



## Nutrition for healthy hair - healthy and dangerous foods, recommendations

*Eliseeva Tatyana*, editor-in-chief of the EdaPlus.info project

*Tkacheva Natalya*, herbalist, nutritionist

*E-mail: eliseeva.t@edaplus.info, tkacheva.n@edaplus.info*

**Abstract.** Hair is a horny derivative of human skin. They perform a protective and aesthetic function. Hair protects a person's head from **hypothermia** and mechanical damage. In addition, healthy, beautiful and well-groomed, they make a person more attractive in communicating with other people. Hair lives from 2 to 4 years, grows by 12 cm per year and up to 8 m throughout life. Their total number on the head ranges from 90 to 150 thousand.

**Key words:** hair, description, healthy products, dangerous products, recommendations, folk remedies

In order for your hair to always remain healthy and strong, it is necessary to provide it with adequate nutrition, with sufficient amounts of protein, healthy fats, unrefined carbohydrates and vitamins, microelements, and amino acids.

- **Proteins** . [1] It is better to give preference to lean meats, fish, eggs, and **nuts** .
- **Healthy fats** . [2] It is necessary to consume foods rich in **unsaturated fatty acids** . For example, fatty **fish** , any unfried vegetable oils ( **olive** , **corn** , **sunflower** , **flaxseed** ), nuts, seeds.
- **Unrefined carbohydrates** . [3] Contained in vegetables and fruits, in products made from second-grade flour, bran. Bread, sprouted wheat grains are very useful.

### Vitamins necessary for hair:

- **B vitamins** . Promote rapid hair growth, make hair strong and thick, reduce fat content, add elasticity and shine (cereals, grains, nuts, **eggs** , brewer's **yeast** ). [ 4 ]
- **Vitamin E** . Nourishes hair follicles, heals hair, protects against ultraviolet rays, restores blood circulation to the scalp (nuts, seeds, vegetable oils, green leafy vegetables, eggs). [ 5]
- **Vitamin A** . Improves hair structure, makes it soft and silky. Dry and split hair will be especially beneficial ( **liver** , eggs, butter, cottage cheese. Good sources of carotene: carrots, **sea buckthorn** and **apricots** ). [6]
- **Vitamin C** - activates blood circulation, accelerates hair growth, promotes the absorption of iron (citrus fruits, Japanese quince, **rose hips** , **sea buckthorn** , currants, **kiwi** ). [ 7]

### Microelements:

- **Magnesium** – gives elasticity to hair. Contained in fresh herbs, nuts, **dried apricots** . [ 8]
- **Silicon** – makes hair strong and durable ( **cucumbers** , zucchini, root vegetables); [9]
- **Zinc** – prevents the appearance of gray hair and hair loss ( **garlic** , onions, cabbage); [10]
- **Selenium** – protects against ultraviolet radiation and other harmful influences (meat, **milk** , rye bread); [eleven]
- **Phosphorus** – provides hair with rich color and elasticity (fish, **beans** ); [12]
- **Calcium** – necessary for hair structure ( **dairy products** , greens, dark green vegetables.) [ 13]
- **Iron** – strengthens hair, prevents early gray hair (liver, **buckwheat** , pomegranate); [14]
- **Sulfur** – provides strength and shine (fish, liver, garlic, legumes); [15]
- **Iodine** – gives hair a healthy appearance, participates in metabolic processes (seafood, **persimmon** , champignons); [16]
- **Copper** – protects hair from premature aging (buckwheat, oatmeal, pearl barley, apricots, **pumpkin** ); [17]
- **The amino acid tyrosine** is also necessary for hair, protecting it from early gray hair.

### Top 10. The most useful products for hair

1. **Fish** and **seafood** are rich in **phosphorus** , zinc, iodine and healthy fats.
2. **Greens** and leafy vegetables contain a lot of calcium, magnesium, **iron** , vitamins C, A.
3. Nuts and seeds are a valuable source of vitamin E and polyunsaturated fatty acids; they contain **zinc** and selenium.
4. Cereals (sprouted grains, cereals, bread, bran) are the main source of **B vitamins**
5. **Poultry** - contains easy-to-digest protein, without which hair becomes dull and colorless. In addition, poultry meat is rich in iron, which is essential for the body.
6. **Eggs** are a source of protein. In addition, they contain B vitamins, which are essential for the body.
7. **Vegetable oils** contain polyunsaturated acids and vitamins **A , D , E**.
8. Vegetables ( **carrots** [18] , **beets** [19] ) – rich in B vitamins, vitamin A, as well as magnesium and **potassium** .
9. **Dairy products** are sources of organic calcium, which is responsible for hair growth and strengthening.
10. Legumes are rich in iron, zinc and biotin, which are responsible for strong hair.

### Folk remedies for hair treatment

In order for hair to be healthy, in some cases, nutritional correction alone is not enough. In this case, natural remedies will help.

**carrots [20]** , lettuce and alfalfa every day for a month .

Method of preparation: mix 9 parts of freshly squeezed carrot juice with four parts of lettuce juice and add 3 parts of alfalfa juice to this cocktail.

If you can't make such a composition, it doesn't matter! It can be replaced with a simpler cocktail. Carrot and **cucumber** juice will help restore your hair's strength and shine, and accelerate growth. The juice is taken in a 1:1 ratio.

For severe hair loss, herbalist Rim Akhmetov advises using this recipe: pour 2 cups of oats with 6 cups of boiling milk. Boil for 2 minutes over low heat and cool. Take 1 glass 3 times a day for a month. After a month, repeat the course.

## Products harmful to hair

- Sugar – in large quantities acts in the human blood as a toxic substance that is released through the skin (including through the scalp), and makes it oily.
- **Salt** consumed in large quantities interferes with the absorption of vitamins.
- Carbonated drinks contain a lot of unhealthy ingredients and empty carbohydrates.
- Convenience foods and fast food. These products contain almost no vitamins and microelements that are beneficial for the human body, and, accordingly, for the hair.
- Products containing **caffeine** ( **coffee** , tea, chocolate). Interferes with the absorption of vitamins important for hair such as B and C, as well as zinc and potassium.
- Fatty dairy products. May cause **allergies** and **itchy** scalp.

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*Eliseeva Tatyana* , editor-in-chief of the project EdaPlus.info

*Tkacheva Natalia* , phytotherapist, nutritionist

*E-mail:* eliseeva.t@edaplust.info, tkacheva.n@edaplust.info

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