According to the US Department of Agriculture, it is better to use complete sources of nutrients to provide the vitamins needed by the body instead of taking supplements.



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Melanocytes are responsible for making melanin pigments in the hair. These cells shrink with age, leading to a reduction in hair pigments and then a change in the natural color of the hair to gray or white. On the other hand, proper diet and nutrition may help prevent gray hair from progressing.

► Diet to prevent gray hair ◀

► **Vitamins:** Getting vitamins is essential for body functions such as hair growth and coloring. Vitamin B12 and vitamin C are among the essential vitamins that are needed to prevent graying of hair. Vitamins B12 and C help keep blood clean and boost liver filtration function, according to the US Center for Hair Growth and Development, also, when free radicals invade the bloodstream, the systemic reaction is slow, and this includes a decrease in the body's ability to produce melanocytes. Foods rich in these vitamins include citrus fruits, green leafy vegetables, seeds and nuts.



Because overdoses of vitamin C and vitamin E can increase the damage of free radicals. There are also other vitamins to stop the progression of graying hair.

► **Vitamin B6:** Vitamin B6 may be effective in helping to restore natural color to gray hair due to vitamin deficiency or disease. Vitamin B6 also helps maintain the health of the immune system by supporting white blood cell-producing organs, according to the US National Institutes of Health. Good sources of this vitamin include fortified cereals, potatoes, bananas, peas, chicken, seafood and sunflower seeds.

► **Vitamin B9:** According to the US National Institutes of Health, inadequate intake of vitamin B9, known as folic acid, can lead to permanent gray hair. Folic acid helps the body metabolize, use and make new proteins, and also improves cell function and tissue growth ability.