

Case Histories

Case History – Child’s alopecia resolved with key nutrients!

Gender, Age, Occupation, Nationality, height and weight.	Master N.D. is an 11 yr old boy, whose mother is very interested in optimal nutrition. N.D. is a relatively outgoing, friendly and healthy boy, with a normal, slim build. He is 5ft 2 tall and weighs 7 stone (157 cm, 43.5 kg).
Presenting complaint – list and duration	<p>When we met in March 2010, N.D. had been suffering from alopecia areata for 2 years and 3 months. There were marked patches (2-3 centimetres squared) at the back of his head which were completely bald. The hair loss had worsened over that time. It had coincided with N.D. moving from the junior to the senior department at his school but other than that there were no obvious associations.</p> <p>Over the past 4 months, he had also developed some mild eczema.</p> <p>One year previously, N.D. had repeated sneezing which was resolved when a food intolerance test was done and the culprit foods were avoided. This had no impact on his hair loss.</p>
Any Investigations	<p>N.D.’s mother had become more and more stressed by her son’s hair loss, more so than ND. She had taken him to see a number of specialists: a trichologist, a paediatrician, their doctor. They had been able to do nothing at all for his hair, and she had rejected the use of steroids.</p> <p>A detailed case history was taken, as usual, but no formal tests of any kinds were undertaken. In the family history, there was one case of coeliac’s (grandmother).</p> <p>N.D.’s diet was very sound, thanks to his Mum, and he ate one of the most varied and wholesome diets of any 11 year old I have ever met. This included red meat from time to time. Eggs and pineapple had been excluded due to the IgG food intolerance test.</p> <p>For the purposes of this case history report, I will share this: N.D.’s mother and I discussed all kinds of possible links with all kinds of possible stresses, and we spent some time examining his life’s history both health-wise, within the close family and socially. Whilst N.D. had experienced a viral infection a few years ago, which was a possible issue linked to the hair loss, there was nothing that stood out as being a potential causative agent for the alopecia. This is why she felt that there was something biochemical going on.</p>
Strategy	<p>Classic causes for alopecia include stress, malabsorption (such as that found in Coeliac’s), thyroid hormone imbalances and auto-immune conditions. The only things that could be related were the viral infection, the stress of moving from junior to senior school and the family history of auto-immune conditions.</p> <p>A plan was put together that was designed to provide N.D.’s body with at least some of the key nutrients to support hair growth and his immune system vs viruses in particular. This included Vitamin B12, Folic Acid, Lysine, and a mushroom extract.</p>

Diet & Supplements: name and dose

After researching the nutrients involved in hair growth and viral immune support N.D. was recommended to take the following remedial supplement programme:

Body Bio – **Methylcobalamin 5 mg** – 1 at breakfast

Body Bio – **Folinic Acid 5 mg** – 1 at breakfast

Body Bio – **EPO** (Evening Primrose Oil) – 2 at breakfast

Allergy Research – **L-Lysine** – 2 on empty stomach, mid a.m. & p.m.

Biotics Research – **Shiitake Mushroom** – 1 at each meal

And to ensure that N.D. covered other nutrients, he was to continue with his chewable multi which had been taken for many months.

- **Methylcobalamin** is the active form of vitamin B12, which normally appears as hydroxycobalamin in supplements. Contains 5 mg dose.
- **Folinic Acid** is the active form of folic acid, which works together with vitamin B12 to help cellular reproduction, and all methylation processes. Contains 5 mg dose.
- **EPO** provides omega 6 fatty acids including GLA which is important for the skin.
- **L-Lysine** is not only important for collagen in the body but it also inhibits viruses too ([view paper](#)). In case a virus was to blame for an immune system imbalance, this amino acid was recommended. L-Lysine is a necessary building block for all protein in the body & plays a major role in calcium absorption; building muscle protein; recovering from surgery or sports injuries; and the body's production of hormones & enzymes.
- **Shiitake Mushroom** contains Active Hexose Correlated Compound (AHCC) which is an α -glucan-rich compound isolated from shiitake. There is some research that AHCC may increase the body's resistance to pathogens as shown in experiments with the influenza virus. Although these are animal studies, (view papers [one](#) & [two](#)), Shiitake is used extensively in Japan for its role in immune support.

Duration

N.D. took the programme of supplements for one month, and then continued for another 2 months, and then took a break for one month before reviewing progress again. He then recommenced the programme.

Each month there was contact with N.D.'s mother to report on progress.

Outcome

After having had 2 years of ever increasing hair loss, N.D. scalp changed within 7-8 days of taking these specific supplements. New hair growth was observed after this very short period of time, and continued for the days and weeks afterwards.

On the basis of the initial very positive progress, after one month, I recommended N.D. to continue with the supplements for another month. Progress was still being made after 8 weeks, so another month was recommended, but then to have a trial break to determine more accurately the impact of these nutrients – all in addition to a very sound diet.

We met again after the break of supplements, and N.D. told me that his hair had begun to fall out more rapidly and was obvious on his pillow and when washing and drying it. When I examined his scalp, it was very evident that the patch at the back of his head which had been bald now had inches long hair growing out of it.

Of course, the programme was reinstated at once, with a stronger base of evidence that it was indeed an answer to N.D.'s hair loss.

Comments

We still do not know the cause of N.D.'s hair loss. However, we do know that a useful dose of the active form B12 and folic acid combined with Lysine and Shiitake Mushroom extract and EPO resulted in a re-growth of his hair, and that, when stopped the hair loss returns.

My belief is that the B12 and folic acid are involved in the regeneration of the hair whilst the lysine and Shiitake are helping his immune system to counter a viral burden. I am researching whether this can be tested in any way.

We do not know if this programme will turn from a purely palliative programme into a curative one, and we are planning on finding out. "Even if we never find out", N.D.'s mother told me, "it does not really matter since there's a known way of overcoming it". In the meantime, the "hair is growing back and looks almost normal and the world is good".

N.D.'s mother told me that the prospect of the summer holidays is now utterly different to what it would have been had her son still had the hair loss. The huge reduction in stress levels has also been a boon to her health and energy.

Practitioner

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