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Nota di contenuto	Preface -- 1. Introduction -- 2. Brief History of Human Nutrition -- 2.1 Prehistory -- 2.2 Antiquity -- 2.3 From Galen to Lind -- 2.4 From Lavoisier to the Modern Sciences -- 2.5 From Hopkins to the Present -- 3. Nutrition Basics -- 3.1 The Food Pyramid -- 3.2 World Nutrition Facts -- 4. The Hair Cycle and its Relation to Nutrition -- 5. Nutritional Disorders of the Hair and their Management -- 5.1. Inborn Errors of Metabolism -- 5.1.1 Copper -- 5.1.2 Zinc -- 5.1.3 Biotin -- 5.1.4 Amino Acids -- 5.2 Acquired Deficiency Disorders -- 5.2.1 Protein-Calorie Malnutrition -- 5.2.2 Biotin Deficiency -- 5.2.3 Vitamin C Deficiency -- 5.2.4 Vitamin B12 Deficiency -- 5.2.4 Niacin Deficiency -- 5.2.5 Deficiency of Essential Fatty Acids -- 5.2.6 Iron Deficiency -- 5.2.7 Zinc Deficiency -- 5.2.8 Copper Deficiency -- 5.2.9 Selenium Deficiency -- 5.2.10 Vitamin D Deficiency -- 5.3 Complex Nutritional Disorders -- 5.3.1 Gluten Sensitivity -- 5.3.2 Junk Food and Obesity -- 5.3.3 Deficiencies from Bariatric Surgery -- 5.3.4 Anorexia and Bulimia -- 5.3.5 Deficiencies of Alcoholism -- 5.3.6 Aging and Diet -- 5.3.7 Controversies in the Oncologic Patient -- 6. Value of Nutrition-Based Therapies for Hair Growth, Colour, and Quality -- 6.1 Traditional -- 6.2 Evidence-Based -- 6.3 From Chinese Medicine and Ayurveda -- 7. Safety and Efficacy of Nutrition-Based Interventions for Hair -- 7.1 Bioavailability -- 7.2. Circulation -- 7.3 Clinical Efficacy -- 7.4 Safety Issues -- 7.4.1 Hypervitaminosis A -- 7.4.2 Hyperselenosis -- 7.4.3

Sommario/riassunto

The quantity and quality of the hair are closely related to the nutritional state of an individual. And yet, there is hardly another field with so much prejudice, misconception, and debate as diet and health, let alone hair health. Pharmacy aisles and Internet drugstores are full of nutritional supplements promising full, thick, luscious hair for prices that range from suspiciously cheap to dishearteningly exorbitant. Since there lies an important commercial interest in the nutritional value of various nutritional supplements, a central question that arises is whether increasing the content of an already adequate diet with nutrients may further promote hair growth and quality. This book aims at distinguishing facts from fiction, and at providing a sound scientific basis for nutrition-based strategies for healthy hair, at the same time acknowledging the problems and limitations of our current understanding and practice.