

CAROLINA ARAMBURO

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 292nd Newsletter, I want to give us a chance to consider Scalp and Hair Health and the effects they have on people's physical, mental, emotional and spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go

Most of our Scalps and Hair have different degrees of Damage and NOW is the Time to Heal them and Prevent Further Damage!!!

Surprisingly even if you have paid a lot of attention to your hair, your hair is **probably damaged**. Even if you do not see what you think are outward signs of damage there may be signs you cannot yet see. Not only that but the **longer** your hair is, the more damage it has probably sustained.

97% of all people will experience some form of **scalp problems** in their lifetime. Over 75 million men, women and children are currently troubled by common **scalp disorders**. Please keep reading this week's Newsletter so that you can understand how your hair and scalp is impacted and what to do about it.

In this age of **toxins** in our food, our environment and our products the occurrence of damaged hair and scalp disorders are on the rise. You and those you love may be in the **beginning** stages of hair and scalp **damage** and not even know it. This week's Newsletter is created specifically to help you prevent damage or further damage and to help you **repair** any

damage that has already occurred.

Our hair serves many purposes. It helps control the **temperature** around our very important brains by **insulating** the scalp from cold and heat and allowing sweat to stay where it is most needed to quickly cool the head. Our hair also offers **protection** from UV exposure and protects our eyes from dust, debris, and sweat. Hair is associated with the sensation of touch and there are theories that longer hair lets us sense more of our world. Hair is an important part of nonverbal **communication**, especially our eyebrows. Both women and men also use their hair to convey beauty and promote attraction.

Because of the **huge** emphasis on beauty today this has also given rise to huge multibillion-dollar industry that revolve around healthy, shiny, attractive, and beautiful hair. We pay large amounts of **money** for salons, hairdressers, and tons of products that clean, condition, color, curl, relax, straighten, shine, and repair our locks. These provide a **relatively quick fix**, something that can be seen in minutes or weeks. The ugly side of this equation is that most of these products and processes leads to unhealthy bodies including our scalp and hair.

Also this quick fix industry is one of the reasons that **nutrition**, as a solution, to beautiful healthy hair often falls to the **sidelines**. What we eat is also a major factor in how our hair looks and feels. Your hair can also be the first place to spot signs of any underlying problems in your body. Because your hair is composed of discharged protein cells and its **health** is affected by many environmental factors including diet, stress level, and exposure to chemicals, it tells a very thorough story about our health.

The only **living** part of your hair is the hair follicle. This is why **topical** potions and treatments will have a limited effect. Healthy hair truly is the result of the inside health of your body so that

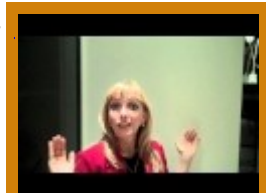


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the follicle is given the nourishment it needs. Hair is the **fastest** growing natural tissue in the human body; the average rate of growth is 1 cm or .5 inch per month. Optimal growth occurs from age 15 - 30 and **reduces** from age 40 - 50.

There are a whole host of life events; namely, **hormone** shifts from birth control pills, pregnancy and menopause that affect growing conditions, so that we can sometimes lose hundreds of hairs a day. Rapid weight loss, severe dandruff, **iron deficiency** and a low protein intake can also speed up the normal rate of hair loss by forcing hairs into a rooting stage. A serious illness or a **physical stress**, such as childbirth, can trigger dramatic (but temporary) hair loss of up to 50 percent, but this only occurs in extreme circumstances

Anytime you're trying to improve **anything** about your body, you must understand that it is a holistic process. Chances are that striving to have healthy hair will also improve your overall well-being, and of course the **opposite** is true as well... the healthier (Cont. on next page)



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Most of our Scalps and Hair have different degrees of Damage and NOW is the Time to Heal them and Prevent Further Damage!!! (Cont.)

you are in your day-to-day life, the healthier your hair (and other aspects) will become. Critical **diseases** such as typhoid, hepatitis, cancer, lymphatic disorder, jaundice, hay fever etc. usually results in hair thinning and hair loss. But as a person gets healthy so does their hair.

Each hair follicle undergoes **continuous** cycles of growth, rest, and re-growth. The timing of these phases varies from site to site on the body. The **growth cycle** is called the anagen phase which lasts from 2 to 8 or more years on the scalp. This is followed by a brief transition phase called the catagen phase lasting no more than 2 to 3 weeks, progressing into the telogen (**resting**) phase lasting 2 to 3 months on the human scalp. The hair then immediately begins a new anagen growth phase.

The speed of hair growth varies based upon **genetics**, gender, age and hormones. It may be reduced by nutrient deficiency (i.e., anorexia, anemia, zinc deficiency) and hormonal **fluctuations** (i.e., menopause, polycystic ovaries, thyroid disease). It is important to mention that many of the **metabolic** requirements of follicle cells (minerals and vitamins) must be satisfied for optimal hair growth (not always derived from fast foods and punishing work schedules).

There are **three layers** of the scalp. The outermost layer, the epidermis, is itself made up of five layers and protects inner layers and tissues from pollutants -- but only if it's healthy and has all of its layers. The **epidermis** supports the opening of the hair follicle. While a pinhole on the surface, the follicle leads to a tunnel-like structure from the epidermis down into the **dermis**, or second layer of skin. The base of the hair follicles rests in the innermost layer, or **hypodermis**. This is where hair cells reproduce and get added on to the root of the hair, causing the hair to grow longer.

These skin layers are also home to **sebaceous oil glands** and sweat glands that rest at the base of the hair follicle. Sebum, or natural hair oil, helps the scalp to ward off infections, aids in healing, and **hydrates** and

conditions the hair and scalp. The scalp needs to be cleaned regularly so that these pores don't become clogged and polluted. Hair care products, such as shampoos, conditioners, gels and mousses, airborne pollutants, and **dead skin cells** all clog and pollute these pores. A dirty, clogged scalp can become the perfect roost for scalp irritations, disorders -- and ultimately dry, aged-looking hair.

The hypodermis, a fatty tissue layer, **insulates** the body and contains blood and lymph vessels. Hormones and nutrients are **transported** and processed in this layer. So, here is how nutrition and your diet affect the health of your scalp and hair strands.

Damage can be defined as any condition where one or more of the hair **structures** -- the cuticle, cortex, medulla, etc. -- are physically or chemically altered so much that they are unable to return to their original state. **Cuticles** can become cracked and frayed, the hair shaft can become cracked damaging the cortex and medulla, and the hair fiber can be exposed and **unprotected** in extreme cases.

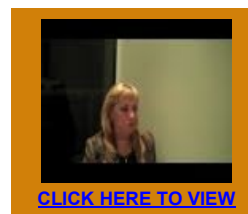
Characteristics of Healthy Hair - Characteristics of healthy hair or hair that is in good condition include the appropriate balance of the following properties:

- **Elasticity** -- the ability of the hair to be stretched or manipulated without breaking.
- **Porosity** -- the ability of the hair to absorb moisture.
- **Strength** -- The ability of the hair to resist breakage with manipulation.

Signs of healthy hair and scalp are:

Signs of Unhealthy or damaged Hair and scalp are:

- Dull appearance.
- Limp, or lacks volume.
- Dry and frizzy ends.
- Thin, brittle, broken and split ends and shedding.
- Straw-like and unmanageable.
- Itchy, tender, red scalp with flakes.
- Rough Texture



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By listening to my body, and being a Wellness Coaching Client of my own Company I was able to **EVOLVE** my Health and Wellness in a way that I **never imagined possible!** I passionately invite you to do the same!

- Overly Porous
- No Elasticity/Susceptible to Breakage
- Becomes Spongy and Matted when Wet
- Too Many Tangles
- Lack of Moisture
- Itching and/or burning
- Excess Oil or Dray Scalp
- Flaking and Dandruff
- Scaly or crusty patches on the scalp, often starting at the hairline
- Hair falling out in small, circular patches
- Yellowish flakes on the hair and scaly, itchy patches on the scalp
- Pimples or bumps on the scalp
- Inflammation
- Excessive Hair loss

Here are ways our beauty habits cause hair damage:

- **Bleaching**- Penetrates the cuticle with chemicals, removes your natural pigment, changes the structure of your hair and making it weaker and more **susceptible** to damage.
- **Perms and relaxers** -Breaks the inner bonds of the hair and re-forms them back together in a different way. (Cont. on next page)

Most of our Scalps and Hair have different degrees of Damage and NOW is the Time to Heal them and Prevent Further Damage!!! (Cont.)

