

About OMICS Group

OMICS Group International is an amalgamation of Open Access publications and worldwide international science conferences and events. Established in the year 2007 with the sole aim of making the information on Sciences and technology 'Open Access', OMICS Group publishes 400 online open access scholarly journals in all aspects of Science, Engineering, Management and Technology journals. OMICS Group has been instrumental in taking the knowledge on Science & technology to the doorsteps of ordinary men and women. Research Scholars, Students, Libraries, Educational Institutions, Research centers and the industry are main stakeholders that benefitted greatly from this knowledge dissemination. OMICS Group also organizes 300 International conferences annually across the globe, where knowledge transfer takes place through debates, round table discussions, poster presentations, workshops, symposia and exhibitions.

About OMICS Group Conferences

OMICS Group International is a pioneer and leading science event organizer, which publishes around 400 open access journals and conducts over 300 Medical, Clinical, Engineering, Life Sciences, Pharma scientific conferences all over the globe annually with the support of more than 1000 scientific associations and 30,000 editorial board members and 3.5 million followers to its credit.

OMICS Group has organized 500 conferences, workshops and national symposiums across the major cities including San Francisco, Las Vegas, San Antonio, Omaha, Orlando, Raleigh, Santa Clara, Chicago, Philadelphia, Baltimore, United Kingdom, Valencia, Dubai, Beijing, Hyderabad, Bengaluru and Mumbai.

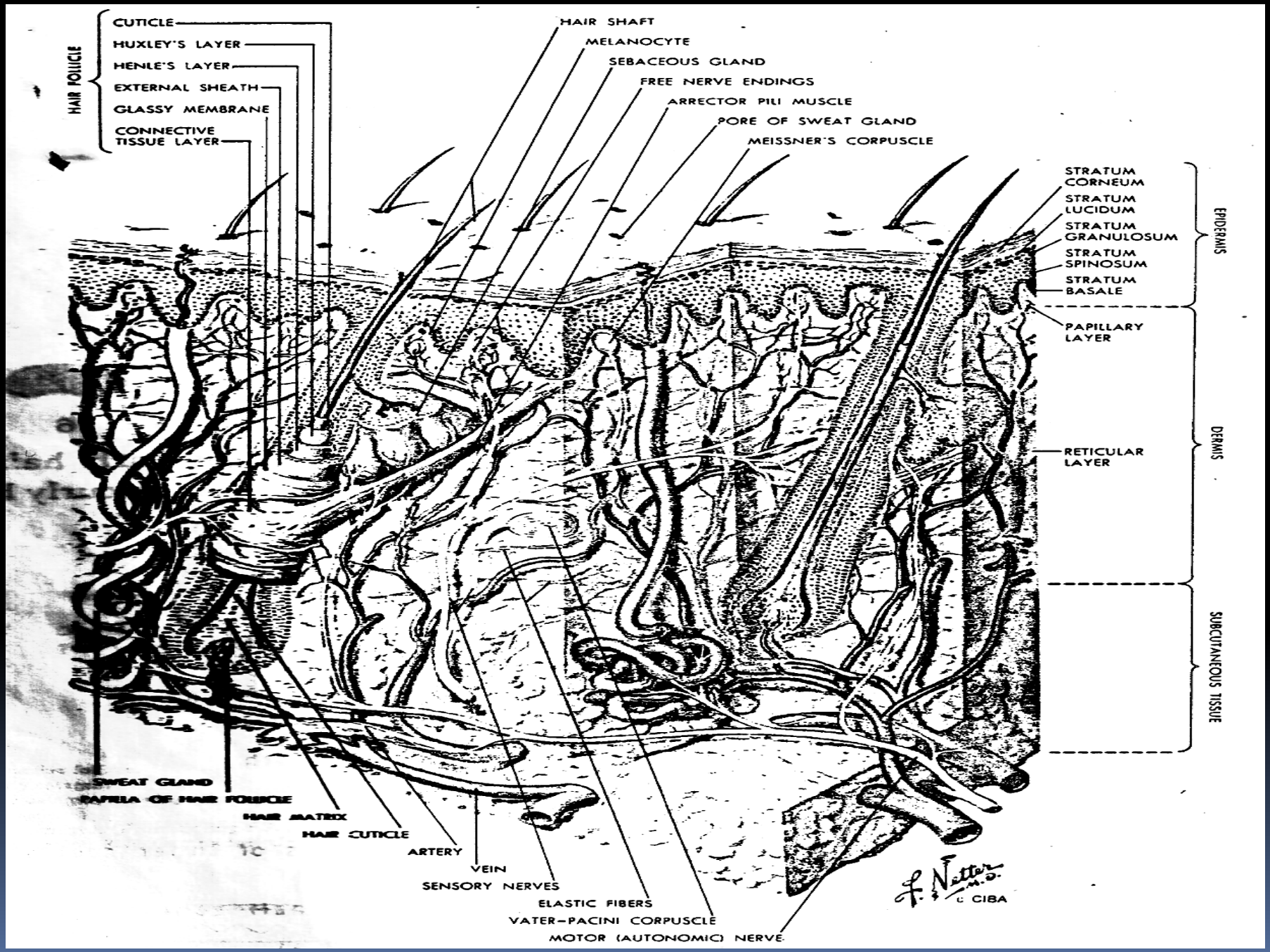
What are we eating?
Why are we losing HAIR?

