

## Hair Growth Tips

Would you like to know how to **increase hair growth** and volume at the same time? Here are some no-sweat ways to achieve that:

### Foods That Boost Hair Growth

#### Proteins

Eat lots of fruits, vegetables and fish. It may seem as though this **diet** is not related to increased hair growth, but eating like this **makes a big difference**. Since hair is made up of proteins, be sure to intake enough of them through your diet. People suffering from **anorexia**, **irritability**, or those who undergo extreme weight loss programs usually notice that their hair growth has decreased.

The proteins that you should include in your diet are **eggs**, **beans** and **nuts**, and if you are not a vegetarian you should also eat lean meat, such as **chicken**, **turkey** or **fish**.

These foods stimulate healthy **keratin** production, which is crucial for **faster hair growth**.

#### Healthy Fats

Healthy fats are essential for overall health and the health of your hair.

In addition to increasing hair growth, **Omega-3 fatty acids** make your hair look healthy and beautiful.

**Saturated fats**, **trans-fatty acids** and **hydrogenated fats** are a textbook example of fats you should **avoid**.

Furthermore, healthy fats will provide you with a sufficient amount of **A**, **D**, **E** and **K vitamins**, which are necessary for faster hair growth.

#### Iron and Zinc

Iron and zinc are essential for faster hair growth.

Iron is responsible for **delivering oxygen** to the cells, from your toes to the **hair follicles** (which is why blood smells of iron).

**Look** for the best vegetarian sources of iron in your diet **here**.

Zinc helps regenerate tissue, making sure that the glands around your follicles are working properly. The sufficient amount of zinc can be introduced into the organism by eating **wheat germ**, **fried pumpkin** and **pumpkin seeds**, **dark chocolate**, or **cocoa**.

### Vitamin C

The **lack of vitamin C** in the body can make your hair **dry**, weak and **discolored**. Your body uses vitamin C to produce **collagen**, which is crucial for faster hair growth. Vitamin C also helps in the **absorption of iron** and is therefore very important.

The body can not produce enough vitamin C on its own, so it is important to **introduce it by means of food and beverages**.

Foods rich in vitamin C are **melon**, **citrus fruits**, **broccoli**, **peppers**, **spinach**...



## Reduce Hair Damage

### Excessive Hair-Styling Can Damage Your Hair

Your hair probably looks fantastic after straightening or curling. However, these procedures are **very bad** for your hair because they cause **heat damage** or even hair loss, especially if not performed properly.

### Carefully Brush Your Hair

Have you ever heard of the myth of 100 brushes a day? Not only is that **inaccurate**, but also **excessive hair brushing** can damage the hair and cause its **discoloring and breakage**.

**Brush your hair when it is dry**, not wet. Your hair is particularly sensitive when it is damp, so it is best to wait before you take the brush into your hands.

### Wash Your Hair Appropriately

Choose products that contain healthy ingredients such as avocado oil, coconut oil, **jojoba oil** and olive oil. They help keep moisture and oil in your hair, while preventing **split ends** and other types of hair damage.

Also, **do not wash your hair too often**. Retention of natural oils is the key to strong and healthy hair. However, if your hair is **greasy**, you will have to skip this rule because **too much grease** can be **harmful** for hair growth.

### Regularly Trim Split Ends

You have probably heard that hair grows faster if you trim it regularly. That is a fish story. However, it is true that regular trims **prevent the loss of length** which occurs due to **hair cracking**.

How often you should trim your hair depends solely on how healthy your hair is and how fast you want it to grow.

Of course, regular trimming is very important in order for your hair to look **healthy**, so cut off as much hair as needed and then **properly nourish** it to prevent radical hair cut-offs in the future.

The formula is simple - if you **protect your hair from breakage**, you will not have to cut so much of it at once, so it will soon be as long as you want it to be.

### Home Remedies for Faster Hair Growth

Nature has taken care of everything, including your hair. Try some of the following home remedies:

- A **mixture of aloe vera and honey** - mix the "flesh" from three leaves of aloe vera with honey and apply it to your hair. Wait for 20 minutes and rinse your hair as usual.
- **Rinse your hair with nettle tea** after each wash, for faster growth and glossy hair. You can also use **nettle shampoo**.
- **Breakfast for faster hair growth** - mix a spoonful of soy lecithin, wheat germ, honey and yeast each in a cup of yogurt. Eat this mixture for breakfast every day to increase hair growth.
- Mix **a tomato with a spoonful of olive oil**. Heat until warm and apply to the scalp. Aloe vera can also be added to the mixture. Leave it on the scalp and give it time to work.
- Wash your hair with **rosemary water** that you have prepared yourself from dried rosemary. As an alternative, you can use **rosemary shampoo**.

- **Hibiscus** was used in traditional Chinese medicine to stimulate hair growth. In addition, this flower **prevents hair loss and premature hair graying**.
- For decades, **Henna** has been used by many queens and kings for hair dyeing, washing and natural hair glossing. In addition, Henna calms the hair, **reduces hair loss** and increases hair **volume**.
- **Curry leaves** can also do wonders for your hair. They are filled with essential nutrients that help **strengthen the follicles**. Curry acts as a natural **antioxidant** and stimulates new hair growth.
- **Rose petals** are great for calming the scalp and **removing dandruff**. In addition, they increase blood flow, reduce hair loss and increases hair **volume**.
- **Neem powder** has for millennia been used to treat hair loss and stimulate hair growth due to its high concentration of fatty acids that contribute to hair health.