



The Therapeutic Effect Of Gelatin As A Dietary Supplement For Female Hair Loss

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What is Gelatin?

Gelatin is a translucent brittle solid substance, colorless, or slightly yellow, nearly tasteless odorless, which is created by prolonged boiling of animal skin and connective tissue. Gelatin has many uses in food, medicine and manufacturing for over 2,000 years. Gelatin is 98% protein. Gelatin contains 18 different amino acids & minerals. Gelatin is used with other proteins to give higher protein value. When mixed with beef protein, the net protein value can rise from 84% to 99%. Gelatin is low calories. Gelatin is multi-functional: gelling, thickening, water-binding, emulsifying, foaming, film forming. Gelatin is a food. Gelatin forms a thermo reversible gel, which melts at around body temperature resulting in excellent mouth feel as well as intensive flavor release. Gelatin is available in different gel strengths and particle sizes and can be tailor-made for specific applications. Particle size can be adapted to production needs to achieve easy solubility. Gelatin is fully and easily digestible. Gelatin is easy to use - it gels within the normal pH range of most foods and does not require the addition of salts, sugars, or acids to set. Gelatin has no limit for ingestion.

The Therapeutic Effect Of Gelatin As A Dietary Supplement For Female Hair Loss; Diploma Work, April 2011; Tutored by Norbert M. Wikonkal, MD, PhD²; Defended by Nadav Pam³

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Aim

Dr. Zeev Pam, theorizes that the low doses of pure oral gelatin from 1.5 gram to 3.5 gram daily from minimum three to six month could be effective in treatment of female hair loss such as telogen effluvium.

Patients and methods

Over the last 18 years, Dr. Zeev Pam, has been taking care of more than 1,000 female patients suffering from hair loss and treated with gelatin-based treatments. Out of 1,000 female patients suffering from female hair loss, Dr. Zeev Pam, estimates that more than 60% of the patients who complied with the treatment, reported a significant improvement with recovering from hair loss, amelioration of hair diameter as well as enhanced nail growth.

Dr. Zeev Pam, suggested that his patients to use low dosage of gelatin, 1.5 gram to 3.5 gram of gelatin daily in a single dose as a powder of gelatin dissolved in water or as an oral pill. Dr. Zeev Pam favors using a single dose of gelatin daily because it results in high compliance from the female patients and therefore increase the success of the treatment. He claims that improvement in female hair loss was achieved in a period of 4.5 weeks on average, meaning the amount hair loss was decreased or stopped completely by 4.5 weeks of compliment for the gelatin treatment.

Dr. Zeev Pam advises his patients with female hair loss to use gelatin for three to six month and in chronic female pattern hair loss the treatment is advised even a complete calendric year.

In addition, the treatment of gelatin can be stopped for several months and return to it again for another set of three to six month of gelatin use. The treatment of gelatin can be combined with other drugs for female hair loss and vitamins and food supplements.

Dr. Zeev Pam notes and emphasizes that no adverse effect was seen or reported by any of the patients. Among the patients treated with no any adverse effect were: 10 patients who received interferon treatment for their hepatic associated disease like hepatitis C and hepatitis B, three chemotherapy patients, thirty percent of the patients were under the age of 18 (average 16), and many patients receiving isotretinoin.

Conclusions

In conclusion, after years of clinical experience with gelatin administration to female hair loss in different ages and with different state of health and sickness, gelatin supplementation is considered as a safe and effective treatment without any side effects.

Dr. Zeev Pam contributes the success of the oral gelatin treatment on female hair loss such as telogen effluvium (TE) and androgenic alopecia (AGA) is due to the unique high quantity of amino acid of which gelatin is composed from, mainly glycine, proline and lysine but some other amino acids as well. The effects of those amino acids on the human hair have a successful role in the treatment in female hair loss. The clinical results in TE are faster than in AGA. In TE the duration of the treatment is 3–6 months while in AGA the clinical treatment is at least for 12 months. In female who has both TE and AGA the treatment time depends on clinical results.

Dr. Zeev Pam theorizes that the gelatin effect of expansion of the blood vessels in the nail finger bed, which had been proven, can have similar effect on female hair loss by dilating the blood vessels, which supply nutrition to the hair follicle this theory is still yet to be proven.