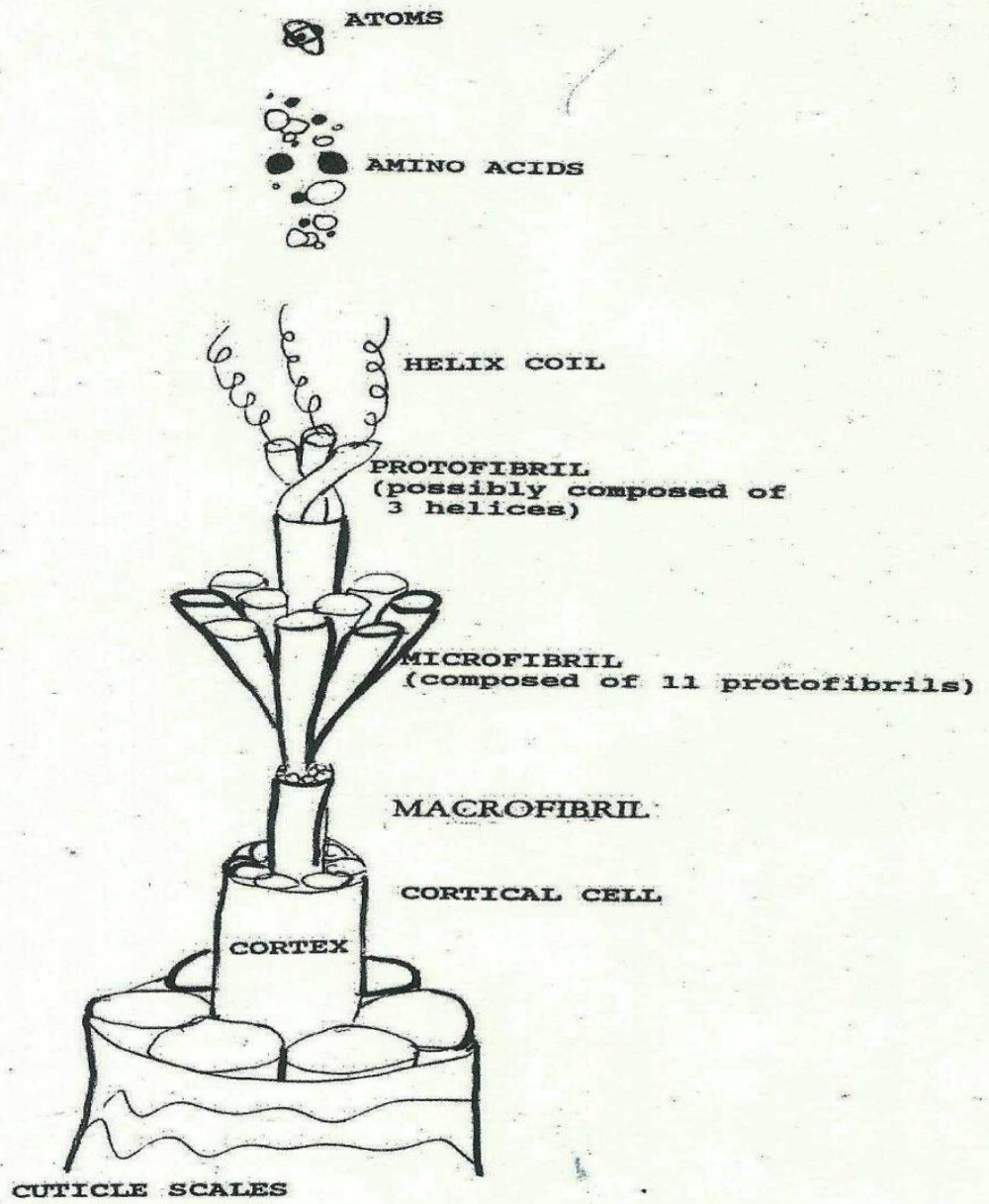
NUTRITION

&

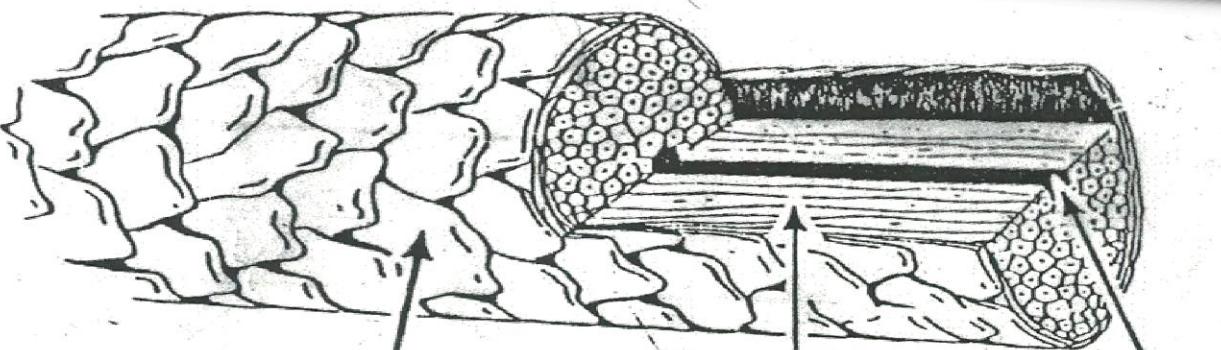
HAIR & SCALP

DIALOGUE





The Cross-Section of the Hair Strand



Medulla

The center, called the **MEDULLA**, is functionally the least important part of the hair structure. Not all strands of hair have a medulla.