The fatty acid cuticles are stripped away leading to an increase in the porosity of the hair. More water will enter the **hair shaft** causing it to swell. A swollen hair shaft can result in a lifted cuticle, more friction, tangles and damage. Weakens your hair and leaves it dull and damaged over time.

- **Highlights and coloring** -Changes the inner structure of the hair, causing a lackluster look and dryness, especially if you frequently color to hide roots or gray hair.
- **Flat iron and blow-drying** -Causes temporary changes to the hydrogen bonds that hold hair together, depletes the hair of moisture and makes hair look dull. This is even worse when the hair is being **manipulated** with a brush while being styled. If you tend to blow dry or iron on a constant basis this leads to permanent damage. Electric tongs are possibly the most harmful form of heat because it is applied directly to the hair **damaging** the cuticle and exposing the cortex, which leads the hair to lose its natural moisture.
- **Ponytails and braids**-Causes hair to break, especially if your style is pulled tightly. If you wear it that way frequently then permanent hair damage can occur. **Braiding or putting** your hair in a ponytail when it's wet can cause damage sooner because wet hair is more fragile. Rubber bands or elastic bands applied too tightly damage the cuticle layer and can cause the hair to break.
- **Over-brushing and combing**-Causes just too much consistent friction and makes the hair brittle and fragile as it strips the cuticle from the hair. Cheap brushes cause **snags** and tangles that are hard to get out and resulting in broken hair and split ends. Combing and tugging the hair while it is wet, to remove tangles for example, over-stretches it and causes damage.
- **Over-shampooing** -Over-washing can wash away your hair's natural moisture, strips out the natural oils that lubricate and protect the hair, which helps your hair look healthy, making your hair dry. Even all-natural shampoos can do this. Also shampoos that have a pH higher than 5.5 can cause a **pH imbalance**

and affect the cuticle. In addition, the intercellular "glue" which binds the fibers of the cortex together can be dissolved by **repeated** shampoos with a high pH and harsh detergents. This can lead to damage to the cortex (which accounts for the hair's strength).

- **Rollers** - Over-stretching the hair around rollers can destroy the part of the cortex that allows the hair to be 'elastic'. Do not stretch the hair too far.
- **Extensions and weaves** - Extensions and weaves are a lot like ponytails and braids. Over time, they can leave hair broken and brittle. The difference is the damage is at the roots where it is harder to cut out. Any **discomfort** of ach at the scalp is an indicator that there is too much pressure on the root.

Once hair has been **damaged** there is no way to repair it from the outside. The only way to rid the hair of damaged areas is by **cutting**. Companies market products as having the ability to "repair the hair" but this is not entirely true. What the products can do is temporarily improve the state of the hair to make it look, feel and **perform** like hair that is healthier, as well as prevent future damage.

A healthy scalp is **vital** to healthy hair, and reveals a pink-tone color. Any other discoloration of the scalp could signal a scalp crisis. For example, redness, **inflammation**, oozing, blue, purple, black, or brown patches are visible signs of a scalp crisis.

Some of the most common types of biological disorder are:

- **Folliculitis** – a bacterial infection of the hair follicles.
- Fragilitiscrinium – commonly known as 'split ends'.
- Impetigo – this condition is a highly infectious, bacterial infection.
- Pediculosiscapitis – or head lice.
- Pityriasiscapitis – more commonly known as dandruff.
- **Psoriasis** – a skin condition that can appear anywhere on the body but you are most likely to find it behind the ears and around the

hairline.

- **Sebaceous cysts** – you will see small hard lumps under the surface of the scalp where the sebaceous glands have become blocked with sebum.
- **Seborrhoea** – is the name given to the condition that causes an unusually greasy or oily scalp.
- **Tineacapitis** – otherwise known as ringworm.
- **Trichorrexismnodososa** – sometimes known as 'beaded hair'.

If you notice any changes on your scalp or hair, seek the professional expertise of a doctor of **Trichology**.

Common Causes for Unhealthy Hair

- **Poor Maintenance:** This is where going to the shop may come in handy for some women. Improper maintenance of your hair can result in **excessive** hair loss. Certain hairstyles or techniques can also ruin your hair like overly tight braids or excessive use of heating tools for styling. These things can result in split ends, severe breakage or excessive shedding of the hair.
- **Unhealthy Diet:** Have you ever heard the term "you are what you eat?" Well this also holds true when it comes to your hair. Our hair is made up of **keratin**, a form of protein that requires a certain amount of vitamins and minerals to remain healthy. If our diet is unbalanced, our hair can become weak, stop growing or fall out completely.
- **Hormonal Imbalance:** An imbalance of hormones is another cause of excessive hair loss. For women, this usually comes along with **thyroid** conditions since thyroid hormones have a huge impact on the development of (Cont. on next page)

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That will make a major difference for me/us. We are not selling you anything. The commitment is **giving and receiving of information** and we appreciate your contribution. Thank you so much for the opportunity to learn together.

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scalp proteins. Some women may also experience hair loss during pregnancy due to the change in hormones that occurs. At times men may lose hair due to changes in testosterone levels.

- **Serious Illness:** Many serious illnesses and/or treatments for illnesses are considered to be a leading cause in excessive hair loss. Many **cancer patients** experience loss of hair as a result to chemotherapy. Other causes of hair loss tied to illness are anemia and certain tumors.
- **Hair Conditions:** There are also specific hair conditions that affect your hair follicles or areas of skin where hair is present. Folliculitis is the **inflammation** of one or more of your hair follicles and is often caused by yeast, fungi or bacteria. Another condition that affects areas such as your scalp, eyebrows and inner ears is called Seborrheic Dermatitis also referred to as "cradle cap" in infants. Seborrheic Dermatitis causes the skin to become red, flaky or inflamed.

One myth is that hair is **alive**. It is not and it cannot be healed once it is damaged except through new hair growth. The very things that we do to our hair to make it appear **attractive** will eventually damage our hair's structure and ultimately damage our hair's appearance.

When hair is damaged, the **protective** lipid layer of fat on the outside of the cuticle – responsible for making the hair shiny – is removed. Chemical damage is one of the most common **culprits** of hair damage, as processed hair loses its natural moisturizers. The result is dried-out, frizzy hair that does not hold its style and accounts for the hair's dull appearance.

However, if you want to truly make your hair healthier, no amount of **conditioner** coated on to your hair is going to work, ever. You are merely masking truly unhealthy hair. It's far better to actually make your hair healthier and **naturally** shiny.

Healthy hair starts at the **roots** and an unhealthy scalp that is either too dry or too oily can cause unhealthy

hair growth. An oily scalp reflects natural oil glands run amok. The hair follicles are producing too much oil. This creates an **environment** for bacteria to breed in. Dandruff can mean you have a dry scalp, but it is caused by an over growth of bacteria. Products that leave a buildup on the scalp can also cause **dry scalp**.

Much like skin, the scalp too can broadly be divided into three types — normal, oily and dry. To be able to **master** a scalp care regime, you need to determine which scalp type you are. To find out more about skin types please read our Newsletter on Oily and Dry Skin.

Normal Scalp - With the correct balance of sebaceous glands, the normal scalp type is generally not prone to problems like dandruff or excessive oil deposition. Roots: Your roots are normal just after shampooing. Your roots become oily at the end of **third day**. Hair Tips: Normal or dry, sometimes with split ends. Hair Shine: Clean shine just after shampooing. Your hair becomes greasy at the end of second-third day.

Oily Scalp - Contrary to popular belief, oily scalp is most prone to dandruff and flaking. The excess oil that the sebaceous glands in the scalp tends to **accumulate** around the roots, clogging the pores. The hair is usually limp and flat, making it almost impossible to add volume or styling products to hold. Roots: Your roots are normal just after shampooing. Your roots become oily on the **same evening**. Hair Tips: No split ends. Hair Shine: Clean shine just after shampooing. Your hair becomes greasy in the middle of first day.

Dry Scalp - A dry scalp causes constant itching and flaking, leaving the hair rough, dull and frizzy. Roots: Your roots become dry just after shampooing and is normal in between. Your hair becomes oily on the **seventh day**. Hair Tips: Dry, fragile, with split ends. Hair Shine: Mild shine just after shampooing, which soon disappears.

