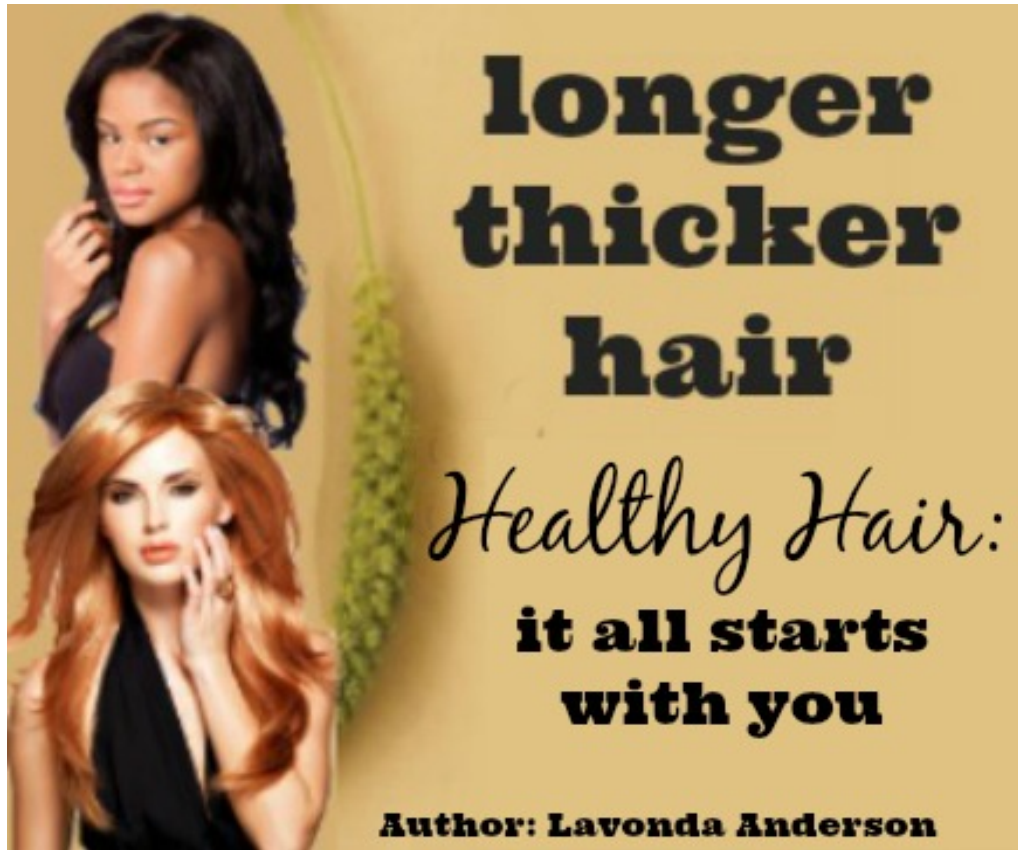


Healthy Hair: It all starts with you!



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Hair is the fastest growing tissue on the human body and requires proper treatment in order to remain healthy. The average scalp has over 100,000 individual hairs and hair loss is a problem in over half the men over the age of 50, and is even common in many older women. Although some form of hair loss is normal in almost everyone (throughout the course of any given day a person can lose up to 100 strands of hair) there are measures that can be taken to ensure that a person's hair remains healthy and also to improve the look and appearance of hair.

Many things can affect the look and health of a person's hair. Poor diet, harsh hair treatments such as perms, chemical treatment and dyes, nutrient deficiencies, as well as too much exposure to sunlight can damage not only the hair, but the hair follicles as well. Making changes to a person's diet, using proper hair care products; avoiding harsh hair treatments and taking nutrient supplements can greatly improve the strength, look and feel of a person's hair.

Nutrients for Healthy Hair and Growth

The average person has hair growth of approximately one-half inch per month. Diets consisting of protein, fruits, vegetables, fat and carbohydrates are important. Deficiencies in any of these nutrients will usually manifest themselves in the hair first. Vitamin deficiency can cause slow hair growth. Shedding and hair loss can be caused by mild cases of anemia, which is a result of vitamin deficiency.

Vitamins for Hair Growth

A Good hair vitamin should include amino acids, zinc and B vitamins particularly biotin, B5 and B12. A lack of zinc can cause hair shedding. Commercial suppliers of nutritional supplements claim that the amino acid PABA (para-aminobenzoic acid) benefits those with premature grey hair. B12 helps prevent the loss of hair. It also prevents dry scalp and dull hair color. Men and women who have taken hair supplements that contain biotin or have used shampoos and conditioners that contain biotin have reported a noticeable difference in hair growth.

