

In The News - Safe Hair Coloring

Scientists in Japan reported in March that they have isolated an enzyme which break down melanin, the pigments cells in skin and hair, and can serve as a permanent solution for lightening hair. Currently, people who wish to have lighter hair rely on hydrogen peroxide to lighten hair. The problem is that repeated applications of peroxide can lead to hair damage. Though the enzyme will require a small amount of peroxide, the advantage is that a limited number of applications is needed for long term results. For more information, visit sciencedaily.com.

Nutrition and Hair

There are many vitamins and minerals which contribute to healthy hair. Listed below is a brief summary of some of the vitamins, minerals, and dietary considerations that contribute to healthy hair. For a complete discussion, consider reading Dr. Verret's book on Hair Loss and Hair Restoration, available at wisonnier.com and soon on both Amazon.com and BarnesandNoble.com.

Diet	Vitamins	Minerals
Balanced Fat Intake	Vitamin A	Zinc
Proteins/Amino Acids	B-Complex Vitamins (including folic acid, thiamine, and biotin)	Iodine
<ul style="list-style-type: none"> • Methionine • Cysteine 	Vitamin C	Selenium
	Vitamin E	Copper
		Calcium
		Silica
		Iron

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