Diet- The only way to improve the health of your hair and make it naturally shiny is to **feed** it via the bloodstream. By feeding your hair with high levels of

natural amino acids and supporting nutrients, every day for **several months**, it will gradually become shinier and healthier until you don't even need to use the products you may have been using to improve the outward appearance of your hair. Fresh fruit and vegetables, **sufficient protein** and carbohydrates, and plenty of water will give a body, scalp and hair all the nutrients it needs to stay healthy.

Exercise - Nutrients are carried to the hair in the blood and regular exercise helps to maintain good circulation.

Environment - The condition of your hair will be influenced by your surroundings. Living with soft or hard water will affect you hair along with the **toxins and chemicals** in our environment. If you who live near the sea you may suffer the same effects on your hair as if you live in areas with high pollution, as your hair will be coated with salt or impurities.

In our next article we will cover **completely** natural solutions to prevent damage to and repair your scalp and hair through nutrition, exercise and lifestyle.

A Raw VEGAN Living Foods DIET including **plenty** of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful stress management is the **greatest way** that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to a **healthy, long lasting life**. I invite you to TRY IT ON and In-JOY it with me. You will forever thank yourself and feel better than you EVER did your ENTIRE LIFE!!!

We have included the following Research Links for you so that you can find out more about Scalp and Hair Health if you choose to:

- <http://www.joybauer.com/looking-great/how-food-affects-hair-health/> - How Food Affects Hair Health

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- <http://kimberlysnnyder.com/blog/2014/07/22/hair-health-hair-loss-explained/> - Hair Health (and Hair Loss) Explained
- <http://www.holisticbeautycompass.com/healthyhair.html> - Healthy Hair Holistically
- <http://www.hairfinder.com/tips/damagedhair.htm> - How to Recognize Damaged Hair
- <http://www.livestrong.com/article/59728-signs-damaged-hair/> - 7 Signs of Damaged Hair
- <http://www.webmd.com/beauty/hair-repair/8-ways-youre-damaging-your-hair> - 8 Ways You're Damaging Your Hair
- <http://www.totally-long-hair.com/12-signs-of-healthy-and-unhealthy-hair.html> - 12 signs of healthy and unhealthy hair
- <http://www.curlynikki.com/2014/02/healthy-natural-hair-vs-damaged-hair.html> - Healthy Natural Hair vs. Damaged Hair: Are They the Same?
- <http://www.morroccomethod.com/blog/3-signs-of-an-unhealthy-scalp/> - 3 Signs of an Unhealthy Scalp
- <http://www.naturallycurly.com/curlreading/curly-hair-care-methods/healthy-scalp-leads-to-healthy-hair/> - Healthy Scalp Leads to Healthy Hair
- <https://www.caring.com/articles/eight-things-hair-says-about-health> - 8 Things Your Hair Says About Your Health
- <http://www.bewellstaywell.com/Help-For-Unhealthy-Scalps-s/233.htm> - QUEST FOR HEALTHY HAIR & SCALP
- <http://www.hairandscalpessentials.com/newsletters/> - Commonly Asked Hair and Scalp Questions
- <http://ezinearticles.com/?Unhealthy-Scalp---Is-Your-Scalp-Healthy?-Find-Out-About-the-Symptoms&id=5991412> - Is your Scalp Healthy?
- <http://www.mediceticals.eu/scalp-disorders/> - Scalp Disorders
- http://www.huffingtonpost.com/2013/11/01/hair-dye-process_n_4181186.html - What Hair Dye Is Really Doing To Your Hair
- <http://www.nicehair.org/is-conditioner-bad-for-your-hair/> - Is conditioner bad for your hair?
- <http://www.naturalhairrules.com/cant-figure-out-your-hair-type/> - 10 Reasons Why Your Hair Type Might Be Wrong
- <http://www.wexlerdermatology.com/beauty-blog/is-an-unhealthy-scalp-the-root-of-your-hair-problems#sthash.s07VDacg.dpbs> - Is an unhealthy scalp the root of your hair problems?
- <https://longhaircareforum.com/threads/signs-of-an-unhealthy-scalp-does-it-affect-your-growth.201627/> - Signs of an Unhealthy Scalp...Does it Affect Your Growth?
- <http://www.lacewigsbuy.co.uk/article-410-Unhealthy-scalp-can-cause-inflammation.html> - Unhealthy scalp can cause inflammation
- <http://www.webmd.com/skin-problems-and-treatments/tc/scalp-problems-topic-overview> - Skin Problems & Treatments Health Center - Scalp Problems - Topic Overview
- <http://www.healthline.com/health/scalp-conditions> - What's Causing My Scalp Condition?
- <http://www.the-dermatologist.com/content/scalp-irritation> - Scalp Irritation
- http://beautysupply.about.com/od/hairtreatments/tp/Common-Hair-Disorders.htm?utm_term=damaged%20scalp&utm_content=p1-main-6-ti- [tle&utm_medium=sem&utm_source=google_s&utm_campaign=adid-a3153723-525e-4408-b26c-0972b4d83fa0-0-ab_gsp_ocode-31771&ad=semD&an=google_s&am=phrase&q=damaged%20scalp&o=31771&qsrc=999&l=sem&askid=a3153723-525e-4408-b26c-0972b4d83fa0-0-ab_gsp](http://beautysupply.about.com/od/hairtreatments/tp/Common-Hair-Disorders.htm?utm_term=damaged%20scalp&utm_content=p1-main-6-ti-) - Hair and Scalp Disorders
- <http://www.dailymail.co.uk/health/article-19073/How-hair-reveal-health.html> - How your hair can reveal your health
- <http://www.trichologists.org.uk/index.php/conditions/scalp-conditions> - Scalp Conditions
- <http://hairfoundation.org/hair-library/article-diseases.htm> - Diseases and Disorders of the Scalp
- <http://www.skindsight.com/diseaseGroups/hair.htm> - Common Hair Problems
- <http://www.trichologistbrisbane.com.au/page/inflamedscalpconditions> - SCALP CONDITIONS - INFLAMMATION
- <http://www.cots-tri.co.uk/scalp-problems/> - Scalp Problems
- <http://www.blackhairmedicalexpert.com/scalp-diseases.html> - Scalp Diseases

There ARE 100% NATURAL AND HOLISTIC Solutions to Having a Healthy Scalp and Hair!

In this article we will provide you with a lot of incredible **natural solutions** to create an optimally healthy scalp and hair with the bonus of optimal overall wellness and health.

Let's start with the key Nutrients for your scalp and hair:

Vitamins:

- **Vitamin A** – Helps maintain normal growth and bone development, protective sheathing around nerve fibers, as well as promoting healthy skin, hair and nails. Don't overdo it ... too much Vitamin A can have the opposite effect - **beta carotene** is the best route – load up on spinach and other leafy greens like collards and kale, sweet potatoes, red peppers, sea vegeta-

bles, squash and lots of carrots.

- **B Vitamins – B1, B2, B6, B12, Niacin, Pantothenic Acid, Folic Acid and Biotin** – B Vitamins are imperative for healthy scalps and hair with each of them nurturing you in a
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There ARE 100% NATURAL AND HOLISTIC Solutions to Having a Healthy Scalp and Hair! (Cont.)

unique way. Biotin is **key** for healthy hair and can be found in brown rice, lentils, oatmeal, and walnuts, chard, tomatoes, romaine lettuce, carrots, cucumber, cauliflower, onions, raspberries, strawberries, sprouts, dulse, pumpkin seeds, spirulina and avocado

- **Vitamin C** - One of vitamin C's major functions is to help produce and maintain healthy collagen, the connective tissue type found within hair **follicles**. Vitamin C is also a strong antioxidant and protects both the cells found within follicles and cells in nearby blood vessels. Good sources of vitamin C are all citrus fruits like oranges, lime, lemon, berries, vegetables like brussel sprouts, cucumbers, tomato, cauliflower, green leafy vegetables and red peppers.
- **Vitamin D** – take a few minutes of sun each day but be careful not to burn as that damages your scalp and hair.
- **Vitamin E** - Vitamin E helps to maintain the integrity of cell membranes of hair follicles. The vitamin provides physical stability to cell **membranes** and acts as an antioxidant while promoting healthy skin and hair. Add Vitamin E to your diet by consuming foods like avocados, rice bran, nuts, dark green vegetables, legumes and whole grains.
- **Vitamin K** - This lesser known vitamin helps to maintain healthy hair. Food sources of Vitamin K include dairy foods, figs, asparagus, broccoli, lettuce, Brussel sprouts, cabbage, dark green leafy vegetables, oatmeal, rye and wheat.