Omega-3 fatty acids are perhaps the most important vitamin for building strong hair. Pretty much everything you could possibly want your hair to do can be done with this substance that is found in most kinds of fish and many types of nuts. Omega-3 fatty acids make hair strong and shiny, promote growth and increase the overall health of your hair.

Vitamin D is also important for healthy hair. It makes hair stronger and prevents breakage, which helps to retain hair length allowing hair to grow long. Vitamin D is found in dark green vegetables and beans.

Protein is the final component of healthy hair. It helps your body produce new hairs to replace the ones that fall out every day, ensuring that your hair is always thick and full. Protein is found in lots of foods, including meat, cheeses and eggs.

Hair Products for Optimal Hair Growth

Hair Products that contain nutrients that balances the ph of the scalp and products containing ingredients to support healthy hair growth is the key to feeding your hair the right nutrients to obtain and maintain healthy beautiful hair. In addition, a commitment to a hair care routine is key. You can have a cabinet full of great hair products but if you are not using them then they aren't doing your hair any good sitting on a counter or shelf, so once you find something that works great for your hair, be sure to use it regularly.

Some nourishing ingredients to look for in a hair product:

Coconut Milk nourishes your hair by giving natural moisture from roots to ends. It helps to prevent hair balding and is extremely beneficial for hair growth and its natural detangle and conditioning properties helps to provide longer thicker hair.

Castor Oil is high in omega 9 fatty acids, nourishing to both the hair and follicle encouraging longer thicker hair and has a unique ability to deeply penetrate and aids in delivering nutrients deeply into the pores and follicles that produce hair.

Argan oil, often called "liquid gold", is an organic product extracted from the kernels of the argan tree. It is extremely rich in beneficial nutrients for the hair and skin making it a popular cosmetic choice for many celebrities. Argan Oil is proven to make hair softer, silkier and shinier and is an ideal

conditioning treatment for the hair helping to treat split ends, tame frizzy hair, reduce dandruff, and improve hair growth.

Peppermint Oil is extremely rich in fatty acids and nutrients to stimulate scalp health. It helps to balance the pH level of the scalp and promotes hair growth by increasing blood flow and healthy blood circulation.

Coconut Oil, known to be the 1st plant oil ever used by mankind, derived from mature fruit of coconut trees stimulates hair growth getting deep into the follicles. It promotes scalp health, moisturizes dry hair adding luster shine and softness, and prevents hair breakage and split ends contributing to hair length.

Olive Oil improves hair elasticity and strength, contains anti-inflammatory properties that promote scalp health and prevents dandruff. It also contains an antioxidant important for hair growth.

Jojoba Oil, its composition is similar to sebum, the body's natural oil produced by our sebaceous glands. A main benefit of Jojoba is its ability to rid crusted sebum build-up on the scalp, which can cause hair breakage and follicle blockage, and in turn, hair loss. It aids in reducing hair loss, caused by factors like scalp dermatitis, psoriasis, and eczema.

Bhringraj, a miraculous herb in Ayurveda medicine known to prevent hair loss and promote faster hair growth

Amla, is an Ayurvedic herb that controls hair loss by stimulating hair follicles and promoting hair growth. Regular

use provides nourishment to the hair, prevents scalp infections and controls dandruff and premature greying. It is high in vitamin C and antioxidants.

Rosemary Oil, its distilled from the leaves of the herb Rosemary, stimulates cell division and dilates blood vessels, and in turn, stimulates hair follicles into producing new hair growth.

Lavender Oil, controls Alopecia (hair loss), is an anti-inflammatory, anti-oxidant, and inhibits bacteria. It promotes new hair growth and overall improvement of hair health.

MSM (sulfur) reverses hair loss, thickens hair, improves health and strength. MSM is beneficial to hair growth and strength due to its role in synthesizing components such as collagen (for thickness) and keratin (for shine). It revitalizes inactive hair follicles by increasing scalp circulation, removes toxins, and assists other nutrients like Biotin to assist in building strong healthy hair.

Biotin, one of the many B vitamins, strengthens both the hair shafts and hair follicles where hair is produced. Hair treated with biotin becomes stronger and less prone to breakage and split ends.

In Conclusion

They say that hair makes the man, or woman, it is one of the first impressions others have of you. We strive to keep our hair looking its best, and healthy. Pollution, sun, perms, dyes, and even the shampoo and water we wash it with, play havoc on our hair health. Healthy hair just looks nicer and with the proper care, hair products, and nutrition; Healthy strong growing hair is just a step away. Healthy hair, It all starts with you!

For hair products that supports hair health and growth inclusive of the nourishing ingredients as discussed above or if you found this eBook informative and you're looking for more hair care tips then checkout out our store or blog at:

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