

5
TIPS FOR
HEALTHY HAIR



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PLUS

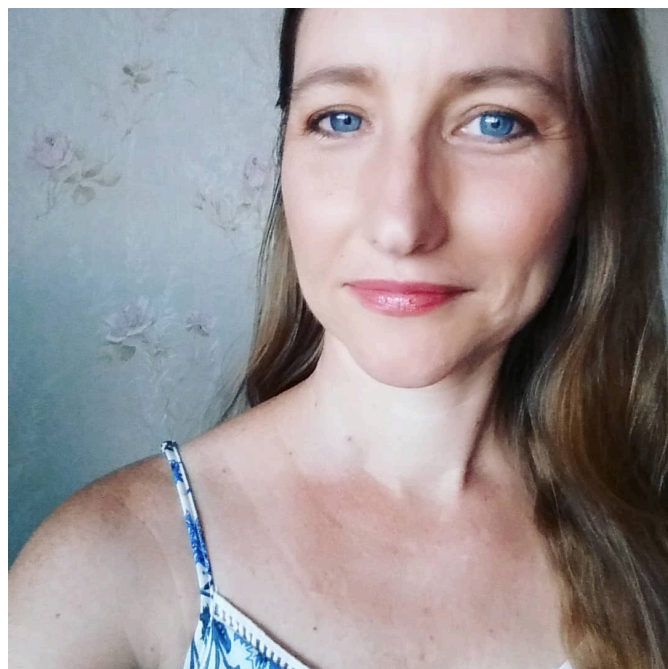
BONUS
RECIPES

How to Nourish
Your Hair From
The Inside Out
and Care For It
Naturally

Hello Friend!

Angel here and I'm so excited for you to go through this resource.

Many people wish their hair was less oily, less dry or dull. And some are needing support with scalp issues or hair loss.



Have you been struggling to keep your hair and scalp healthy and are frustrated with all the different lotions and potions out there? Then this information will be of value to you!

Something that is surprising to a lot of people is that nutrition plays a big part in the integrity of our skin, nails and hair. We need to look not only at what products we are putting on our hair and scalp, but also what foods we're ingesting on a day to day basis!

After doing some research, this is what I have found to be the most useful information to take on board for each issue.

- Number 1: Dry Hair
- Number 2: Oily Hair
- Number 3: Lack of Shine
- Number 4: Loss of Colour
- Number 5: Hair Loss

Let's go into each one of these a little more..

NUMBER 1

DRY, BRITTLE HAIR

Dry, brittle hair can be a result of a deficiency in Essential Fatty Acids. EFA's like Omega-3s, are the building blocks of healthy cell membranes. These polyunsaturated fats also help produce the skin's natural oil barrier, critical in keeping skin hydrated, plumper, and younger looking. They do the same for your hair too!

Good sources are: salmon, nuts/seeds (linseeds and chia seeds), pastured eggs/beef and cod liver oil. Find a reputable source for your fish oil!! My favourite brand is superior in quality and I can be certain that the oil is not rancid or manufactured with impurities.

Avocado Hair Masque

- 1 1/2 avocados
- 2 tbsp honey
- 1/2 lemon, squeezed
- 2 tbsp olive oil
- Lavender, Ylang Ylang and Geranium essential oils (2 drops each)

Blend all ingredients until smooth and apply from roots to tips. Cover and leave in hair for 45 mins. Rinse well and enjoy your new lovely locks!

NUMBER 2

OILY HAIR

Oily hair occurs when the sebaceous glands are over-active leaving the hair feeling heavy and greasy. You may feel like you need to wash your hair more often, but washing your hair too frequently with harsh chemical products, can exacerbate the condition. The first step is to switch over to a chemical free product. This is so important!!

Vitamin B deficiency can also contribute to oily hair and this is common in people who live a stressful lifestyle. B Vitamins help to balance sebum levels and also help the body to deal with stress effectively.

Good sources are: organic wholegrains, mushrooms, beans, eggs and leafy greens!

ACV Hair Rinse

- 1 cup filtered water
- 4 tbsp organic raw Apple Cider Vinegar
- 15 drops each of Rosemary, Lemon & Cypress essential oils

Add all ingredients to a spray or squeeze bottle and keep in the shower. After shampooing, shake well and apply ACV Hair Rinse to roots and allow to sit.

