

---

Subject: TGF Beta Effekt

Posted by [Haar\\_Challenge\\_2021](#) on Mon, 09 Dec 2013 14:14:28 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Vieles weist darauf hin das TGF 1 + 2 extremen (negativen)Einfluss auf das Haarwachstum hat. Es wird vermutet das DHT -> TGF Beta und DKK1 aktiviert.

"  
Under performing thyroid is strongly correlated with elevated Lipoprotein(a) which is not only linked with androgenetic alopecia, but appears to be linked with Dickkopf-related protein 1 (DKK-1), a gene that is significantly upregulated in balding scalps.

Both insufficient and excess levels of thyroid hormones T3 and/or T4 can result in hair loss. For example, T4 prolongs the duration of the hair growth phase (anagen) possibly due to the down-regulation of TGF-beta2."

"A cytokine known as Transforming growth factor (TGF) has been found to suppress the growth of dermal papilla cells, while Basic fibroblast growth factor (bFGF) and platelet-derived growth factor (PDGF) act as proliferators of hair follicle cells."

"Transforming growth factor (TGF) activates caspases in both the lower part of the hair bulb and the outer layer of the outer root sheath (ORS). Caspases are enzymes that promote apoptosis, the deletion of cells. Caspase 3 is primarily involved in androgenetic alopecia."

Nun die Frage was gibt es alles für Natürliche TGF 1 + 2 Blocker?  
TGF 1 Blocker gibts einige zb Curcumin, Taurin , Ginkgo etc  
Aber TGF 2 ?

---

Subject: Aw: TGF Beta Effekt

Posted by [Haar\\_Challenge\\_2021](#) on Mon, 09 Dec 2013 15:03:28 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

"Male pattern baldness is the result of premature entry into catagen due to androgens. In order to prevent hair loss, it is important to understand two critical steps, i.e., the induction mechanism of premature entry and the regression process of catagen. At the initiation, dihydrotestosterone (DHT) stimulates synthesis of transforming growth factor-beta2 (TGF-beta2) in dermal papilla cells. TGF-beta2 suppresses proliferation of epithelial cells and stimulates synthesis of certain

caspsases. Then TGF-beta2 triggers the intrinsic caspase network and subsequently epithelial cells are eliminated through apoptotic cell death. TGF-beta antagonists are effective in preventing catagen-like morphological changes and in promoting elongation of hair follicles in vivo and in vitro. These lines of evidence strongly suggest the presence of a "catagen cascade" in male pattern baldness, involving: (1) the conversion of testosterone to DHT by type II 5-alpha-reductase; (2) the synthesis of TGF-beta2 in dermal papilla cells; and (3) the activation of the intrinsic caspase network. These sequential events contribute to the shortening of the human hair cycle."

Hab was Interessantes Gefunden.

Several compounds in garlic appear to inhibit cytokines (TGF Beta 2). Ajoene partially inhibits the production of TNF-alpha (link). Allicin inhibits IL-1, IL-8 and IP-10 (link), while alliin increases IL-1 and TNF-alpha (link). Crushing or chopping garlic causes alliin to be converted into allicin, while cooking garlic decreases allicin (link). Therefore, for the purposes of reducing cytokines, it's better to crush garlic and eat it raw.

Mit Fermentierung lässt sich Schwarzer Knoblauch Herstellen der "Geruchsfrei" ist und somit auch für Topischen Einsatz eignet.

<http://vita-invest.de/schwarzer-knoblauch/>

---

---

Subject: Aw: TGF Beta Effekt

Posted by [noname1985](#) on Mon, 09 Dec 2013 17:57:20 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Sehr interessant

Ich bin der Meinung hier fehlen Topic-Anleitungen die TGF etc. blocken bzw. welche die die Haare zum wachsen boosten (kein Minox)

---

---

Subject: Aw: TGF Beta Effekt

Posted by [cursor](#) on Mon, 09 Dec 2013 18:08:16 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

noname1985 schrieb am Mon, 09 December 2013 18:57Sehr interessant

Ich bin der Meinung hier fehlen Topic-Anleitungen die TGF etc. blocken bzw. welche die die Haare zum wachsen boosten (kein Minox)

Topisches Cyanocobalamin (Vitamin B12) soll laut Studien ein booster sein.

