


Nutrients For Healthy Hair

Posted by Zanna Taeni on 5th Apr 2022

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Our all-important manes, those beautiful locks, are often neglected in our little stolen moments of self-care. Keep on reading to find out how to keep your locks healthy and glowing through all the seasons of humidity and crisp autumn air.

Vitamin E

Supplementing with Vitamin E for eight months has been shown to increase hair growth. As another antioxidant, Vitamin E is essential for glowing skin, and this includes the scalp, which it supports by giving the hair a solid base to grow from. It can help replenish the shine often removed by chemicals, heat and other styling products. The best nutritional sources of Vitamin E include wheat germ oil, almonds, avocados and spinach. You'll find Argan (*Argania spinosa*) Kernel Oil in our Treated Hair Shampoo and Conditioner. It's rich in Vitamin E and Omega 3 and 9, which helps to restore, renew and repair damage from destructive agents.

Iron

The hair follicle and root rely on a nutrient and oxygen-rich blood supply. If the iron supplied to the follicle falls below a certain point, your hair's growth cycle may be disrupted, and you may suffer from hair loss. Red meat contains the most absorbable form of the mineral, called "haeme iron". When consuming "non-haeme" (or vegetarian) forms of iron – such as lentils, beans and amaranth.

Vitamin C

Vitamin C helps produce collagen, strengthening the capillaries underlying the hair shafts. As with Vitamins A and E, it protects the body against free radical damage, which can cause your hair to age. It aids in absorbing non-haeme iron, so coupling Vitamin C-rich foods with any plant-based iron you eat is a wise decision. Try including red capsicum in a tofu stir-fry, making a black bean chilli with tomatoes, or drizzling olive oil and lemon juice over steamed greens.



Zinc

An all-rounder for healthy hair, skin and nails, this antioxidant mineral plays a crucial role in hair tissue growth and repair and helps to maintain the oil glands around the follicles. Zinc is required for hormonal balance, and it's no surprise that studies have shown it to inhibit the formation of steroids associated with baldness in men. It may also be possible to revive hair colour, texture and strength with a zinc-rich diet by incorporating adequate amounts of oysters, beef, chicken and tofu.

Protein

Your hair is essentially made up of protein, and not getting enough of this vital macronutrient can cause it to become dry, brittle and weak. When protein is severely restricted you may experience impaired hair growth and hair loss. Animal protein – such as meat, chicken, fish and eggs – is preferable, as these are complete proteins that contain all the amino acids together. If you are a vegan, focus on meals that include quinoa, buckwheat, rice with beans or pita bread with hummus. We incorporate Hydrolyzed Soy Protein into our Shampoo and Conditioners. This protein binds to the hair from the follicle, increasing the thickness and strength.

Omega 3

Omega 3 can work for the hair by reducing inflammation in the follicles, directly contributing to hair loss. It can also promote better circulation in the scalp that may trigger further hair growth. The simplest most obvious answer is to get it through simply adding more oily fish – such as salmon, herring, mackerel and anchovies – to your diet.

Our Treated Hair and Dry Hair Shampoo contain Certified Organic Jojoba Oil. The topical application of this oil helps add lustre and shine to dull hair.



Biotin

This water-soluble B vitamin can improve the infrastructure of your body's keratin, the essential protein that makes up hair, skin and nails. When biotin interacts with cell enzymes, it helps the body produce amino acids, the compounds that form those ever-important proteins. Low levels can cause hair loss, skin rashes and brittle nails. Apart from organ meats, eggs and fish, which are all excellent sources of biotin, you can also get it from peanuts, almonds, sunflower seeds and strawberries.

A little secret from my mum

Always brush your hair before you hop in the shower to wash your hair. When your hair is wet, it's more vulnerable to breaking. You'll also find it easier to smooth shampoo and conditioner through from top to tip.

This has saved me countless hair breakages and flyaways. Mum always knows best.

* Science Direct

** University of British Columbia Hair Research and Treatment Centre

