

PATRICE HAIR

My 6 tips for healthy hair



The beauty diagnosis

to know your hair and have a star level hairstyle!



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Introduction

A hairdresser since the age of 18, I spent a lot of my time in my two hair salons in Brittany with the hair of my clients - men, women and children.

The structures, shapes, textures of the hair as well as their colours vary from one person to another.

When you go to your hairdresser, your hair is in superb shape, impeccably well cut, bright and voluminous. Your scalp has been well massaged and a feeling of well-being fills you with satisfaction.

A few days later you have to wash your hair and this can happen to you:

- Your hair becomes dull, flat and turns yellow
- Your scalp becomes irritated
- You do not understand why your hair is not so bright any more
- You also sometimes notice that your hair is falling out or your hair is not as dense.

But that's not all. I note that our own actions, such as negligence and ignorance are also responsible for not keeping up to our expectations.

The use of professional products alone is not enough if their function is not adaptable to your specific case.

Hair and skin are a reflection of our lifestyle, our diet and the mirror of some genetic resistance. I realise that when styling the hair of my clients, thus receiving a regular report on the maintenance of their hair.

Both our skin and hair are real living materials and in this e-book I wish to bring you some useful tips that you can apply daily in order to reveal the true beauty of your hair.

Men or women, our need for seduction is permanent, for ourselves or for the people who are dear to us; when we are well coiffed, our esteem goes up, our image is valued.

In this e-book you will find a set of information on hair and scalp that will help you do the right thing every day to have beautiful, strong and attractive hair.

This information and advice is valid for improving the health of both men's and women's hair, whether you have a straight, smooth, curly or frizzy hair structure of all origins.





Why should we be aware of the state of our hair and scalp?

The types of scalp and hair:

Your scalp and more generally your skin is the mirror of your health. Knowing the state of your scalp, means becoming aware of your health and the regulation of your skin. With that knowledge, you are aware of what your skin needs and can then act accordingly to solve certain problems.

We all dream of thick, shiny, strong and resistant hair, but generally we attach much less attention to the scalp.



3 main categories of the scalp:

1- The **dry** scalp:

A tight, stressed skin, which makes it difficult to move the fingers during massage. Dandruff formation or cracking skin. The hair is often fine even with a good amount.

A dry, crusty scalp is due to sebum deficiency. Regular massages of the scalp promote secretion of the sebaceous glands.

2- **Sensitive** scalp:

Hypersensitivity of the scalp characterized by intense sensitivity when touching the hair, either with the fingers, or with a comb or brush.

Sensitivity to hot and cold can also be related to the general condition of the person, fatigue, stress, poor dietary habits etc.

The skin is a filter that brings out all the impurities of the body. Observe the reactions of your body and your skin. The appearances of pimples or other impurities, red patches, eczema, are indicative of an imbalance and favour an extra-sensitivity of the scalp.

3- **Oily/greasy** scalp means an excessive formation of sebum called "hyper-seborrhoea".

The hair feels "stuck" to the scalp. Hyper-seborrhoea can come from a hormonal change (for example during puberty or menopause). The sebaceous glands are dependent on hormonal factors. Excessive "excitement" of the sebaceous glands by your manual action causes a greasy effect too.

Firm, tight hair intensifies the fat effect that sebum produces because the scalp does not breathe properly.

Shampooing too frequently and too energetically may accelerate the production of sebum on the scalp. The use of water that is too hot also favours this process!

Knowing the state of one's hair is important for providing all the necessary care for balance and beauty.



Why does hair become dry?

Very often our hair becomes dry because of some external factors. For example, the dehydration of the hair due to an erosion of the cuticle. The fatty acids begin to degrade, the hair is less protected, it becomes porous, the scales of the hair remain open and the hair hangs, becoming entangled. Hair simply becomes dull and brittle.

The hair is dull and this is due to shampoos that are too detergent, sea water, chlorine swimming pools or blow dryers, or also because of the sun and/or cold. The hair becomes difficult to comb and it turns static.

A hereditary cause can also be the origin of dull and brittle hair...

Excessive or inappropriate discolouration also promotes dryness of the hair. A strong lightening creates a high porosity rate and empties the hair of the material necessary for its structure.

