

A close-up photograph of a white ceramic bowl filled with sliced bananas, fresh blueberries, and golden-brown almond flakes. The bowl is set against a teal background with scattered blueberries and almond flakes. The text is overlaid on the left side of the image.

17 FOODS

**FOR AMAZING
HAIR GROWTH**

17 FOODS THAT HELP PREVENT HAIR LOSS



Hello, I'm Helen Revans the Founder of Nurture Your Life Health Coaching Practice. I have 30 years' experience as a Food Preparation and Nutrition educator, I certified as a Life Coach in 2005 and graduated with my Diploma in Integrative Nutrition/Health Coaching in 2013 this means that I am familiar with numerous dietary theories and have tried many ways of eating myself. I can support my clients to adapt their diets to work for them and I have a functional medicine

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approach to our coaching sessions. I have my own hair loss/reversal story which you can read on my website and I have used various healing protocols to improve my thyroid, hormone and gut health. It is my pleasure to share this short guide with you to support your hair health.

My passion is helping my clients achieve their very best selves and address any hormone and gut imbalances they may have.

I'm on a mission to help my clients find the root causes of their 'dis-ease' and reclaim their health.

IS THIS YOU?

Hair loss is becoming a common problem from which both men and women are suffering. Many people turn to chemical solutions, like hair transplant pills, but these may have side effects that affect not just the hair but other parts of the body as well, including skin reactions. There are other chemical treatments that may result in complete hair loss. It is important that hair loss is treated through natural ways for healthier, shinier, longer hair. We will discuss foods that help prevent hair loss and promote regeneration. We will also talk about some possible causes of hair loss and ways to prevent it.

FOODS THAT HELP PREVENT HAIR LOSS

There are 17 different kinds of foods that are most effective in the prevention of hair loss. These are natural foods that contain no chemicals and provide the nutrition that your body needs for better hair growth.

Spinach

Spinach has many health benefits because it is a green vegetable and has many vitamins that help the body prevent various ailments, including hair loss. It has minerals that are healthy for the body such as iron and contains antioxidants that may prevent deadly diseases like cancer. Spinach can be eaten in different forms, and they are all beneficial. Daily servings of spinach are helpful for the skin as well as hair. Spinach is rich in vitamins A and C, which promote hair growth. Spinach can also be added to smoothies, salads, and sauté. If you have thyroid disease then cooked spinach is recommended as cooking deactivates the goitrogens.

Salmon

Salmon contains Omega three fatty acids, proteins, and vitamins like vitamin D that are essential for hair growth. They also keep hair hydrated and prevent drying, which is important for preventing excessive hair loss. To maximize the benefits, consume salmon weekly. If you don't eat salmon, speak to your doctor about taking omegas.

Greek yogurt or Kefir (Dairy or Non-Dairy)

Too often we lose hair because our digestive system is lacking good bacteria. By consuming yogurt or kefir, you will get your daily dose of protein, vitamins and probiotics.

Kefir Mask to Treat Dry Hair

What You Need:

3 tablespoons of kefir

1 tablespoon of castor oil

1 tablespoon of burdock oil

1 tablespoon of olive oil

1 egg yolk

How to Use:

Stir 3 tablespoons kefir with 1 tablespoon castor, burdock or olive oil and 1 egg yolk.

Apply it on the scalp and the whole length of your hair.

Put a shower cap on. Leave the mask on for 1 hour.

Wash off with warm water and shampoo.

Dry hair needs extra moisture so this recipe is a natural remedy to revive dry and brittle hair. That's why we include oils of the different type.

Source: <https://naturehelps.me/hair-care/kefir-benefits-hair-mask-recipes-reviews>

Cinnamon

Cinnamon stimulates the scalp. Cinnamon is used in a variety of home health remedies, including those for skin and hair. Dealing with hair loss is a difficult task and cinnamon is a good relief to this problem. A blend cinnamon powder, coconut oil, castor oil, and honey is a mask that can be applied weekly. Having cinnamon in the diet also helps reduce weight and balance hormones, which is also beneficial for hair.