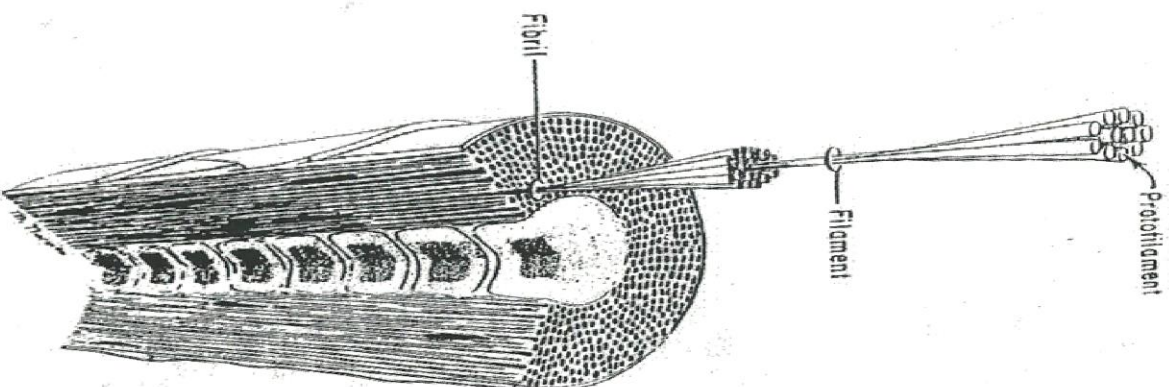
Cortex

The **CORTIX** forms the main mass of the hair fiber. The pigment particles which give hair its color are found embedded here.