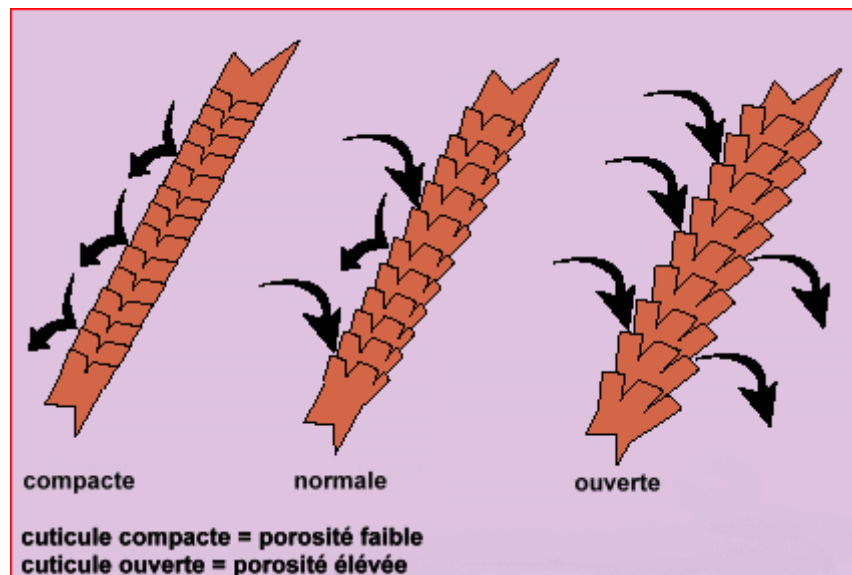
So how does one know if the scalp produces too much sebum, and if the hair is porous?

*Perform a little porosity test:

Cut a lock of hair from the root and drop it into a glass of water. If your wick stays on the surface, it means that your hair is in very good shape, if the wick remains in the middle of the glass, your hair is

moderately porous, and if your wick falls completely to the bottom of the glass, well, your hair is very porous.

- 1) The hair is in a very good shape. Use a balancing shampoo, having the same astringent and moisturizing power.
- 2) Slightly porous hair. Use a moisturizing shampoo containing some nourishing oils and then a moisturizing conditioner.
- 3) Very porous hair. Use a nourishing shampoo and then a repairing mask. At this stage, the hair is empty of any material and requires a specific treatment to restore it.





An example of natural and coloured hair.

- In the picture on the left, I had to make the lengths thinner without touching the roots and apply a steel grey reflection. The hair has become very porous but keeps its resistance. The sides and the nape are natural and very resistant.
- On the right photo, in order to get this flamboyant copper, I thinned the hair slightly and created a light porosity so that the warm pigmentation reveals all its intensity. Note that curly hair is always more porous than straight hair.



What about your hair?

*How many times a week do you wash your hair? And why?

If you feel the need to wash your hair every day, it's probably because your hair needs a fresh shot, not because your scalp is greasy and dirty.

Do you recognise yourself in any of the following cases?

- You rub your scalp intensely thinking of removing the sebum.
- You wash your hair with very hot water to remove the greasy effect.
- You use a random shampoo.
- You like shampoos with a gliding and shiny effect (extra-silicone).
- You style your hair firmly every day.

All these actions promote an intensive secretion of sebum and gives you that dreadful feeling of oily/greasy hair.

So you enter the vicious circle: the more you wash your hair the more your scalp becomes greasy and gives you an uncomfortable feeling.

So... what is there to do? You must imperatively space the frequency of your shampooing!

First, wash your hair every 4 days with lukewarm water and do a final rinse with lukewarm water.

This will firm the pores of your scalp and soothe the sebaceous glands to reduce intensive secretion. Then apply a conditioner on the lengths and ends by disentangling them with a large comb from the roots to the ends.

If the following morning you still cannot start your day without the shampooing ritual, then try practising this:

Wet your hair with warm water and apply a detangler on the lengths and ends, making sure to untangle them completely. The use of the conditioner without going through the intensive washing with the shampoo will allow you to not "excite" the sebaceous glands once again. You will thus preserve the natural protection of your scalp with the sebum it produces. Rinse thoroughly with lukewarm water and comb your hair. Your hair will be flawless and your scalp healthier.

Do not forget to change the types of shampoos regularly to create a transition and keep the product efficient.

The "3 weeks / 3 weeks" method will help regulate the excessive secretion of sebum.

Use the same shampoo for 3 weeks every 4 days and use another one for the next 3 weeks.

Your scalp and hair will be more receptive to active properties when you change regularly.

You will have a reduced number of shampooing sessions in a week and will keep a light and impeccable hairstyle.

Your use of a conditioner will be more important than the consumption of shampoos!

Also, by knowing the state of your scalp and your hair, you will choose the best suitable shampoo.

