

<http://hair-lossprotocol.com/?hop=emoshe> for \$39 info on growing here within one month.

This article will introduce five kinds of food, which are very beneficial for your hair. If you eat a lot of these kinds of food in daily life, you will not worry about such problems as hair loss or grey hair.

However, New Zealand is low in minerals listed below, so the minerals mentioned,

Firstly: salmon

Salmon contains a large number of Omega-3 fatty acid, high-quality protein, vitamin B12 and iron ions. Among these nutrients, Omega-3 fatty acid is the essential ingredient to maintain the health of scalp. The nutritionists from Los Angeles point out that, lack of Omega-3 fatty acid which cause dry scalp, and the hair will look dim without lustre. Then what should the vegetarians do? They can eat some flaxseed every day, which also contains plenty of Omega-3 fatty acid.

Secondly: dark green vegetables

Spinach is the first choice. If you don't like to eat spinach, broccoli and Swiss chard are also good choices. Spinach is the best source of vitamin A and vitamin C. These two kinds of vitamins are the essential components for the synthesis of fat. They are the natural "hair conditioner". In addition, dark green vegetables can also provide a lot of iron and calcium.

Thirdly: beans

Beans, such as kidney bean and lentils, play an important role in the health of hair. They not only provides a large number of proteins which can promote the growth of hair, but also contain plenty of iron, zinc and biotin. Lack of these substances can make the hair brittle and lead to hair loss. The experts from American Nutrition Association suggest people should eat three or four bowls of lentils every week.

Fourthly: nuts

In order to make the hair thicker and more lustrous, you should eat more nuts in daily life. Nuts are the best natural source of selenium, which is one of the most important minerals to maintain the health of scalp. Walnut contains a lot of Omega-3 fatty acid, which can help to care the hair. At the same time, walnut also contains great amounts of zinc, and so do cashew nut, America hickory and almond. Zinc deficiency can make the hair easy to fall out. As a result, nuts plays an important part to maintain the health of hair.

Fifthly: low-fat milk

Low-fat milk, such as the skimmed milk and yoghurt, is a good source of calcium. Calcium is an important mineral to promote the growth of hair. In addition, low-fat milk can also contain whey protein and casein. What's more, these two kinds of proteins all belong to high-quality protein, which are beneficial for the health of hair.

A lot of people may suffer from hair loss. Medical experts point out that, in addition to medical treatment, some kinds of nutrients and daily food also can promote the growth of hair and help eliminate the problem of hair loss.

Firstly, supplement iron. According to scientific research, among the people who suffer from hair loss, 30% of them lack of iron in the body. As a result, the patients should eat more food rich in iron, such as soybean, black bean, egg, ribbon fish, shrimp, cooked peanut, spinach, carp, banana, carrot, potato, and so on.

Secondly, supply more plant protein. Study has found out that, for people who suffer from hair loss, the content of methionine in their body is obviously reduced. Therefore, they should eat more food which contain a lot of methionine, such as soybean, black sesame, corn, and so on.

Thirdly, eat more fruits and vegetables. Generally speaking, women are more likely to suffer from hair problems. This is because they always take in too much sweet and fatty food for a long-term. This makes the acidic materials (such as lactic acid and nitric acid) detained in the body and produce acidic toxins. As a result, they should eat less liver and meat, because the acidic materials in these foods will cause too much acidic toxins.

Fourthly, supplement iodine. The luster of the hair is closely related with the function of the

thyroid. Adequate intake of iodine can enhance the function of thyroid, which is very beneficial to the health of hair. As a result, people who suffer from hair loss can eat more food containing a lot of iodine, such as kelp, laver and oyster.

Fifthly, take in more vitamin E. This is because vitamin E can resist the aging of hair, promote the division of hair cells, so as to promote the growth of hair. There are many kinds of food that contain a large number of vitamin E, such as fresh lettuce, green cabbage, sesame seeds, and so on.

In a word, if the patients who suffer from hair loss pay more attention to their diet and eat more of the above food in daily life, it can improve the condition of their hair, and thus help them eliminate the trouble of hair loss.

Getting your hair re-grow, you may want to work on getting enough blood flow to your hair follicles using natural health supplements. Biotin is a B vitamin that you can begin to look at. It is generally referred to as vitamin H or B7 and is helpful in promoting healthy hair, nerves, skin, eyes, liver and mouth. It is a natural vitamin that can be found in our daily food e.g. meats, milk, saltwater fish, poultry, cooked egg yolks, whole grains and more.

Apart from biotin, there are a number of vitamins and minerals that are helpful to our hair follicles including saw palmetto, nettle root and gotu kola, vitamin b-complex, zinc and magnesium.

If you are someone who believes in TCM (traditional Chinese medicines), you can search for a Chinese herb called “Han Lian Cao”. It can effectively help to fight inflammation and swelling on our hair scalp and strengthening our hair in its roots.

Last but not least and most importantly, since our hair is made of protein, we should try to have a diet full of fish, eggs, beans and other low-fat high protein food.