Minerals:

- **Selenium** – Selenium is necessary for iodine metabolism. It can be found in abundance in Brazil nuts
- **Iron** – Spinach, broccoli, Brussels sprouts, sea vegetables (kelp, nori, dulse, spirulina, chlorella, etc), lentils, beans, almonds, squash, pine nuts, quinoa and pears.
- **Zinc** – Zinc is essential for **DNA and RNA** production, which, in turn, leads to normal follicle-cell division. Zinc is also responsible for helping to stabilize cell-membrane

structures and assists in the breakdown and removal of superoxide radicals. You can obtain zinc from garbanzo beans, lentils, almonds, walnuts and pumpkin seeds.

- **Magnesium** – Magnesium is an important mineral for hair growth. Include foods like whole grains, green leafy vegetables, fruits, nuts and pulses.
- **Potassium** - Bananas are the best source for potassium, which is important in nutrient transfer through cell **membranes**.
- Other important minerals for your hair and scalp are **Sulfur, Silica and Iodine**.

Other nutrients that are necessary:

- **Omega 3 Essential Fatty Acids** – flaxseed, spinach, kale, Brussel sprouts, pumpkin seeds, chia seeds, avocados, flaxseeds, acai berries, and walnuts – avoid fish as it is now loaded with mercury which damages your body and your hair.
- **Healthy Vegan Protein** – This can be found in kale, spinach, broccoli, mushrooms, chia or hemp seeds, raw nuts (like almonds, Brazil nuts, pecans, hazelnuts, and pine nuts), legumes, beans, and hemp or sprouted raw protein powder.
- **Antioxidants** - Vitamins A, C and E are antioxidants that enhance skin cell turnover and collagen synthesis. When applied topically these vitamins protect against premature skin aging from the damaging effects of ultraviolet light and environmental pollutants.
- **Amino Acids** – particularly L-Methionine, L-Cystine and L-Lysine
- **Polyunsaturated fatty acids (PUFAs)**-play an important role in cell structure, barrier function, lipid synthesis, inflammation and immunity. PUFAs help reduce dry, scaly skin. Most popular sources are walnuts, fish oil, flaxseed oil etc.

Healthy hair comes from healthy **hair follicles**, and hair follicles thrive on a balanced diet of protein, complex carbohydrates, fatty acids and essential vitamins. Make sure you eat a nutrient dense balanced diet. If you are changing your **nutrition** then give your hair time to adjust. Many people when they move to a vegan or raw vegan diet will

lose a little hair at the **beginning**. It is just the old hair releasing ... wait it out and you will be amazed at the growth and health of your hair very soon, as long as you attend to the proper **balance** of your nutrition. Here are some nutritional suggestions for great health, a healthy scalp and a great head of hair:

- Keeping the body well **hydrated** by drinking plenty of filtered 100% living water daily will increase the skin's natural oils, preventing dry, flaky scalp conditions. Weigh yourself and divide the number by 2 and then make sure you consume at least that number in ounces of water each day.
- Avoiding intake of **food additives** like salt, sugar, spices, alcohol and carbonated beverages will prevent dehydrating the skin covering the body as well as one's scalp.
- Eat **complex carbohydrates** found in vegetables and avoid simple carbohydrates found in white flour
- Take **sugar** out of your diet – it is the main source of inflammation and disease, is a killer to your overall health and definitely to your hair!
- Avoid **processed** and fried foods.
- Eat **Chemical free and 100% Organic**. All the chemicals that go in your body end up in your scalp and hair.
- Avoid low fat diets as they **strip** your body down and ruins your health, scalp and hair. Consume lots of healthy fat in the form of avocados, extra virgin olive oil or any of the oils we listed above.
- **Asparagus** - Asparagus contains lot of folic acid. This is a kind of vitamin B, which help the body to absorb more proteins, which in turn, makes the hair grow faster. Asparagus is rich in vitamin A, C and folic acid. It also contains **fiber and iron**. Asparagus stimulates hair production and is also a good source of silicon for healthy hair. Vitamin E is also found in asparagus, which improves the overall health of the hair. With one bowl of asparagus daily, you will have thicker and shinier hair.
- **Cucumbers** - Cucumbers contain the mineral silica, which promotes beauty (Cont. on next page)

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ul hair, skin, and nails. It strengthens by improving collagen in the body, so cucumbers are a great way to prevent your hair from breakage and damage.

- **Cacao** -Cacao is a raw Superfood that contains iron, zinc, protein, magnesium, and even a few B vitamins. Cacao is also incredibly rich in sulfur, which promotes beauty throughout the entire body
- **Acai** - Acai is rich in omega 3 fatty acids, which some people aren't aware of. It's also a great source of protein and B vitamins, not to mention **antioxidants**. Omega 3 fatty acids help keep your hair and skin moist to prevent breakage and dryness, and the antioxidants in acai can help improve the overall look of your hair overtime.
- **Kale** - Kale is rich in iron and B vitamins that your hair needs and it helps prevent acidity in the body. An acidic body causes the body to **break** down, including your hair and nails.
- **Prunes** -Including prunes in your diet can help to improve your hair texture. It is rich in iron, it helps prevent hair loss, dull hair, thin hair, and discoloration of your hair.
- **Avocados** - Avocados' healthy fats promote moisture throughout the entire body so they not only help prevent hair breakage but can also help your hair **grow longer** and stay stronger.
- **Almonds** - Almonds are a great source of protein and have tons of Vitamin E. Protein helps improve **collagen** in the body, which is needed for proper hair growth and strength. Vitamin E helps improve elasticity and **moisture** so your hair will resist breakage and dryness. Almonds also have Zinc, which keeps hair from shedding. If you ever need a healthy snack that is great for your hair: Grab Almonds. Make sure you soak all nuts to get their full nutritional value.
- **Oats** - Oats are actually one of the few edible sources for the complete nutritional chain that our hair requires. Zinc, copper, B vitamins and biotin are among just a few of the micronutrients needed to prevent hair loss.
- **Wheat Germ** - Eating wheat germ and its oil are a sure super boost for hair **growth**. With B vitamins, calcium, magnesium, zinc, omega 3 fatty acids and niacin, wheat germ encourages the re-growth of hair necessary to maintain full follicles and thick strands.
- **Sunflower Seeds** - These seeds contain a nutrient called silica, which is a key ingredient in keeping hair strong and long and **preventing** breakage. Silica is not a common component in American foods so it's important to keep sunflowers handy as an added bob boost in salads and baking.
- **Chia Seeds** - Chia seeds are rich in calcium, iron, and vitamin B, all which help promote strength and healthy hair growth. They are also a great source of protein that your hair needs to stay strong and resist breakage.
- **Flax Seeds** - Flax seeds are a rich source of vitamin E. Flax seeds provide nourishment to the hair roots, shaft, and the scalp. Flax seeds contain high amounts of Omega-3 fatty acid. These help nourish hair follicles, which in turn helps make hair **strong** and healthy. Omega-3 fatty acid also improves the elasticity of hair and makes it less prone to breakage.
- **Apples** - Apples are rich in fiber and a variety of essential nutrients. Apples are also rich in antioxidants, making it a cell-renewing substance, great for healthy hair growth.
- **Coconut** - Coconut oil is a great source of healthy fats for shiny, healthy hair. Coconut oil also reduces inflammation and aids **circulation**. Coconut oil can be used directly on hair to condition, repair, rehydrate, and strengthen hair.
- **Berries** - Strawberries, Blueberries, & Blackberries - Berries are rich in antioxidants that protect cells from damage that ages them. They keep hair healthy, keep gray at bay longer, and prevent premature thinning. Many berries are rich in Vitamin C, which is an antioxidant that the body uses to create collagen, an important **connective** tissue used in bones, skin, and hair.
- **Beans, Legumes, & Lentils**- When you are vegan, you want to ensure you are eating a healthy source of

proteins. Proteins are the building block of healthy hair. Lean protein from beans and lentils will aid hair growth while also **supplying** a good amount of iron, zinc, and biotin. Iron deficiencies can result in balding and biotin is crucial to strong, thick hair and nails.