Understanding the labels of conventional cosmetics

Depending on the type of your scalp and your hair, you will use a shampoo adapted to accomplish its mission to the very best.

Shampoos *with contents*:

- Water: 40% to 60% of the formula
- Washing agents: (15% to 30%), they dissolve the fat which is entrained in the water
- Foaming agents: surfactants
- Emulsifying agents
- Preservatives: mandatory to increase the product's shelf life and prevent the appearance of bacteria

Each brand has its specificities and a precise function. However, we can differentiate shampoos distributed in supermarkets and those distributed among specialists, including hairdressers!

The power of preservatives, washing agents, really varies between these two categories.
Parabens (parahydroxybenzoates): Parabens have replaced formaldehyde as irritating preservatives. Not all parabens are as irritating though. However, they are suspected of having an influence on the endocrine system, which may explain the increase in the number of breast cancers.
Isothiazolinones (especially methyl- and methylchloro-) have replaced the parabens.

A priori, without harmful effect on the endocrine system (cancers); they are very irritating and can cause allergies.

Sweet preservatives (especially sodium benzoate), is being used more and more.

Shampoos and professional care are more concentrated on cleansing and preserving the hair. In case of specific care, the advice of your hairdresser will be welcomed to offer the most suitable products. Your hair will then shine with health.

What you absolutely need to avoid

Silicones. Paraben preservatives and sulphates are almost all present in shampoos and care products. These are chemical bases but that does not mean that they are necessarily bad for health!

For the pursuers and fans of 100% natural products, you can wash your hair in an extremely natural way with an egg or a mineral powder like clay, or by mixing baking soda and apple vinegar. Your hair will be washed, but these methods are certainly not very comfortable in terms of use and smell. I do not recommend this kind of experience because you risk inflammation of your scalp due to poorly controlled preparation!

A list of substances to avoid:

(On your labels)

Silicone: dimethicone, dimethiconol, cyclopentasiloxane, phenyldimethylpolysioxane

Quaternary ammoniums: cetrimonium, stearylalkonium chloride, behentrimonium methosulfate

Mineral oils: paraffinum liquidum, petrolatum, ceresin, mineral oil

Parabens: butylparaben, methyl parahydroxybenzoate, methylparaben, propyl 4-hydroxybenzoate, ethylparaben, isopropylparaben

Sulphates are the washing bases allowing fatty substances to be eliminated. They are unfortunately present in almost all shampoos. Being in contact with the skin, using them often, you attack the hair and the scalp.

Here's what you can find on the labels of shampoo bottles and conditioners:

Ammonium Lauryl Sulfate (ALS)

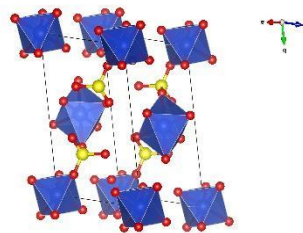
Sodium Laureth Sulfate (SLES)

Sodium Lauryl Sulfate (SLS) (or Sodium dodecylsulfate)

Sodium Lauryl Sulfoacetate

Sodium Myreth Sulfate

Sodium Cetearyl Sulfate



Hair loss

Alopecia

Baldness, also known as alopecia, is the result of a too rapid genetic renewal of the hair roots which leads to its early disappearance. This concerns all forms of hair loss, of genetic origin or traumatic effects.

There are also forms of alopecia simply due to excessive combing or excessive use of friction products. Overly systematic manipulations of stretching, such as braiding one's hair, attaching them firmly, lead to inflammation of the hair roots and acceleration of their fall. So be nice to your hair!

Hair loss can be progressive or hormonal.

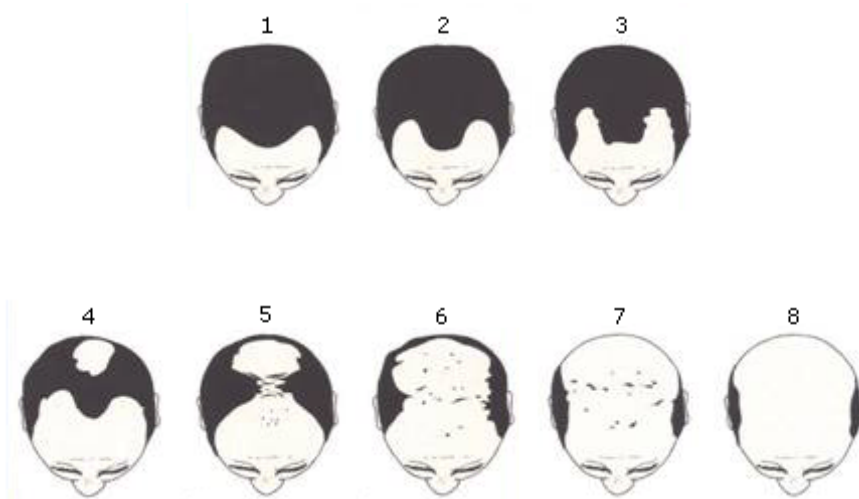
Hair loss of genetic (hormonal) origin is the most studied. It concerns the relationship between the hair follicle and the endocrine system (hormones). Hairiness does not develop uniformly over the entire body, and some reactions, due to the presence of orrogens, lead to poorly explained effects such as hirsutism associated with baldness.