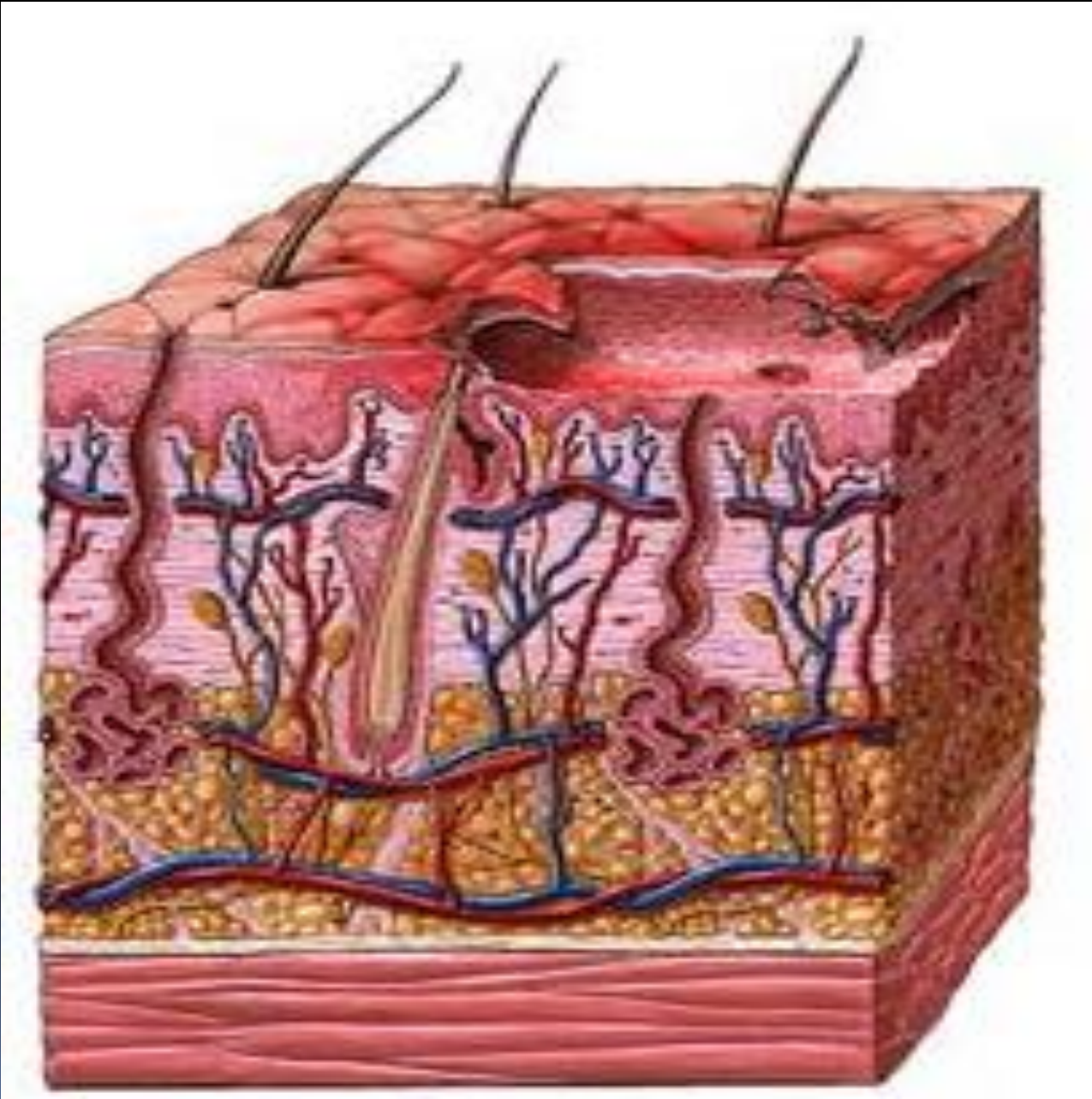
Cuticle

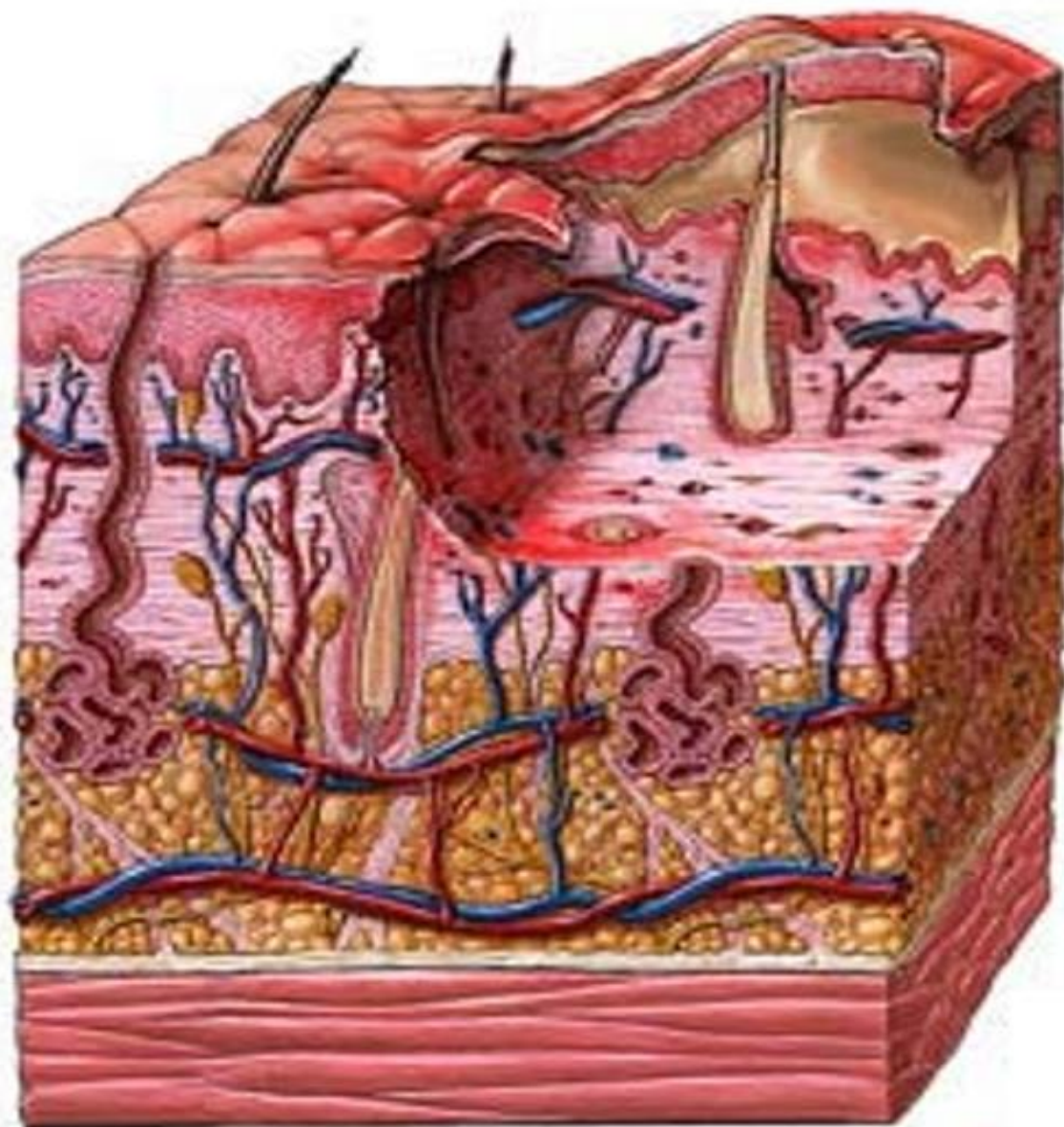
Under the microscope, the hair is seen as a uniform, slightly tapered fiber surrounded by a sheath of closely packed, overlapping scales. These scales make up what is called the **CUTICLE**, or the outside layer of the hair, and may be up to 12 scale-layers thick.

