Hair's Health and Growth Begins Within

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Have you noticed any ups and downs in your hair's growth or changes in its texture? If you do, these sudden changes can happen when there are imbalances or deficiencies in the body, iVillage reports.

"Hair health depends on blood supply, circulation and nutrition," says ChicagoHealers.com practitioner Melody Hart, ND, PhD. "It [hair health] can also be [affected] by one's thyroid, liver hormones and stress levels."

To make the most of this information, experts suggest you nourish and nurture your tresses in the following ways:

Pay Attention to What You Eat and Drink

Check food and drink ingredients to ensure they have sufficient vitamins, minerals and antioxidants needed for optimal health. And eat organic to help improve hair health. Especially nutritious are foods rich in sulfur and silica, such as onions, garlic, green leafy vegetables and eggs. Sulfur is concentrated in hair, skin and nails. Adequate amounts of the mineral can stimulate hair growth in people with deficiencies.

In addition, reduce your intake of coffee and other caffeine sources, as well as sweet and salty snacks and fat. And drink enough water to avoid dehydration, which directly affects hair health. Drink at least six glasses a day, suggests Hart.

Avoid Harmful Cosmetics and Beauty Treatments

The stress of daily product use and chemical processes could ultimately lead to hair damage and loss, says dermatologist Julia Tatum Hunter, MD, founder of Skin Fitness Plus in Beverly Hills.

"Virtually, all skin, oral, nail and hair care products have toxic ingredients and antimicrobials, which create inflammation," Hunter says.

Inflammation starts to affect our bodies at birth. When combined with harmful beauty treatments for skin and hair, inflammation speeds up the aging process and results in hair loss.

And it's best to avoid or reduce your use of chemical irritants, such as hair dyes and daily styling

products. “Doing so will also strengthen [scalp’s] natural but weakened ability to function,” Hunter says. “[Hair] will repair itself and you can experience regrowth.”

Strengthen Those Follicles

Hair follicles are the building blocks of your crowning glory. To improve follicle health, is easy. Just eat healthy foods and watch your nutrient intake.

“Your diet must be supported with vitamins, minerals, antioxidants, nutrients, and oils that continually replenish, strengthen and energize your entire body,” Hunter stresses.

In addition to eating fresh, sulfur-rich foods and drinking water, to help strengthen hair follicles and stimulate hair growth, it’s important to include sufficient amounts of nutrients in the diet that aid in cell repair. These include glutathione, alpha lipoic acid, and multiminerals.

Click here for tips on repairing damaged hair.

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