

# Losing hair? Try these tips

If you are losing hair try these tips: Hair loss isn't just for middle-aged men but is affecting more and more women under 40.

- 1. Choose non harsh shampoo.** Look at the ingredients on your shampoo bottle and try to avoid products containing the chemicals sodium lauryl sulphate, petroleum and silicone. These chemicals are commonly used in many shampoos to "foam up" but they can irritate your scalp.
- 2. Does your scalp need some tender loving care?** You should try to massage your scalp at least twice a week with a few drops of serums such as Nutrigro serum. A scalp massage releases tension in your forehead and scalp to aid blood. Using your fingertips, massage in small circular motions near your temples, and then move your fingers out over the rest of your scalp. For more details email us at [info@nutrigro.com](mailto:info@nutrigro.com).
- 3. Use less of your appliances.** Overuse of hair dyes, hair gel, hair dryers and curling irons can aggravate the problem of hair loss. If you have to use a hair dryer, switch it to the lowest and coldest setting. Also avoid using hair straighteners or curlers on very wet hair.
- 4. Make your hair healthy by eating the "right" foods.** Hair is essentially protein, so make sure you eat high-quality meat, oily fish, poultry or eggs. Your diet should also include lots of fresh fruit and vegetables, olive oil, live yogurt, nuts and seeds. Reduce dairy foods, caffeine, sugar and salt. If you live on a "fast" food diet you may be missing out on some or all of the 22 amino acids to make the protein for hair. In this case take a food supplement which contains all the amino acids, vitamins and minerals required for healthy hair.
- 5. Consider some Iron.** Iron is a key in maintaining healthy locks. If you are a vegetarian, try an iron supplement.
- 6. Ask for some advice!** Though some hair loss is normal – we can shed up to 100 hairs a day – it can be a sign of stress, poor diet and lifestyle factors. If the problem of hair loss continues for an extended period of time, see your doctor as there might be a more serious underlying cause.

By Ravi Bhanot

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