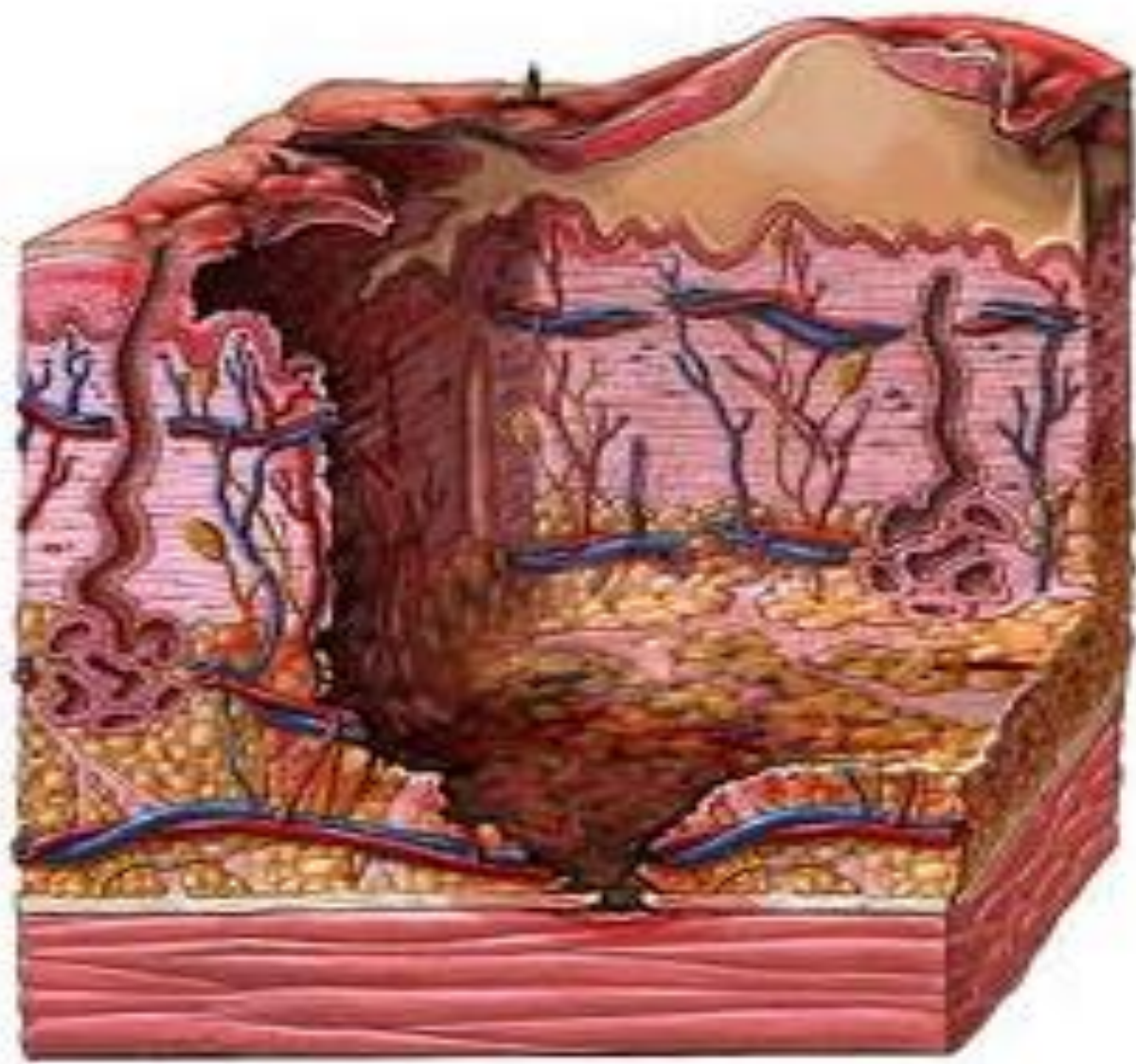
Structure of hair shaft above the skin.
Hair outside the skin is called the shaft.



Fiber









Did You Know?

There are **300,000** hairs on the human scalp.

Hair on the scalp grows approximately a half inch each month.

The shape of the hair follicle determines whether a person has straight or curly hair.

On average, healthy hair loss per day is between **100 and 150** hairs.

Hair, which is made up of dead cells filled with keratin (a protein found in nails and outer skin), grows from small pits in the dermis (the middle layer of skin just below the surface or epidermis). The pits, which are called hair follicles, cover most of the body, with certain areas having a heavier concentration than others. For example, the scalp has many hair follicles, while the soles of the feet have none.

Hair problems may be due to cosmetic causes, such as excessive shampooing and blow-drying, or due to underlying diseases, such as thyroid problems.

An example of an un-pigmented hair strand



The five staples are:

Starch

Carbohydrates

Protein

Fats

Dairy



Dave Ray Presents
HERBAL HAIR Rx
Vita Hair

60
Tablets

Advanced Formula
To prevent hair loss, to bodify hair shaft,
to maintain healthy hair
Dietary Supplement

Top 10 Foods for Healthy Hair

When it comes to healthy hair, it's not just what you put on your tresses that counts -- it's what you put in your body, too.

Better-looking hair can start at your next meal.

"Just like every other part of your body, the cells and processes that support strong, vibrant hair depend on a balanced diet."

It can take longer to notice changes (both good or bad!) in your hair than in your skin. For example, "just one week with a poor diet can yield acne flare-ups or dry, sallow skin within days.", "but with hair, it can take a few months for a nutritional deficiency or the effects of a crash diet to show up."

The nutrients you eat today help fortify the hair follicle -- from which each strand is born -- and the scalp that surrounds it. "Healthier follicles? Healthier hair. Healthier scalp? Healthier hair!"

Of course, there's more to your hair than what you eat. Smoking, hormonal imbalances, and not enough sleep can also affect how your hair looks and feels. No magic nutrient can make up for those concerns.

Still, you have a lot more leverage than you might think. If you eat a balanced, varied, protein-rich diet that focuses on the following 10 foods, you'll be giving your hair the TLC it needs and deserves.

1. Salmon

Besides being rich in protein and vitamin D (both are key to strong hair) the omega-3 fatty acids found in this tasty cold-water fish are the true superstar. Your body can't make those fatty acids, which your body needs to grow hair. About **3%** of the hair shaft is made up of these fatty acids. Omega-3s are also found in cell membranes in the skin of your scalp, and in the natural oils that keep your scalp and hair hydrated.

Other options: If salmon doesn't thrill you, you can also get essential fatty acids from fish like herring, sardines, trout, and mackerel, as well as avocado, pumpkin seeds and walnuts

2. Walnuts

These are the only type of nuts that have a significant amount of omega-3 fatty acids. They're also rich in biotin and vitamin E, which helps protect your cells from DNA damage. Since your hair rarely gets much shielding from the sun, this is especially great. Too little biotin can lead to hair loss. Walnuts also have copper, a mineral that helps keep your natural hair color rich and lustrous.