- **Carrots** - Carrots not only help to sharpen your vision but also to **maintain** the health of your hair due to the presence of vitamin A. Existence of vitamin A helps in formation of sebum oil in the scalp. Sebum is a very important **element** which helps to keep the scalp and hair very well moisturized. A moisturized scalp means healthy hair.
- **Dark green leafy vegetables** - Include lots of dark green leafy vegetables like spinach, broccoli and lettuces in your diet. All these dark green leafy vegetables are an excellent source of vitamin A and Vitamin C. Both these vitamins help in the **formation** of sebum, which is a natural hair conditioner and hence moisturizes your skin and scalp.
- **Brown rice** - Brown rice has some protein, vitamins and fiber. Besides giving you healthy hair and scalp, it also keeps you from **over eating** as it keeps you full for a longer time. Hence, switch to brown rice now to maintain your hair as well as your body.
- **Walnuts** - Walnuts are one of the best nuts for your hair nourishment and maintenance. As they are rich in omega-3 fatty acids, biotin, vitamin E and copper they protect your hair against damage from the sun by being a **shield** when you venture out; they also prevent hair loss and help keep your hair lustrous and rich in color. Make sure you soak all nuts to get their full nutritional value.
- **Green peas** - Green peas are loaded with all types of minerals and vitamins like zinc, iron and vitamin B, which help in maintaining the health of your hair and scalp.
- **Lentils** - Lentils are rich in folic acid. Presence of folic acid helps in **providing** the requisite amount of oxygen to your scalp and skin, which further (Cont. on next page)

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promotes hair growth and cell renewal.

- **Bell peppers** - Include all colors of bell peppers in your diet as they are a great source of vitamin C. Vitamin C guarantees efficient transition of **oxygen** to hair follicles and helps in the formation of collagen and promotes hair growth and prevents hair breakage.
- **Whole grains** - Whole grains are rich in nutrients and fibers. This promotes hair growth and makes it a super food for healthy hair.
- **Sweet potatoes** - Sweet potatoes are loaded with beta-carotene, which when consumed gets converted to vitamin A. Vitamin A prevents **dull scalp** and hair and promotes growth and proper circulation of oxygen to the hair follicle.
- **Pumpkin seeds** - Pumpkin seeds are a perfect hair rejuvenating snack. They're good for overall health, as they are loaded with protein, omega-6 fatty acids, zinc and iron.

Topical Herbs for Hair: Ginkgo, Sage, Horsetail, Nettle, Rosemary, Hibiscus, Black Tea, Peppermint, Coriander, Henna, Guava Bark and Leaves, Curry Leaves and Basil.

Foods that can be topically applied to your hair and scalp:

- **Lemon** - antibacterial properties - helps in maintaining healthy hair by alleviating several hair problems, like dandruff, itchy scalp, and hair fall. Lemon juice is perhaps the most effective home remedy for reducing **oiliness** of hair and it also works in fighting dandruff and itchiness of scalp. The acidic nature of the juice helps in removing excessive oiliness from hair and makes it smooth and silky.
- **Baking Soda** - antifungal properties. The beauty benefits of this common kitchen ingredient are innumerable and Baking soda works **wonders** when it comes to reducing the oiliness of scalp and hair. It also helps in removing suntan and improving skin tone. Baking soda can be used in a number of ways for reducing oiliness of scalp.
- **Fenugreek Seeds** - relieves dry-

ness

- **Avocado** - rich in vitamins, fat, protein, essential fatty acids and natural oils, avocado can help repair your damaged hair. Avocado coats and softens the hair to keep it hydrated and flexible. It can also prevent **free radical** damage to your hair in the future.
- **Banana** - Bananas can also help repair damaged hair. The high potassium, anti-oxidants and fortifying vitamins, natural oils and moisture content in bananas can help soften your hair and improve its elasticity.
- **Papaya** - Papaya is enriched with essential nutrients, which are helpful in boosting hair growth.
- **Pumpkin** - Pumpkins are natural moisturizer for hair as they are rich in vitamins.
- **Cacao Powder** - Cocoa powder works effectively on dry hair.
- **Indian Gooseberry** - Indian gooseberry, or amla, as it is called in India, has been used extensively in Ayurveda (Indian philosophy of medicine and lifestyle). One of its many uses is in treating hair damage. Promotes hair growth.
- **Corn Flour** - Corn Starch is a natural **absorbent** that soaks up excess oil and grease from the scalp to make hair smooth and shiny. Being a rich source of fatty acids and vitamin E, it helps in nourishing hair from the root and reduces hair fall and breakage.
- **Orange Peel** - Orange peel is a rich source of calcium, vitamin C and anti-oxidants that has effective benefits for skin and hair. It helps in removing **greasiness** from hair and scalp and gives it a smooth and shining appearance. Orange peel also acts as an amazing skin exfoliator and natural bleach that helps in removing suntan naturally.
- **Banana** - Bananas are loaded with vitamins, minerals and antioxidants that have amazing benefits for skin and hair. It acts as a deep nourishing conditioner and rejuvenates dull and oily hair. It reduces **excessive** oil and sebum from scalp and hair. It supplied nourishment to the hair follicles and keeps them hydrated and healthy.
- **Garlic** - Garlic has antimicrobial properties are perfect for eliminating dan-

druft-causing bacteria.

- **Onion juice** - Onion Juice has natural components that help stimulate the hair follicles as well as cleanse your scalp. It also stimulates blood **circulation** and leads to strong and healthy hair roots. It can particularly relieve itchy scalp caused by dandruff due to its natural anti-bacterial properties. Its anti-fungal properties are very effective against dandruff as well as ringworm. It also provides your scalp with certain important nutrients like vitamins C and B6, potassium, magnesium, germanium and sulfur.

Other Topical treatments for the scale and Hair:

- **Apple Cider Vinegar** - very high natural pH and is excellent at dissolving minerals, toxins, and dirt and has anti-fungal and **antibacterial** properties. Plus, white vinegar helps restore the natural pH level of the scalp, promotes healthy hair growth and will make your hair soft and shiny. Improves the texture and quality of hair, by **removing** chemical residue and closing the open cuticles so that it appears smooth, lustrous and healthy. It reduces oiliness from hair and scalp and makes it soft and silky.
- **Aloe Vera** - antibacterial and **antifungal** properties and Aloe vera is good for repairing damaged hair. Its humectant properties can soothe the hair shaft. It also contains enzymes, amino acids, and vitamins C and E that are good for your hair. Aloe vera is a natural moisturizer for skin and is a natural conditioner for hair. The gel obtained from a freshly-cut plant has antibacterial and anti-fungal **properties** that can be enjoyed when the gel is applied on the hair and scalp. It helps to clear itching, dry scalps, and brittle hair.
- **Shea butter** is a natural conditioner for hair. It acts as a protective layer for hair against harmful UV rays. The anti-inflammatory properties of shea butter help in **treating** dry hair.
- **Cocoa butter** is also a natural conditioner for dry hair.
- **Soap Nut** - Reetha or soap nut is a natural cleaning agent that has been used (Cont. on next page)

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sed for ages to clean hair even before shampoo was discovered. It is an excellent natural shampoo that cleans dirt and oil from hair thoroughly and gives is a **glossy** appearance and adds volume. It also helps in conditioning the hair so that there is minimum tangling and breakage.

- **Fuller's earth** or multani mitti is an extremely popular natural beauty product that has been used for ages for treating pimples, acne, excessive oiliness of skin and improving skin tone. It helps in cleansing skin and scalp, removing **impurities**, treating itchiness and irritation and reducing dandruff. It also helps in strengthening hair roots and smoothing hair follicles to reduce breakage and split ends.

Oils for the Scalp and Hair: Coconut oil, Jojoba Oil, **Black Currant Oil**, Neem oil, Extra Virgin Olive Oil, Almond Oil, Castor Oil, Sesame Oil and Argan oil.

Essential oils are amazing for your hair and scalp. They are highly concentrated and potent, so they should not be applied directly to your hair or scalp. They should first be **mixed** with base oil, or can be diluted in herbal rinse, or floral water. The essential oil content in a blend should usually be 1% to 3%. Many essential oils are antispasmodic, bactericidal, carminative, antiseptic, deodorant, euphoric, sedative, and a nervine tonic.

Base Oil for fine, thin hair- use sunflower, evening primrose, coconut, grape seed, ghee, flaxseed, olive, or jojoba oil – these will add volume to your fine hair. **Base Oil for thick coarse hair-** use rich nourishing oils such as: avocado, olive, hemp, rosehip, sesame, almond or evening primrose – these are valuable hydrating treatments.

