

## SKIN & HAIR



**Nutrition has long been associated with skin health, including all of its possible aspects from beauty to its integrity and even the aging process. Multiple pathways within skin biology are associated with the onset and clinical course of various common skin diseases, such as acne, atopic dermatitis, aging, or even photoprotection. These conditions have been shown to be critically affected by nutritional patterns and dietary interventions where well-documented studies have demonstrated beneficial effects of essential nutrients on impaired skin structural and functional integrity and have restored skin appearance and health. Although the subject could be vast, the intention of this review is to provide the most relevant and the most well-documented information on the role of nutrition in common skin conditions and its impact on skin biology.**

**Many dermatologic diseases are chronic with no definitive cure. For some diseases, the etiology is not completely understood, with treatment being difficult and associated with side effects. In such cases, patients may try alternative treatments to prevent onset, reduce symptom severity, or prevent reoccurrence of a disease. Dietary modification, through supplementation and exclusion, is an extremely popular treatment modality for patients with dermatologic conditions. It is, therefore, important for dermatologists to be aware of the growing body of literature pertaining to nutrition and skin disease**

to appropriately inform patients on benefits and harms of specific dietary interventions. We address the role of nutrition in psoriasis, Acne and bullous diseases and specific dietary modifications as an adjunct or alternative to conventional therapy.



## **NUTRITION AND HAIR**



Nutrition is a complex subject – the effects of incorrect nutrition are often slow to appear. Hair in particular is slow to respond to any stimulus. Healthy looking hair is in general a sign of good health and good hair-care practices. Most healthy individuals have adequate nutrients in their diet; however, some people do not have access to good nutrition, others have medical illnesses that predispose them to nutritional deficiency which influence scalp / body hair.

**Trials have indicated that correct nutrition is instrumental in healthy hair growth, and conversely many deficiencies correlate with hair loss.**

**The speed of hair growth is based upon genetics, gender, age, hormones. It may be reduced by nutrient deficiency (i.e., anorexia, anaemia, zinc deficiency) and hormonal fluctuations (i.e., menopause, polycystic ovaries, thyroid disease). It is important to mention that many of the metabolic requirements of follicle cells (minerals and vitamins) must be satisfied for optimal hair growth.**

**Nutritionists confirm that people with certain nutritional deficiencies tend to have dry, stringy and dull hair, and sometimes experience hair loss. The latter may be restored once the deficiency is addressed. Crash diets cause temporary hair loss due to incumbent nutritional factors e.g. anorexia, bulimia and other medical conditions.**

**Diets should contain protein, fruits, vegetables, grains, and an appropriate amount of fat. Deficiency will typically show in the hair. A mild case of anemia can cause shedding of hair. B group vitamins are significantly important for healthy hair, especially biotin. When the body is under threat it reprioritizes its processes – the vital organs will be attended first hair follicles may not be considered a priority. While not all hair growth issues originate from malnutrition, it is a valuable symptom in diagnosis.**