Rinse out. Condition ends if needed.

NUMBER 3

LACK OF SHINE

Loss of shine can be caused from dietary factors, such as dehydration, and a lack of fresh fruits and vegetables. Over-bleaching, colouring or excessive use of heating tools on the hair can also cause damage, as can exposure to chlorine and salt. Chlorine can strip the hair of keratin and it's natural oils, while salt can dehydrate the hair making it feel dry and brittle.

One good tip is to saturate the hair in the shower before entering the pool, or use a non-toxic leave-in treatment to protect the hair. Another tip to help your hair look smoother and shinier.. rinse your hair with cool water after washing. Maybe try a coconut oil leave-in treatment. Simply take a little warmed oil and cover hair thoroughly. Leave in overnight and wash as usual. The results are amazing!

Hydration Smoothie

- 1 cup ice, 1 frozen banana, handful each of spinach and berries
- 1 cup of coconut water
- 1-2 scoops of Balance Complete Powder
- 3 drops of Tangerine essential oil

Blend all ingredients and enjoy!

NUMBER 4

LOSS OF COLOUR

Researchers found that hormones produced in response to stress can deplete the melanocyte stem cells that determine hair colour. They found that stress causes the stem cells to leave our hair follicles, leaving hair grey or white. Fascinating!! Our B Vitamins not only help us to manage stress, but in particular, a deficiency of B5 and B12 have been linked to premature greying.

Loss of colour can also commonly be caused by a deficiency in Zinc and/or Copper. Low Zinc levels have been associated with low mood and depression too.

Good food sources are: grass fed beef, pumpkin seeds, nuts, dark chocolate and spinach!

Zinc Boosting Bliss Balls

- 8 organic medjool dates, seeds removed
- 1/4 cup each of pepitas, sunflower seeds, macadamias, cashews
- 1/2 cup of coconut flakes
- 1/4 cup cacao powder
- 1/4 cup maple syrup

Blend all ingredients, roll into balls, refrigerate and enjoy!

NUMBER 5

HAIR LOSS

Vitamin and mineral deficiencies, hormones and stress have all been linked to hair loss. A lack of protein in the diet can affect hair growth as well. Vitamins A, C, D and E plus your B Vitamins, especially Biotin, are very important to help maintain hair and scalp health. You also want to make sure you have good levels of Iron, Zinc and Antioxidants.

Your hair has a life cycle that involves three growth phases: growth, rest and shedding. Any physical or emotional trauma that puts your body under stress, causes your follicles to be forced into the shedding phase a little earlier than usual, making it appear that you're losing much more hair than you usually would. This is known as *Telogen Effluvium* and it is quite common.

Hair loss can also be caused by hormonal changes in the body. Removing toxins from your household and personal care products is essential in helping your hormones to function effectively. Read your labels and ditch and switch out the toxic ingredients for pure, natural and plant-based ingredients. Synthetic chemicals disrupt the endocrine system and some prescription medicine and medical treatments can have this effect as well.

If your hair is falling out suddenly, and in clumps, it is wise to seek advice from your preferred health practitioner.

Regenerating Scalp Massage

- 50 mL carrier oil (jojoba, coconut oil..)
- 15 drops Rosemary essential oil
- 15 drops Cedarwood essential oil
- 10 drops Thyme essential oil
- 10 drops Lavender essential oil

Add the essential oils to a 50 mL glass dropper bottle.

Top up with carrier oil and gently mix well.

Add a small amount directly to the scalp, in any areas that need a little help.

Massage into the scalp to help stimulate the hair follicles.



MORE SUPPORT FOR YOU

If you have questions or are looking for more personalised support, you can find me on FB: @allnaturalmumma or email: support@allnaturalmumma.com

Have you heard about our friendly lifestyle community?

Members of our tribe have access to exclusive health and wellness groups, where we discuss how to live your best life using 100% pure therapeutic grade essential oils, incredible nutritional supplements and plant-based personal skincare, beauty & household cleaning products.

Ask me how you can join for free!

DID YOU GET SOME VALUE?

I hope so! My goal is to provide you with free resources that offer amazing tips and strategies on how to support you and your family's health naturally and effectively. For information on any of the products discussed here, please reach out to me.

Until next time, stay healthy and blessed.

