Stabilizing Melanin Count through Chaga Mushroom Extract by Mack Shepperson

Article published on April 19th 2012 | Health

The color of the hair and skin, as well as of the iris of the eyes, is not just about race and beauty. Scientifically speaking, this is also a matter of melanin. Because of that, this ought to be considered a crucial health concern as well.

Melanin, often referred to as pigment, is a substance in the body that gives color to hair and skin, as well as to the iris of the eyes. This chemical is produced through the process of metabolizing the amino acid tyrosine. Depending on the amount of melanin present in a body, the shade or color of the iris, hair, and skin can vary. Therefore, fair-skinned people with blue eyes and blonde hair obviously have lower melanin count than dark-skinned individuals with black hair and eyes.

As mentioned, melanin is not just a cosmetic concern. It is also a matter of health since this pigment is a crucial player in some bodily processes and in protecting the body to a certain extent. For one, abnormally low melanin content can lead to albinism, the congenital disease characterized by partial or complete absence of pigment in the eyes, skin, and hair.

Low melanin count can affect the sharpness of vision as well. As a matter of fact, this can lead to eyesight defects like photophobia, nystagmus, and astigmatism. The lack of pigmentation in the skin can disrupt the natural barrier against the sunâ€™s harmful rays as well; thus, an individual can be susceptible to skin diseases and even to skin cancer.

Thankfully, there are proven safe and effective organic sustenance such as the extract of Chaga mushroom. This cannot cure or offset albinism, but this can serve as a satisfactory health support for aging individuals. The chemical compounds in Chaga mushrooms that stimulate the production of melanin in the body can nourish peopleâ€™s skin and hair; accordingly, they can look healthier, younger, and more vibrant for their age.

With that, Chaga mushroom extract can sharpen peopleâ€™s vision, can protect their hair from dryness, and can shield their skin against sunâ€™s damage. Since this is considered as an adaptogenic supplement, it can tone and rebalance body systems including melanin depletion among maturing individuals. Nevertheless, melanin support is not the only benefit that it can offer because just like other medicinal mushrooms, this supplement can stimulate the bodyâ€™s natural immune functions.

For instance, Chaga mushroom supplements can adjust the bodyâ€™s ability to fight bacterial, fungal, and viral infections. During the 1960s, it was reported to successfully cure cancer; however, more studies are still needed to support this claim. For more details on the melanin and anti-aging benefits of Chaga mushrooms, visit RonsBlogWorld.com.

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Article Keywords:

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