---

---

Subject: Aw: TGF Beta Effekt

Posted by [Haar\\_Challenge\\_2021](#) on Mon, 09 Dec 2013 18:13:20 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

## Hair growth effect of minoxidil

The length and size of hair are depend on the anagen term in its hair cycle. It has been reported that the some cell growth factors, such as VEGF, FGF-5S, IGF-1 and KGF, induce the proliferation of cells in the matrix, dermal papilla and dermal papillary vascular system and increase the amount of extra cellular matrix in dermal papilla and then maintain follicles in the anagen phase. On the other hand, negative factors, like FGF-5, thrombospondin, or still unknown ones, terminate the anagen phase. If the negative factors become dominant against cell proliferation factors according to fulfilling some time set by the biological clock for hair follicles, TGF beta induced in the matrix tissues evokes apoptosis of matrix cells and shifts the follicles from anagen to catagen. Androgenetic alopecia is caused by miniaturizing of hair follicles located in the frontal or crown part of scalp and are hereditarily more sensitive to androgen. In their hair cycles, the androgen shortens the anagen phase of follicles and shifts them to the catagen phase earlier than usual. The mode of action of hair growth effect of minoxidil is not completely elucidated, but the most plausible explanation proposed here is that minoxidil works as a sulfonylurea receptor (SUR) activator and prolongs the anagen phase of hair follicles in the following manner: minoxidil (1) induces cell growth factors such as VEGF, HGF, IGF-1 and potentiates HGF and IGF-1 actions by the activation of uncoupled SUR on the plasma membrane of dermal papilla cells, (2) inhibits of TGF beta induced apoptosis of hair matrix cells by opening the Kir 6.0 channel pore coupled with SUR on the mitochondrial inner membrane, and (3) dilates hair follicle arteries and increases blood flow in dermal papilla by opening the Kir 6.0 channel pore coupled with SUR on the plasma membrane of vascular smooth muscle cells.

---

---

Subject: Aw: TGF Beta Effekt

Posted by [ynneb](#) on Mon, 09 Dec 2013 19:39:15 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Danke reneschaub für deine Recherche

wusste noch nicht das Minox TGF blockt.

---

---

Subject: Aw: TGF Beta Effekt

Posted by [Haar\\_Challenge\\_2021](#) on Mon, 09 Dec 2013 21:21:55 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Fu-Ling Pilz und Glutamine hemmen TGF Beta.

Anbei ne Liste mit so gut allen Pflanzlichen Immun Modulatoren.

Glutamine inhibits cytokine-induced apoptosis in human colonic epithelial cells via the pyrimidine pathway

File Attachments

---

1) [Cytokine.pdf](#), downloaded 251 times

---

---

Subject: Aw: TGF Beta Effekt

Posted by [protos](#) on Tue, 10 Dec 2013 13:24:00 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

reneschaub schrieb am Mon, 09 December 2013 22:21Fu-Ling Pilz und Glutamine hemmen TGF Beta.

Anbei ne Liste mit so gut allen Pflanzlichen Immun Modulatoren.

Glutamine inhibits cytokine-induced apoptosis in human colonic epithelial cells via the pyrimidine pathway

Wirst du davon was anwenden?

---

---

Subject: Aw: TGF Beta Effekt

Posted by [Haar\\_Challenge\\_2021](#) on Tue, 10 Dec 2013 13:36:00 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

Ja aber nur Oral.

Silymarin, Gingko, Taurin, Astragalus.

Wahrscheinlich ist der sinnvollste weg über ein NRF2 Activator Produkt.

Zb

<https://www.xymogen.com/products/product-detail.aspx?pid=140>

<http://livelongerandprosper.com/products/index.html>

etc..

---

---

Subject: Aw: TGF Beta Effekt

Posted by [Haar\\_Challenge\\_2021](#) on Wed, 11 Dec 2013 07:45:30 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

For the purposes of inhibiting ACE and reducing cytokines, the following foods and compounds seem to be the best choices:

Green tea (ACE inhibitor, reduces cytokines)

Black tea (ACE inhibitor, reduces cytokines)

Quercetin (possible ACE inhibitor, reduces cytokines)

Pomegranate juice (ACE inhibitor)

Red wine (ACE inhibitor)

Turmeric (reduces cytokines)

Black pepper (reduces cytokines)

---

Raw crushed garlic (reduces cytokines)  
Red palm oil (reduces cytokines)  
Vitamin E (reduces cytokines)  
Coconut oil (reduces cytokines)

Quelle

---

---

Subject: Aw: TGF Beta Effekt  
Posted by [protos](#) on Wed, 11 Dec 2013 08:25:26 GMT  
[View Forum Message](#) <> [Reply to Message](#)

---

reneschaub schrieb am Tue, 10 December 2013 14:36Ja aber nur Oral.

Silymarin, Gingko, Taurin, Astragalus.  
Wahrscheinlich ist der sinnvollste weg über ein NRF2 Activator Produkt.  
Zb  
<https://www.xymogen.com/products/product-detail.aspx?pid=140>  
<http://livelongerandprosper.com/products/index.html>  
etc..

Oder in der richtigen Kombination bzw. Dosierung: Grün-Tee, Kurkuma, Pfeffer, Brokkoli und  
Blaubeeren, Mariendistel  
Fettblätter und Ashwagandha zu sich nehmen ?  
Kommt billiger und man nimmt noch zusätzlich gesundheitlich nützliche Stoffe mit auf.

---