Essential Oils that heal and restore growth: Lavendar, Arnica, Basil, Peppermint, Vetiver (Khus), Rosemary, Cedarwood, Lemon, Orange, Chamomile, YlangYlang, Myrrh, Sage, Sandalwood and Tea Tree.

One vital thing is to apply **detoxing** methods directly on my scalp and

detox your body. Proper cleansing, proper purifying and proper detoxing of your hair, scalp and body is essential. **Chlorophyll** is one way to purify our body. It cleans the blood, which in turn helps circulation and sluggish lymph. Sweating toxins out with dry saunas is also recommended.

Preventative Measures:

- Use only high quality all natural, Organic, **chemical free** (no alcohol, preservatives, sulphates, parabens, fragrance, and dyes to name a few), non-toxic, vegan shampoos and conditioners or make your own.

Use only Organic **non-ammonia-containing** hair dyes made from extracts like sage, walnut, chamomile, saffron and marigold. Keep in mind that organic hair dyes, though purported to be kinder on the scalp than their chemical counterparts, still contain chemicals, such as hydrogen peroxide. **Vegetable dyes** are completely natural, but since they only coat the outer layer of the hair (the cuticle), color results can be erratic.

- **Reduce products** ... less is better. Also change them out to avoid buildup.
- Wash your hair no more **frequently** than every 3rd day or less. You hair will adapt within a few weeks.
- Mist your hair with a all natural conditioner but do not over condition.
- Do not put conditioner on your scalp but rather on the **hair itself** with special care to the ends.
- Use an Apple Cider Vinegar rinse to clarify your hair and clear up product buildup.
- Rinse your hair with lukewarm or **cold water** not hot water.
- Detangle your hair with gently combing or brushing before you shampoo.
- Do not wash your hair frequently - Let how oily your scalp is determine how often you wash your hair.
- Do not tie your hair **tightly**.
- Gently **massage** shampoo into your scalp using the pads of your fingers in a circular motion.
- When you rinse the shampoo from your scalp, let it flow through the **length of your hair** and resist the temptation to rub it into your hair.
- Do not **scratch** your scalp with your fingernails.

- Do not use a comb with plastic bristles. Use a **wooden wide toothed comb**.
- Comb from the bottom up a little section at a time.
- Avoid combing wet hair.
- Brush your hair only with a good quality wooden **brush** that massages your scalp at the same time, after you have combed it out.
- Do not turn to using **dry shampoo**.
- Make sure you rinse your hair out completely after shampooing.
- Wet your hair and give your scalp and follicles a massage with a hair and scalp salt scrub. This this will restore damaged follicles and help maintain their health thereafter by keeping the **blood flowing** actively through your scalp. Use your fingertips to gently massage the scrub into your hair for a few minutes, and then rinse it out.
- Trim your hair regularly.
- Avoid using hair dryers and if you must use them use the lowest setting.
- Put down all the **hot tools** (I know this may be the hardest thing on this list but you are frying your hair with them).
- Dry your hair thoroughly.
- Gently **exfoliate** your scalp monthly.
- Brush your hair gently before showering.
- Wear a swim cap.
- Rinse hair immediately after swimming.
- Wrap your hair in a towel to absorb the water.
- Let your hair **air-dry**.
- Do you have straight hair? Let your hair dry a bit before you gently comb it with a wide-tooth wooden comb.
- Do you have textured hair or **tight curls**? Always comb your hair while it is damp, using a wide-tooth comb.
- Limit the time a hot comb or curling iron touches your hair.
- Try a hairstyle that does not require chemical products or pulling on your hair.
- Wear hair **loosely** pulled back.
- Use covered rubber bands made especially for styling hair if you must
- Wear **weaves** and extensions that are light, so they do not pull.
- Get weaves and hair extensions at a (Cont. on next page)

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salon that specializes in these services.

- Wear a professional weave or hair extension for 2 or 3 months at most.
- Keep up your scalp **hygiene** when wearing a weave or hair extension.
- Switch hairstyles, so you don't always wear a weave or hair extensions.
- Try to add more time between **color** touch-ups, especially when the air is dry. In the winter, try to stretch the time between touch-ups to every 8 to 10 weeks or longer.
- Have only one service — a coloring, relaxer, or perm. If you want more than **one service**, perm or relax your hair first, and do it 2 weeks before you color your hair.
- When in the sun, **protect** your hair by wearing a wide-brimmed hat.
- Avoid pulling and tugging on your hair as you brush, comb, or style it.
- Remove tangles gently, using an all-natural conditioner if necessary.
- Massage your hair before shampooing.
- **Avoid harsh chemicals.**
- Be sure to wash the scalp, which is where the oil is
- The less you do to your hair, the better.
- Avoid **smoking and alcohol.**
- Don't grease the scalp
- Adopt a healthy lifestyle
- A sedentary lifestyle will strip your skin and hair of its natural beauty.
- Try **headstands**-or any position lowering your head below your body--several times daily (15 minutes each time).
- Periodic, 100% Organic juice-fasting removes toxic chemicals built up in your body, especially from **chemically-grown** foods, the air, the water and drugs used, thus producing healthier hair and preventing premature graying (and aging)
- Avoid excessive mental labor, as well as mental stress, both of which reduce scalp circulation by constricting **blood vessels.**
- Avoid temperature extremes, extremely hot water and wearing hats in winter
- Sleep on a **satin pillow** or wear a satin headscarf or satin lined hat to bed.

- Take care of your **hormones** and if you suspect there is an imbalance or any thyroid issues then have an endocrinologist check for you.
- De-stress – practice meditative and relaxation techniques and begin to remove the excessively stressful triggers from your life.
- **Exercise regularly**- Even a quick walk around the block will improve your circulation, which is important for healthy skin and hair.
- **Get sleep!**- Stress and exhaustion take their toll on your hair, so be sure to give your body the rest it requires to maintain optimal health.

If you are experiencing hair loss the please see our Newsletter on **baldness** – it is packed with information and solutions to hair loss!

The following Research Links are provided so you can delve deeper into Holistic and Natural Solutions for a Health Scalp and Hair:

- <http://www.ask.com/beauty-fashion/treat-prevent-scalp-damage-1caa60ecdfaec4e3> - How do you treat and prevent scalp damage?
- <http://improvisedhomeremedies.com/how-to-cure-dry-scalp-naturally-with-home-remedies-permanent-cure-for-dandruff/> - How to Cure Dry Scalp Naturally with Home Remedies – Permanent Cure for Dandruff
- <http://www.refinery29.com/best-scalp-treatments> - The Most Common Scalp Issues & How To Treat Them
- <http://www.health-total.com/community/blog/simple-and-quick-home-remedies-treating-dandruff-and-dry-scalp> - Simple and quick home remedies for treating dandruff and dry scalp
- <http://www.rd.com/health/beauty/dandruff-natural-treatment/> - How to Get Rid of Dandruff: 11 Natural Treatments
- <http://hair.lovetoknow.com/Sage-and-Apple-Cider-Vinegar-for-Hair-Growth> - Sage and Apple Cider Vinegar for Hair Growth
- <http://herbs.lovetoknow.com/Herbs-for-Hair-Regrowth> - Herbs for Hair Regrowth
- <http://vitamins.lovetoknow.com/hair-regrowth-vitamins-women> - Hair Regrowth Vitamins for Women

- <http://www.the-dermatologist.com/content/maintaining-healthy-scalp-and-hair-improved-hair-growth> - Maintaining a Healthy Scalp and Hair for Improved Hair Growth
- <http://www.livestrong.com/article/91767-clean-scalp/> - How to Clean Your Scalp
- <http://www.hairbuddha.net/essential-oils-for-healthy-hair/> - Top 5 Essential Oils For Healthy Hair And Scalp
- <http://www.mindbodygreen.com/0-20040/why-dry-shampoos-are-bad-for-your-hair-what-to-do-instead.html> - Why Dry Shampoos Are Bad For Your Hair + What To Do Instead
- <http://salononline.com/healthy-hair-starts-at-the-roots/> - Healthy Hair Starts at the Roots
- <http://homeremedystore.com/37-proven-home-remedies-for-dry-hair/> - 37 Proven Home Remedies for Dry Hair
- <https://www.organicfacts.net/home-remedies/home-remedies-for-damaged-hair.html> - Home Remedies for Damaged Hair
- <https://www.aad.org/public/skin-hair-nails/hair-care/how-to-stop-hair-damage> - How to stop damaging your hair
- <http://www.nimaskininstitute.com/blog/unhealthy-hair-doesnt-always-start-at-the-scalp/> - Unhealthy Hair Doesn't Always Start at the Scalp
- <http://www.drkarwilliams.com/2012/03/08/the-keys-to-a-healthy-scalp/> - The Keys to a Healthy Scalp
- <http://timesofindia.indiatimes.com/20-foods-for-healthy-hair-and-scalp/articleshow/17951104.cms> - 20 foods for healthy hair and scalp
- <http://www.totally-long-hair.com/5-excellent-organic-oils-for-hair-growth-1.html>- 5 excellent organic oils for hair growth
- <https://www.newbeauty.com/hottopic/blogpost/8202-the-5-most-common-scalp-problems/>- How to Soothe an Unhealthy Scalp
- <http://hairdressing.ac.uk/node/152>- Maintaining healthy hair and scalp
- <http://www.thefitindian.com/natural-home-remedies-for-oily-hair-and-scalp/>- Top 15 Natural Home Remedies for Oily Hair and Scalp