Other options: Try using walnut oil in your salad dressing or stir-fry instead of canola or safflower oil.

3. Oysters

Oysters are rich in zinc, a lack of which can lead to hair loss (even in your eyelashes), as well as a dry, flaky scalp. Three ounces has a whopping **493%** of your daily value. You can get some zinc through fortified cereals and whole grain breads, but oysters can boast a good level of protein too. "**Remember, hair is about 97% protein.**" Without enough protein, your body can't replace the hairs that you naturally shed every day and what you do make can be dry, brittle, or weak.

Other options: Get your fill of zinc with nuts, beef, and eggs.

4. Sweet Potatoes

Sweet potatoes are a great source of the antioxidant beta carotene, which your body turns into vitamin A. "Basically, every cell of the body cannot function without enough A." It also helps protect and produce the oils that sustain your scalp, and being low on vitamin A can even leave you with itchy, irksome dandruff.

Other options: Carrots, cantaloupe, mangoes, pumpkin and apricots are all good sources of beta carotene.

5. Eggs

A great source of protein, eggs are loaded with four key minerals: zinc, selenium, sulfur, and iron. Iron is especially important, because it helps cells carry oxygen to the hair follicles, and too little iron (anemia) is a major cause of hair loss, particularly in women.

Other options: You can also boost your iron stores with animal sources, including chicken, fish, pork, and beef.

6. Spinach

The iron, beta carotene, folate, and vitamin C in spinach help keep hair follicles healthy and scalp oils circulating.

Other options: Try similarly nutrient-rich dark, leafy vegetables such as broccoli, kale and Swiss chard.

7. Lentils

Tiny but mighty, these legumes are teeming with protein, iron, zinc and biotin, making it a great staple for vegetarian, vegans, and meat eaters.

Other options: Toss other beans such as soybeans (the young ones are called edamame) and kidney beans into your soup or salad.

8. Greek yogurt

Cruise the dairy aisle for low-fat options such as Greek yogurt, which is high in hair-friendly protein, vitamin B5 (pantothenic acid -- an ingredient you'll often see on hair care product labels) and vitamin D. Emerging research links vitamin D and hair follicle health, but exactly how that works isn't clear.

Other options: Cottage cheese, low-fat cheese, and skim milk also fit the bill.

9. Blueberries

Exotic super fruits may come and go but when it comes to vitamin C, "**It's hard to top this nutrient superhero.**" C is critical for circulation to the scalp and supports the tiny blood vessels that feed the follicles. Too little C in your diet can lead to hair breakage.

Other options: Kiwis, sweet potatoes, tomatoes and strawberries.

10. Poultry

This everyday entree is extraordinary when it comes to protein, as well as hair-healthy zinc, iron, and B vitamins to keep strands strong and plentiful. Because hair is nearly all protein, "foods rich in protein are literally giving you the building blocks for hair."

Other options: Lean cuts of beef are another good source of lean protein.

ZINGIBER OFFICINALE



PANAX GINSENG



ROSEMARY



MORINGA OLEIFERA



CENTELLA ASIATICA



Natural Hair Growth Enhancers



ALOE BARBADENSIS

Nutrition Beauty Wellness
www.alifebalanced.com



LAVENDER



LEMON GRASS



PEPPERMINT



BIOTIN



VIRGIN COCONUT OIL

Vita-Hair Product Description

Vita-Hair Repair Advanced Formula contains 60 capsules, which is a one month supply. They should be taken with meals, twice daily, with a full glass of warm water.

Product benefits

- Promotes thicker, sexier hair
- Helps maintain healthier, stronger hair
- Promotes shiny and manageable hair
- Effective for most hair types
- Manufactured by a certified "A" rated lab that follows strict GMP guidelines for quality control
- Third party tested to confirm what's in our product is on our label
- Uses zero synthetic or harmful ingredients, binders or fillers

Main Ingredients

•Biotin

•This B7 vitamin is necessary for cell growth! It is also essential in the production of fatty acids, the metabolism of fats and amino acids. Biotin is often recommended as a nutritional supplement to strengthen hair and nails.

•Folic Acid

•This B9 vitamin, or folate, is necessary for numerous bodily functions. Because we can't synthesize it, we have to get our daily requirement of folate through our diet or nutritional supplements. Folate is especially important in aiding rapid cell division and growth, and producing healthy red blood cells.

•Organic Kelp Powder

•This amazing ingredient provides the body with a regular source of iodine. Iodine is a key trace element that helps to maintain healthy thyroid function. Why is this important? One of the most common reasons for hair loss or thinning hair is thyroid disease. By combating the negative effects of thyroid dysfunction (such as hair loss and weakness), the body can begin to repair itself.

- **Saw Palmeto Powder**

- This ingredient is shown to help block DHT, a hormone that shrinks hair follicles and starves the hair of nutrients.

- **MSM**

- MSM is used by the body for healthy keratin and collagen production.

- **Collagen**

- Collagen is an abundant protein found naturally in the body that strengthens connective tissues as it improves elasticity in the skin and flexibility in the hair. Collagen supplements are an effective anti-aging tool for whole body vitality.

- **Silicon**

an essential trace mineral that helps your body function properly. The primary symptom of a Silicon deficiency is dull, lifeless hair that falls out at an alarming rate.

- Other ingredients include Vitamin A, additional B vitamins, and organic rice concentrate.

