

29 May 2008

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Your Hair's Best Friends

Avoid losing your hair by eating fresh green food and drinking a lot of water



You can prevent hair loss by closely monitoring your vitamin and water intake
dr-health

At one point or another in our lives we've all been worried about hair loss - whether it happened while we were brushing and styling our hair in the morning, after we had a shower or simply while we were touching up our makeup in a restaurant's bathroom. Experts say that as part of the natural hair growth cycle, it's normal for women to lose up to 100 hairs a day. Now that may sound much, but it's actually not - and many of us have had moments of panic, wondering whether we were going to end up going bald or having bald patches just like grandpa. Reasons for hair loss are extremely varied, but irrespective of whether we're losing our hair because of stress, intense styling, hormonal changes in our bodies or due to side effects caused by medication, the way we eat is crucial for the wellbeing of our treasured locks. Here are a few things we can do in order to improve the amount of hair-beneficial nutrients in our diets. First step - check for vitamins. Vitamins are vital for healthy hair growth, and more often than not, we forget to check the vitamin content of the foods we eat, as well as the amount of minerals and antioxidants they contain. Raw green organic food can greatly improve our hair. It doesn't matter how many styling products we use and how revolutionary they are, if we don't eat the right things, our hair will never be and look healthy. It's essential that we eat foods that are rich in silica sulfur, which is dubbed "the beauty mineral" and can be found in eggs, onions, garlic and green leafy vegetables. Within our bodies, a large concentration of sulfur is found in our hair, skin and nails. Sulfur promotes circulation, decreases inflammation and enhances hair growth in people with severe hair growth deficiencies. Other foods that have pretty much the same effect are iodine and potassium foods, such as seaweed. Unfortunately for those of us with a love for junk food and coffee, caffeine, fats, salt and sugar are not good news for hair growth and strength. The best thing to do is to forget all the fizzy drinks and increase your water intake to at least six glasses a day. The human body is more than 60% water and dehydration has a direct impact on hair growth, so the more water you drink, the better.