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- <http://www.top10homeremedies.com/home-remedies/home-remedies-damaged-hair.html>- Home Remedies for Damaged Hair
- <http://homeremediesforlife.com/lemon-for-hair-growth/>- How To Use Lemon For Hair Growth (9 Simple Methods)
- <http://www.findhomeremedy.com/home-remedies-for-hair-repair/>- 11 Home Remedies For Hair Repair
- <http://makeupandbeauty.com/revive-damaged-hair-follicles-home-remedies/>- How To Revive Damaged Hair Follicles With Home Remedies
- <http://www.idiva.com/news-style-beauty/hair-care-tips-for-a-healthy-scalp/19709/>- Hair Care Tips for a Healthy Scalp
- <http://www.stylecraze.com/articles/amazing-foods-for-getting-healthy-hair/>- 27 Amazing Foods For Healthy Hair And Scalp
- <http://www.bustle.com/articles/100684-dry-shampoo-could-damage-hair-if-used-too-frequently-so-mix-it-up-with-these-other>- Dry Shampoo Could Damage Hair If Used Too Frequently, So Mix It Up With These Other Products
- <http://www.livestrong.com/article/288993-how-to-restore-damaged-hair-follicles/>- How to Restore Damaged Hair Follicles
- <http://www.livestrong.com/article/121470-tips-dry-unhealthy-hair/>- Tips for Dry Unhealthy Hair
- <http://www.hairscientists.org/human-hair/nutrition-and-hair-health>- Nutrition and hair health
- <http://articles.mercola.com/sites/articles/archive/2012/04/18/coconut-oil-improve-hair-health.aspx>- Coconut Oil for Hair: Use this Food for a New Level of Luster
- <http://health.howstuffworks.com/skin-care/scalp-care/tips/5-tips-for-maintaining-a-healthy-scalp.htm>- 5 Tips for Maintaining a Healthy Scalp
- <http://www.livestrong.com/article/312716-vegan-foods-for-healthy-hair/>- Vegan Foods for Healthy Hair
- <http://www.wikihow.com/Repair-Damaged-Hair>- How to Repair Damaged Hair
- <http://www.hairyum.com/growing-hair-on-a-vegan-diet/>- Growing Hair on a Vegan Diet
- <http://www.beautifulonraw.com/re-growing-beautiful-hair-on-raw-foods.html>- Re-Growing Beautiful Hair on Raw Foods (Updated)
- http://www.huffingtonpost.com/2014/07/17/bad-hair-nails-diet-foods_n_2964618.html- The Worst Diet Mistakes For Hair And Nails
- <http://www.today.com/style/foods-eat-avoid-healthy-shiny-hair-t5811>- Foods to eat — and avoid — for healthy, shiny hair
- <http://www.motherearthliving.com/health-and-wellness/natural-beauty/natural-shampoo-alternatives-zmez13mjzmel.aspx>- Natural Shampoo Alternatives: Lather, Rinse, Do Not Repeat
- <http://everydayroots.com/dandruff-remedies>- 12 Homemade Dandruff Treatments & Shampoos
- <http://www.mindbodygreen.com/0-15921/how-to-naturally-treat-a-dry-scalp-psoriasis-shampoo-wont-help.html>- How To Naturally Treat A Dry Scalp & Psoriasis (Shampoo Won't Help)
- <http://www.totally-long-hair.com/14-essential-oils-for-healthy-long-hair-1.html>- 14 essential oils for healthy long hair
- <http://bodyunburdened.com/holistic-hair-care/>- Holistic hair care: health from root to tip
- <http://www.thankyourbody.com/ph-balanced-shampoo-recipe/>- pH Balanced Shampoo Recipe for a Healthy Scalp
- <http://foodbabe.com/2011/11/06/holistic-hair-care-how-why/>- Holistic Hair Care – How & Why?
- <http://www.findhomeremedy.com/the-most-effective-dry-scalp-remedies-for-a-healthy-scalp/>- The Most Effective Dry Scalp Remedies For A Healthy Scalp
- <http://www.naturalhairrules.com/3-ways-treat-dry-scalp-naturally/>- 3 Ways To Treat Dry Scalp, Naturally
- <http://vegnews.com/articles/page.do?pagelid=4849&catId=5>- 5 Vegan Foods to Beautify Your Hair from the Inside Out
- <https://sunwarrior.com/healthhub/foods-for-strong-hair/>- 10 Foods for Healthy, Strong Hair Growth
- <http://www.dailymail.co.uk/health/article-101358/How-eat-way-healthy-hair.html>- How to eat your way to healthy hair
- <http://www.livestrong.com/article/312716-vegan-foods-for-healthy-hair/>- Vegan Foods for Healthy Hair
- <http://www.onegreenplanet.org/vegan-food/plant-based-foods-that-make-your-hair-gorgeous/>- 10 Plant-Based Foods That Make Your Hair Gorgeous
- <http://www.peacefuldumpling.com/natural-beauty-holistic-hair-care-gorgeous-locks>- Natural Beauty: Holistic Hair Care for Gorgeous Locks
- <https://www.aad.org/media/news-releases/going-to-great-lengths-for-beautiful-hair-dermatologist-shares-hair-care-tips-for-healthy-and-damaged-hair>- Going to great lengths for beautiful hair: Dermatologist shares hair care tips for healthy and damaged hair
- <http://greenbeautyteam.com/answers-advice/hair/10-tricks-for-thick-and-healthy-hair/>- 10 Tricks for Thick and Healthy Hair
- <http://timesofindia.indiatimes.com/lifestyle/health-fitness/diet/21-foods-for-healthy-hair/articleshow/22575168.cms>- 21 foods for healthy hair
- <http://www.joyoushealth.com/blog/2015/02/11/part-2-beauty-foods-healthy-hair/>- Part 2: Beauty Foods for Healthy Hair
- http://www.naturalnews.com/012893_hair_loss_male_pattern_baldness.html- How to slow or reverse hair loss with a healthy diet and nutritional supplements
- <http://ohdeardrea.blogspot.com/2014/09/how-to-grow-natural-healthy-hair-it.html>- How To Grow Natural Healthy Hair {&Keep It That Way}
- <http://marahfrank.com/2016/04/03/tips-for-healthy-hair-part-one/>- Tips for Healthy Hair: Part One
- <http://veggiemagnifique.com/8-tips-to-make-your-hair-grow/>- 8 Tips For Long and Luscious Hair

(Cont. on next page)

There ARE 100% NATURAL AND HOLISTIC Solutions to Having a Healthy Scalp and Hair! (Cont.)