Cinnamon Mask:

- 1 tablespoon cinnamon powder
- 2 tablespoons castor oil
- 2 tablespoons coconut oil
- 1 tablespoon honey

Mix the ingredients in a bowl. Then apply to the scalp. Leave on the scalp for 2 hours. Then shampoo and condition.

Oatmeal

Oats contain fibre that helps hair grow thicker, shinier, and longer. Oatmeal contains iron, zinc, and omega-6 fatty acids that keep the hair beautiful. These are healthy, saturated fats and are beneficial for hair and skin. Add a bowl of gluten free oats to your diet or make gluten free oatmeal cookies.

Guava

Guavas contain vitamins B3, B5, B6 and C which are very beneficial to the skin as well as the body. This powerhouse fruit will strengthen and shine the roots and help them in grow thicker and longer. Enjoy eating this fruit alone or make a fruit salad. You can also add to smoothies.

Eggs

Eggs are loaded with Biotin, which improves the nail strength and promotes hair growth. Eggs are also high in protein, another key factor for healthy hair. Have scrambled eggs or add an egg to your salad. Hard boiled eggs with a dash of sea salt and black pepper is one of my favorite snacks.

Lentils

The folic acids in lentils have are very good for nurturing healthy skin and promoting hair growth. Folic acid is necessary for restoring the red blood cells

needed for a healthy scalp. Enjoy lentils on a salad or consume lentil hummus for a snack or make lentils with vegetables.

Oysters

Oysters contain zinc, which is critical for building and re-growing hair cells. Enjoy oysters with freshly squeezed lemon or lime.

Liver

Liver contains high amounts of iron. While green vegetables are often recommended to increase iron levels, one serving of liver contains exponentially more. This iron is crucial to strengthening your hair and keeping it from falling out. You can make liver with onions or a liver pate in a high-speed blender.

Carrots

Carrots are high in beta-carotene which the body converts to vitamin A. Carrots also promote sebum oil, which is essential for a healthy scalp, which prevents hair loss and helps hair growth. Eat carrots with hummus or make roasted vegetables and add carrots to the mix.

Barley

Barley is an ideal source of vitamin E, which helps nurture stronger, shinier, and longer hair growth. Vitamin E supports strong, healthy roots and scalp.

Nuts and seeds

According to research, nuts and seeds have oils that are very good for skin, hair, and overall health. They prevent dandruff and dryness in the scalp. They strengthen hair to prevent damage and breakage. The most effective are pistachios and walnuts. Almonds have oils for nourishment and walnuts have added weight-loss properties. Enjoy a handful of nuts or add walnuts on top of a salad or in a smoothie.

Bok choy

Another food that promotes incredible hair is bok choy, a green vegetable packed with iron and antioxidants that are essential for healthy hair. Sauté bok choy with ginger and garlic for some additional anti-inflammatory ingredients or add it to a salad.

Sweet potato

Calling all sweet potato lovers! Sweet potatoes also prevent hair loss and scalp dryness. Dry hair is brittle hair and easily damaged. However, this can be prevented by adding sweet potatoes to your diet. They contain beta-carotene, which converts to Vitamin A. Vitamin A relieves dullness and dryness and adds life to limp hair. Sweet potatoes can also be useful ingredients in hair masks.

Halibut

Magnesium is important for shiny hair and can be found in halibut. Other fish also contain magnesium, yet halibut has the highest content. Enjoy on a salad or steam with a side of bok choy, one of the 17 foods to help hair growth.

Mushrooms (shiitake)

Shiitake mushrooms are loaded with copper, which restores natural hair colour. Low amounts of copper in a diet can lead to premature grey hair, and the chemical compounds in salon colours can severely damage hair. Copper can restore natural hair color and increase its health and shine. Sesame seeds are another natural source of copper.

Reasons for hair loss

Hair loss has been identified as the 3rd most discussed problem among people under the age of 40. Men and women alike experience hair loss, and, for centuries, different environmental factors were blamed for it. However, a more scientific approach has enabled us to identify some root causes of the problem, some temporary and some permanent.