Ingredients and their benefits:

Vitamin B1 – Thiamine – A protein builder that helps give the hair shine, volume and good texture. Enhances circulation to build nutrients to the scalp.

Vitamins B2 – Riboflavin – Stimulates health and growth of hair, skin and eyes by bringing oxygen to body tissues. Can help to eliminate dandruff. May aid in preventing hair loss.

Vitamin B3 – Niacinamide – Supports healthy hair by helping digestion and improving circulation.

Vitamin B5 – Pantothenic Acid – Helps produce full, healthy hair by stimulating vitamin utilization and releasing energy from food. With folic acid and PABA can help restore natural hair color. May aid in preventing hair loss.

Vitamin B6 – Pyridoxine – supports the growth of red blood cells that are important for healthy hair and scalp maintenance. Helps prevent dandruff. May help in preventing hair loss.

Vitamin B12 - Cyanocobalamin – Required for red blood cell formation to help maintain healthy hair and scalp.

Biotin – *Helps improve hair quality. May aid in preventing hair loss particularly in men. Can prevent hair from graying.*

Folic Acid – Helps maintain healthy hair and skin. May aid in preventing hair loss . With PABA and pantothenic acid, may delay graying of hair.

Inositol – Helps improves skin health, hair shine and body. May aid in preventing hair thinning and loss.

Vitamin E – Tecopherol – Key to hair health and growth by supplying oxygen to the body and improving the scalp circulation. Helps control dandruff. May aid in preventing hair loss.

Copper – An important anti-graying agent. Necessary for healthy hair.

Iron – Helps maintain healthy hair, nails and skin tone. May aid in preventing hair loss.

Selenium

Help in the treatment and prevention of dandruff. Necessary for healthy hair.

Zinc

Stimulates hair growth. Aids in preventing hair loss. May help treat and prevent dandruff.

L-Methionine.

May help in preventing hair loss

N-Acetylcysteine

Supply sulfur needed for healthy.

Aloe Vera

Brings vitality to hair.

Essential Fatty Acids- Polyseosaturates

Improves texture by preventing dryness and brittleness.

EXACTLY WHAT DOES YOUR HAIR GET?

•VitaminB3, B5 and B6 provide health and growth.

•B12 increases energy at the root.

•C improves scalp circulation and encourages growth.

•E increases oxygen intake and expands fullness.

•Zinc fights bacteria and stimulates growth.

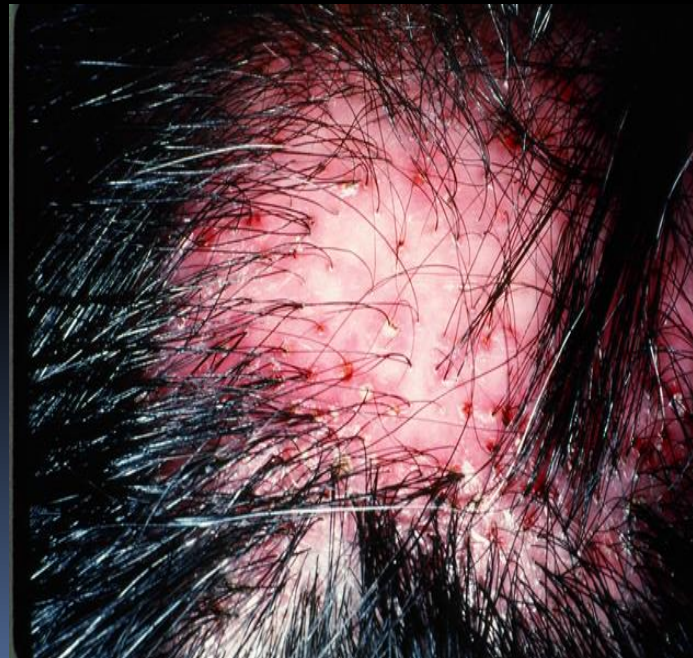
•Iron maintains the basic health and strength.

•Folic Acid helps to prevent hair loss.

Scarring Alopecia:

This condition has four types

Folliculitis Decalvans:

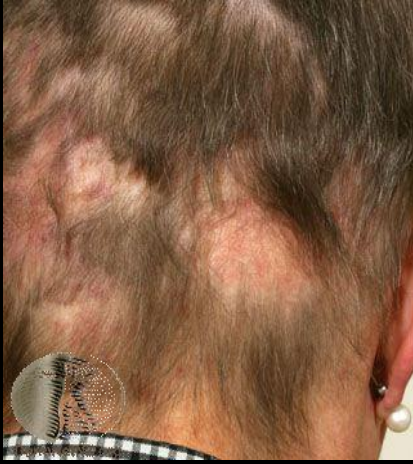


Hot Comb Alopecia

Central Centrifugal Cicatricial Alopecia



Discoid Lupus Erythematosus





Peri-Folliculitis Keloidalis Occipitalis (PFKO) abbreviated

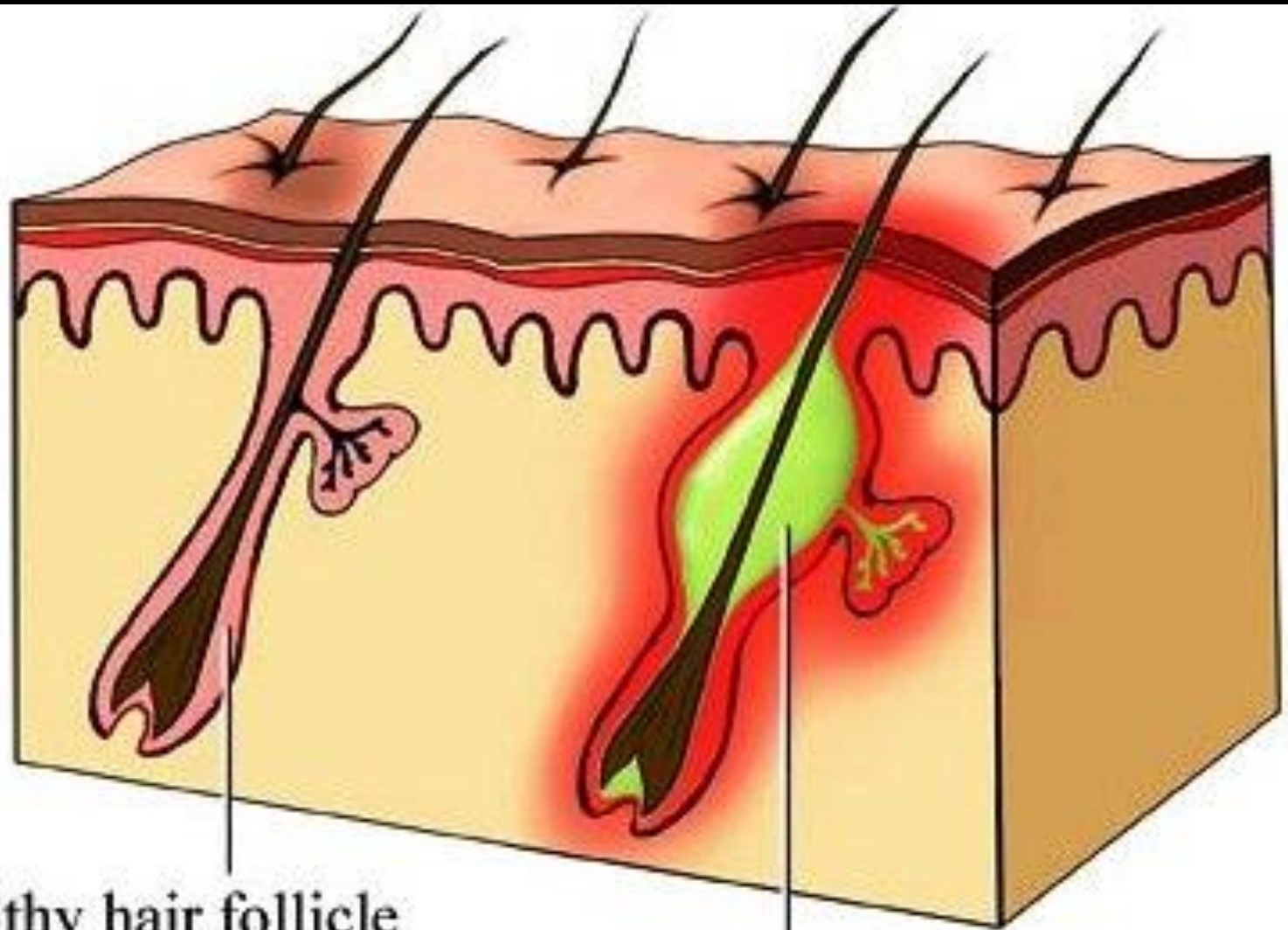
Also referred to
Keloidalis Nuchae



Nonscarring Alopecia:

Traction Alopecia





Healthy hair follicle

Infected hair follicle



Alopecia Areata Progression



Alopecia



Areata



Totalis



Univerſalis

Juvenile Alopecia



Telogen Effluvium:



Post Chemotherapy:



An example of Lichen Simplex Chronicus



DEMODEX



Species

Demodex aries

Demodex aurati

Demodex brevis

Demodex bovis

Demodex canis

Demodex caprae

Demodex caballi

Demodex cati

Demodex cornei

Demodex criceti

Demodex equi

Demodex folliculorum

Demodex gapperi

Demodex gatoi

Demodex injai

Demodex ovis

Demodex phylloides

Demodex zalophi

Demodex is a genus of tiny parasitic mites that live in or near hair follicles of mammals. Around 65 species of *Demodex* are known. Two species living on humans have been identified: *Demodex folliculorum* and *Demodex brevis*, both frequently referred to as eyelash mites. *Demodex canis* lives on the domestic dog. Infestation with *Demodex* is common and usually does not cause any symptoms, although occasionally some skin diseases can be caused by the mites. 'Demodex' is derived from Greek 'dēmos' fat + 'dēx', a wood worm.

Demodex folliculorum
D. brevis

Simon 1842

Akbulatova 1963

Demodex Canis



The **ITCHY SCALP** formula which works for us is 8 fresh Rosemary leaves, 1 Table spoon fo Kerosene Oil to liter of hot water drawn, then cooled. Placed in the refrigerator. Take half cup and add 3 drops of "Restoration Oil". Apply to the scalp for thirty minutes, plasticated or 10 minutes of steamer.

Email:

hair.scalpUSA@gmail.com

Or

BeautySurgeon@aol.com

347 934 8494

www.HerbalHairRx.com

Lets Meet again at Cosmetology-2015

4th International Conference and Expo

On

Cosmetology & Trichology

June 22-24, 2015 Philadelphia, USA

Theme: Cosmetology and Trichology: Tracking and Tackling
its Consequences

Website: [http://cosmetology-
trichology.conferenceseries.com/](http://cosmetology-trichology.conferenceseries.com/)