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Unhealthy Diets Contribute to Scalp Disorders

By Dr. Linda Amerson

Many consumers eat a junk food diet on a daily basis. This common practice also contributes to scalp disorders. Six examples are listed below.

- 1. Over consumption of sodium, which is commonly known as salt, causes the body to retain fluid. The scalp tissue retains fluid where bacteria thrives, increasing scaly scalps and accelerated alopecia (hair loss).**
- 2. Over consumption of sugar, raises low blood sugar and accelerates alopecia. Also contributes to diabetes mellitus, which is very common in the African American community.**
- 3. Over consumption of fried foods, increases the sebaceous glands, contributing to an excessively oily scalp.**
- 4. Inadequate water contributes to scalp and skin dehydration. Our body is 2/3 water, very important.**
- 5. Crash dieting and fasting, when dieting, inadequate protein increases diffused alopecia. Hair is composed of 97% protein.**
- 6. Poor elimination affects improper nourishment. Excess waste in your body contributes to improper nourishment to the scalp and poor scalp circulation. If you eat 2 meals daily, you should eliminate 2 times daily; 3 meals, 3 times daily. Proper elimination is required for the body.**

Please think more selectively about healthier food choices for your body, to reduce your chance of a systemic health condition. All additional questions please contact Dr. Linda Amerson, (817) 265-8854 or www.hairandscalpessentials.com .