Physical stress has been identified as one of the primary causes of hair loss. Any physical shock, illness, trauma, injury or even exposure to viral infections have been shown to cause temporary hair loss. The hair usually recovers as the body recovers. Make sure to speak to your doctor about adrenal fatigue or thyroid issues if your hair continues to fall out.

Poor gut health can cause hair loss. Make sure to consume probiotic rich foods such as:

- Kombucha
- Cultured Vegetables
- Kevita
- Kefir

- Yogurt

Make sure to take a high-quality probiotic daily.

A diet rich in carbohydrates and fats and deficient in proteins also contributes to hair loss. Insufficient protein intake makes our bodies change the allocation of protein to muscle repair and reproduction, leaving little or no protein for hair growth. Remember everyone is different, which means some thrive on little protein while others require more. Look for the signs, such as weak nails, or hair falling out and keep a food journal documenting how much protein works for your body.

Male Pattern Baldness is also a factor in hair loss in men. As men age, a whopping 66% begin to lose hair around the temple. This is typically due to a combination of genes and testosterone. According to studies, there is a special gene named the androgen receptor (AR) gene that can be passed down from a father to his daughter. That gene is typically found on the X chromosomes, and that gene may or may not affect the daughter because she gets another variant from her mother. However, when the daughter bears a son she may pass that AR gene to him, which causes baldness in the grandchildren of a carrier male. Stated more simply, men tend to receive the baldness gene from their maternal grandfather. There are many drugs on the market yet they can cause irritation to the scalp and natural alternatives are available.

Hormonal Imbalance is another known factor for hair loss both in males and females. The imbalance can be due to internal as well as external reasons. Internal reasons include poor gut health, toxic overload, estrogen dominance, emotional stress and a constant state of anger or depression. External factors may include hormone pills, birth control pills or thyroid medication.

Stress and hair loss

Persistent emotional stress is a hormonal hurricane for the human body. It can have many harmful effects on an individual, one of which is rapid hair loss. Any unhandled stress ranging from the emotional pain of losing a loved one to exam pressures in students can cause hair to fall out more quickly than normal. Persistent stress or anxiety may cause Alopecia Areata, Telogen Effluvium, and Trichotillomania. Alopecia Areata causes a person to lose large clumps of hair near the scalp. Telogen Effluvium is a condition in which the body sends out mixed signals, leading to less hair grow than normal. The hairs on our head have a normal cycle during which they fall out (typically two years) and new hair grows. If less hair is growing to replace the falling hairs then the deficit of hair will be much more prominent. Trichotillomania, on the other hand, is a type of psychological disorder where a person pulls out his or her own hair when in a state of anxiety.

1 in 10 women faces hair loss due to a deficiency of iron. Anemia causes hair loss in many individuals, but it can be treated with iron supplements. Iron deficiency may be due to insufficient stomach acid which means you are not breaking down the nutrients in your food sufficiently despite a great diet. Similarly, a deficiency of Vitamin B is also been found to contribute to hair loss. Autoimmune diseases, such as lupus and alopecia, are much more serious causes of hair loss.

Receiving heavy dosages of treatment for certain diseases also results in rapid hair loss. Examples include chemotherapy. Antidepressants, cardiovascular blood pressure control drugs, and other anti-inflammatory drugs are also known to cause hair loss.

Genetics and hair loss

Genetics play a factor in hair loss, specifically in the X chromosome men inherit from their mothers. Men on the mother's side are good indicators of hereditary hair loss and balding. However, researchers have also found that bald men may also be able to pass that gene on to male offspring. Some studies claim that baldness is 80% genetic, but others have shown that baldness can be a consequence of not receiving proper nutrition in childhood.

Hair loss is a common problem caused by a variety of factors. These factors include environment, diet, medications, and genetics. In general, hair loss is often temporary and can be resolved and prevented by changes in diet, such as the addition of the foods we discussed above. It can also respond to changes in emotional health, such as stress reduction. If you are experiencing hair loss, changes in lifestyle are a good place to start, yet chronic hair loss may be the sign of a more serious problem and requires medical consultation.

WORK WITH ME!

Book a free, 20 minute exploratory session with me today where you will find out how we would partner to support you to reclaim your health.