



30 Star Releases Report Titled Does Dieting Cause Hair Loss

September 22, 2015

September 22, 2015 - PRESSADVANTAGE -

San Diego, CA health and nutrition company 30 Star have been researching biotin deficiency for some time. They have come up with a variety of very interesting results. One of these results is now suggesting that there is a link between dieting and hair loss, and that the link is biotin deficiency. Hair loss caused by dieting, therefore, could be due to a lack of biotin. This information is being released by 30 Star in their most recent report.

30 Star's Michael Jennings says: "We have been researching the causes of biotin, or vitamin B7, deficiency for some time. One thing we found is that it was very common in certain diets, and that people following these diets also experienced significant hair loss. Our research indicates that this is all related."

People who consume low carb diets, or diets that are high in raw egg whites often experience hair loss. Cooked egg whites did not produce the same effects. Interestingly, these diets are generally seen as very healthy, which is why they are so common among body builders. 30 Star found that people following these diets also tend to have significant hair loss. While it is not entirely clear yet why low levels of biotin cause hair loss, it is now clear that dieting and hair loss may be very closely related.

In further research, it was actually found that some people with a biotin deficiency experience alopecia. Alopecia can lead to full baldness all over the body. Most people find that their hair becomes patchy, but more significant issues can also be experienced, including loss of eyelashes and eyebrows, for instance.

"Alopecia is a recognized medical condition and more and more physicians are now looking into the link between diet and alopecia," adds Michael Jennings. "Fine and brittle hair is also very common in people with biotin deficiency, and it is equally common in people who consume a low carb diet or diets with many raw egg whites."

So what is biotin? It is a type of coenzyme that the body needs for a variety of bodily processes. It is also vital for gene stability, which is why biotin deficiency has been known to cause birth defects. The symptoms of biotin deficiency can be quite significant.

###

For more information about 30 Star, contact the company here: 30 Star Michael Jennings 1.844.4POTENT satisfaction@PotentNutrients.com 2701 MIDWAY DR 80514 SAN DIEGO CA 92138

30 Star

Specializing in high-quality dietary supplements.

Website: <http://www.amazon.com/Potent-BIOTIN-Complex-Growth-Strong/dp/B00VD8MLLO>

Email: satisfaction@PotentNutrients.com

Phone: 1.844.4POTENT



Powered by PressAdvantage.com