



## Hair care Your hair needs nourishment!

Your hair needs constant nourishment! As you get older, the condition of your hair at this season of the year may start to worry you. Your hair may get thinner, dry and brittle, and you may notice significant hair loss after taking a bath. Maybe you already tried asking your hairdresser: "What's happening to my hair?" and received just a casual answer: "Take vitamin and mineral supplements." Are you upset by this apparent lack of attention? Don't judge too hastily - your hairdresser is right! More hair-conditioner, scalp-oils, massages, and avoiding all of the external causes of hair-stress may sometimes help, but this is not enough. Your hair, like other parts of your body, needs nourishment.

Although everyone knows they need proper nutrition to have healthy bodies, most people don't realize the same holds true for their hair and nails. In fact, an extensive study showed that many Americans and Europeans lack adequate vitamin A-just one of the nutrients most essential for healthy hair and nails. To grow properly, new hair (and the same applies to nails) needs protein, minerals (particularly Ca, F, Mg, Zn, Se) and vitamins, particularly Biotin.

<b>Hair-healthy eating Good sources of important nutrients</b>	
Proteins	Cold-water fish (salmon, tuna, mackerel, sardines)
Calcium (Ca)	Milk and dairy products, green leafy vegetables
Selenium (Se)	Brazil nuts, mushrooms, cabbage, onions, wholegrains, garlic
Zinc (Zn)	Red meat, seafood (mussels, oysters), brewer's yeast, wholegrains, bran flakes, wheat-germ, eggs, cocoa
Fluorine (F)	Cold-water fish (salmon, tuna, mackerel, sardines), millet , black tea, water
Magnesium (Mg)	Vegetables, legumes, seeds (pumpkin, sunflower), crab-meat, milk
Biotin	Liver, egg yolk, soy products, oats, nuts, carrots, brewer's yeast, wheat-germ, Brussel sprouts

### To track down the possible cause of hair problems, look at the table below:

Problem	External causes	Internal causes
Skin Allergy	Use of hair-colorant, etc.	
Hair dull and lusterless	Nutritional deficiencies	
Dandruff	Over-the-counter shampoos containing salicylic acid or coal-tar, room-environment too warm and dry	Skin-fungus that causes the scalp to overproduce greasy scales
Fragile hair	Hair-ribbons etc. too tight, straining hair-roots	
Burnt hair	Use of hair-dryer too close to scalp	
Dry and brittle hair		High anxiety-level
Split ends	A lack of unsaturated fatty acids may be at the root of this problem	Hair's protective sheath may be damaged

Static electricity	Alcohol-containing hairsprays, dry air indoors in the winter	
Thinning hair-strands	Recent faulty dieting, lack of protein, essential vitamins and minerals	Short club roots may restrict the proper growth and strength of hair
Poor color quality	Not proper nutrition	
Changes in texture		Estrogen-replacement therapy, birth-control pills, pregnancy, hormonal imbalance
Hair loss		Age over 30, bad diet, poor blood-circulation, stress
Losing hair-strands by the handful		High anxiety and stress
More shedding than usual - - even widespread thinning and bald patches		Side-effects of long term medication

Eating of cold water fish, nuts, soy products, millet, oats, brewer's yeast, wheat-germ and special nutritional supplements for hair and nails gives your hair the strength it needs to withstand daily exposure to sun, frequent shampooing, bathing, chemicals, bacteria and damage from blow dryer heat.


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