- <http://blackhair101.com/hair-food-2/10-foods-that-enhance-hair-growth-vegetarian-edition/>- 10 Foods That Enhance Hair Growth (Vegetarian Edition)
- <https://sunwarrior.com/healthhub/foods-for-strong-hair/>- 10 Foods for Healthy, Strong Hair Growth
- <http://www.vegansouls.com/healthy-vegan-skin-and-hair/>- How to have Healthy Skin and Hair on a Vegan Diet
- <http://www.totally-long-hair.com/4-home-remedies-for-deep-conditioning-long-hair-1.html> - 4 home remedies for deep conditioning long hair
- <http://www.theprimehealth.net/hair-health/top-10-veg-foods-for-healthy-hair/> - Top 10 Veg Foods For Healthy Hair
- <https://panambicollection.wordpress.com/2014/09/13/healthy-hair-on-a-raw-vegan-lifestyle-update/> - Healthy Hair On A Raw Vegan Lifestyle + Update
- <http://www.healthyhairzone.com/2014/10/on-being-vegan-and-my-natural-hair.html> - On Being Vegan And My Natural Hair
- <http://www.addressschic.com/10-beauty-foods-glowing-skin-shiny-hair-strong-nails/> - 10 Beauty Foods For Glowing Skin, Shiny Hair And Strong Nails
- <http://www.bustle.com/articles/68779-5-natural-ways-to-grow-out-your-hair-if-you-want-to-avoid-using-products-made> - 5 Natural Ways To Grow Out Your Hair If You Want To Avoid Using Products Made With Chemicals
- <http://tipsandbeauty.com/10-indian-vegetarian-foods-for-healthy-hair-and-scalp/> - 10 Indian Vegetarian Foods for Healthy Hair And Scalp
- <http://www.healthy-holistic-living.com/foods-hair-loss.html> - 12 Super Foods for Healthy Hair
- <http://www.totally-long-hair.com/20-healthy-long-hair-care-tips-1.html> - 20 healthy long hair care tips
- <http://www.nutritionist-resource.org.uk/articles/healthy-hair.html> - Healthy hair
- <http://wellnessappliances.com/best-essential-oils-for-your-healthy-hair-and-scalp/> - Top 8 Best Essential Oils for Your Healthy Hair And Scalp
- <http://www.ofspirit.com/ionathonphillips1.htm> - Nutrients and Dietary Effects on the Hair and Scalp
- <http://www.drweil.com/drw/u/ART02032/healthy-hair-and-skin.html> - Six Tips for Healthy Hair and Skin
- http://www.huffingtonpost.com/nicole-cothrun-venables/scalp-conditions_b_1301949.html- Don't Overlook Your Scalp — Common Scalp Conditions and Treatment Suggestions
- <http://www.healthhype.com/scalp-problems-head-skin-and-hair-pictures-causes-and-treatment.html> - Scalp Problems (Head Skin Pictures) Causes and Treatment
- <https://health.clevelandclinic.org/2014/10/itchy-scalp-5-common-problems-and-fixes/> - Itchy Scalp? 5 Common Prob-

The Physical, Mental, Emotional and Spiritual Aspects of Hair and Scalp Wellness!!!

Rapid heart rate, **sleeplessness**, upset stomach—the effects that **stress** has on your insides gets a lot of well-deserved attention, but we often overlook how it can affect what you can actually see on the outside, including your hair and scalp.

Whether it is short term stress or you have been dealing with an ongoing personal crisis or are simply **experiencing** a rough few days, your stress amps up the production of certain hormones and releases inflammatory chemicals that can **compromise** your scalp's barrier function. That means it's easier for moisture to escape, potentially leaving your hair and scalp drier, and for **irritants** to get in and cause stinging, tingling and itching. Once this happens, even hair care products that may not have bothered you before may now cause an uncomfortable reaction. Because stress **slows down** skin healing, disrupts skin's barrier function and creates an inflammation-friendly environment, the itching and dryness that accompanies eczema can become worse.

In fact, stress leads to **hair loss** and itchy scalp is only a symptom for such a condition. When you face psychological or physical stress, your hair begins to fall in clumps. This is a temporary condition and is known as telogen effluvium. When this happens, you may notice **more hair** in your brush or your scalp may feel itchier and more sensitive. This is due to the over production of certain hormones as well as release of **pro-inflammatory** chemicals.

Telogen effluvium may last anywhere from **two to six months** but your hair follicles can take up to more than one and a half years to completely recover. The key to prevent this condition is to **avoid stress**. For this, you may exercise daily. This may include yoga or aerobics or anything that makes you stress free. Meditation, deep breathing, walking, swimming, gardening or even developing a new hobby can relieve stress to a great extent.

Anxiety can also have a severe effect on your hormones and damage your organs, and your skin is your body's largest organ, so the idea that anxiety

can lead to scalp itch is not an unusual one. Because the mechanism isn't clear, the cause of **itchy scalp** with anxiety is likely to be related to one of the following:

- **Skin Sensitivity**- Stress increases skin sensitivity, and the scalp experiences a lot of contact with bacteria, fungi, germs, and chemicals. When you experience several anxiety, you're potentially increasing the **likelihood** that your skin will experience a reaction to those chemicals, or a worse reaction than you do normally.
- **Over-sensitivity**- Those that live with some types of anxiety problems are prone to an issue known as hypersensitivity – the act of "feeling" a **sensation** more than other people. In other words, if your skin occasionally has a light itch, a person without anxiety may not even notice it, but a person with anxiety may feel it strongly.
- **Unknown Stress Reactions**- Finally, some of the reactions of anxiety (Cont. on next page)

The Physical, Mental, Emotional and Spiritual Aspects of Hair and Scalp Wellness!!! (Cont.)

ety aren't known. During an anxiety attack, for example, your body experiences profound stress that affects hormone levels, vitamin nourishment, **digestion** and more, and affect each person differently. It's possible that any one of these issues is responsible for itching on your scalp.

The bones in the **forehead** are porous and function to transmit light to the **pineal gland**, which affects brain activity, as well as thyroid and sexual hormones. Many people believe that hairs are the antennas that gather and channel the sun energy or *prana* to the frontal lobes, the part of the brain you use for meditation and **visualization**. The belief is that these antennas act as conduits to bring you greater quantities of subtle, cosmic energy.

Many spiritual and religious **traditions** view hair as a retainer of one's vital essence. **Rastafarians** consider hair their connection to God, calling their long dreadlocks "God antennae." **Sikhs** allow their hair to grow naturally as a symbol of respect for the perfection of God's creation. Ancient Middle Eastern tradition includes offering hair for religious rites in place of human sacrifice and the fulfillment of vows. In the **Bible** Samson lost his battle when his hair — the secret source of his power — was cut.

In **Judaism** observant men let their

beards grow untrimmed and their *peyes*, or sidelocks, curl around the sides of their faces, and they **refrain** from shaving or cutting their hair when in mourning. From a traditional **Native American** view, hair is an extension of oneself, much like one's nose, hands, etc. and a source of their power and intuition.

As always our outward appearances are a **window** into our inward wellness. When we are imbalanced physically, mentally, emotionally or spiritually our hair will SHOW US the missing balance so that we can look for the **imbalance** and bring Healing and balance to it. We can be grateful to our hair for giving us an outward sign. Bringing **mindfulness** and peacefulness to our lives is one of the ways we can work on our stress and help us in having an abundance of healthy hair.

The below Research Links will enable you to uncover more details about the Mental, Emotional and Spiritual aspects of Hair:

- <http://www.canyonranch.com/your-health/whole-beauty/head-toe-beauty/healthy-hair/the-effects-stress-your-hair-and-scalp> - The Effects of Stress on Your Hair and Scalp
- <http://www.calmclinic.com/anxiety/signs/itchy-scalp> - Itchy Scalp and Anxiety
- <http://www.today.com/health/all-about-hair-health-expert-s-take-shampoos-diet-stress-t79646> - All about hair

health: How shampoos, diet and stress affect your locks.

- <http://www.wakingtimes.com/2013/03/09/hair-and-spirituality/> - The Spiritual Nature of Hair
- <http://www.ultimatetruthofself.com/higher-consciousness/spiritual-importance-of-hair> - Spiritual Importance Of HAIR
- <http://forward.com/articles/120555/flow-it-show-it-the-spirituality-of-hair/> - 'Flow It, Show It': The Spirituality of Hair
- <http://www.crystalinks.com/hair.html> - Hair
- <https://mysacredjourney.wordpress.com/articles/hair-care/> - HAIR CARE
- <http://foreverconscious.com/the-healing-powers-of-hair> - The Healing Powers of Hair
- <http://spiritual-zone.com/20-excellent-home-remedies-to-grow-your-hair-faster-and-healthy/> - 20 excellent home remedies to grow your hair faster and healthy!
- http://www.sikhiwiki.org/index.php/Uncut_Hair - Uncut Hair
- <http://www.betemunah.org/hair.html> - Hair
- <http://www.whitewolfpack.com/2012/05/truth-about-hair-and-why-indians-would.html> - The Truth About Hair and why Natives would keep their hair long
- <http://www.whitewolfpack.com/2013/08/elders-talk-about-significance-of->

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