In women, testosterone is converted into dihydrotestosterone DHT, the active hormone. Thus, the vertex (top of the skull) is experiencing a slowdown in hair growth from puberty to adulthood.

The armpit and pubic hairs are, at the same time, more important. It is an anatomical paradox attributed to the presence of different hormonal receptors according to the parts of the body.

Female alopecia is generally diffuse and uniform throughout the skull. The hair becomes thinner.

In men, baldness can be of hormonal origin too. Hair loss can occur as early as the pubertal phase; it continues beyond about 30 years and slows down with ageing. Generally, in the vast majority of cases, the hair loss is localized starting from the vertex joining the front part. Usually so, hair follicles remain active on the sides and neck for a lifetime.



So what to do in the case of accidental or so-called progressive hair loss?

In women, occasional alopecia is often due to dysregulation or hormonal disorders. During pregnancy, hair loss is possible. The rate of oestrogen is disrupted, a temporary loss of hair can occur. But also, and in the same way, hair loss occurs when the thyroid gland does not work properly.



Here is a review of many possible causes of PROGRESSIVE hair loss:

- Stress
- Fatigue
- An emotional shock
- The change of seasons, increasing the secretion of hormones
- Chemotherapy (causing often total but temporary hair loss)
- Side effects of drugs
- Diseases of the scalp: dandruff, seborrheic dermatitis of the scalp, pityriasis, alopecia areata, psoriasis of the scalp, ringworm, mange, pediculosis of the scalp (lice).

In many cases there are preventive and curative remedies. Many brands offer products in local applications as well as food supplements.

The treatment of alopecia is done in the long term and depends on the regularity of the applications. An "anti-fall" program is effective over a period of 3 months. The principle is to regulate the hair production. So you preserve your "hair capital" longer.

The genetically programmed number of hair cycles is twenty-five to thirty in total, for a lifetime. Do not let your "hair capital" fall and take action BEFORE the roots are no longer producing hair!



The structure of hair

Our hair is divided into two large parts: the hair follicle and the stem.

The hair follicle, also called the root, is the living part of the hair. This leads to the development and growth of the stem. It has a very complex composition.

The sebaceous glands secrete sebum to lubricate the hair thus making it shiny and silky. They are also responsible for "oily hair" when over-producing.

The part visible by all, the hair shaft, is considered to be the inert part of the hair. When we observe it, we realise that it consists of dead cells filled with keratin.

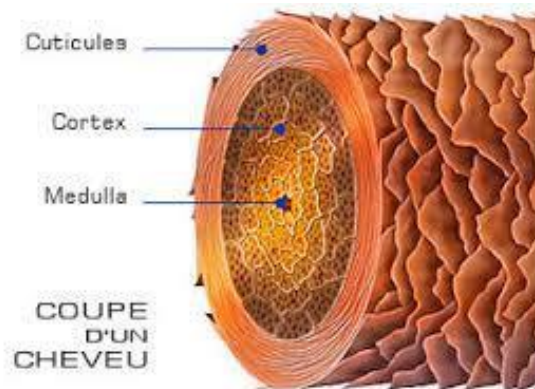
The hair shaft (the hair) once developed, no longer undergo changes from the inside. So, any change in shape, colour and any damage can be done only by an external input.

The erector muscle, that is at the base of the hair follicle, is responsible for the phenomenon of piloerection (erection or thrill) triggered by cold or emotion (fear, anger).

The hair is organized in three layers:

- the *medulla*, a central column which can be little or not at all pigmented;
- the cortex, representing 90% of the total weight of the hair shaft and containing the melanin molecules, responsible for the colour of the hair;
- the cuticle, a true protective shield of the hair. The keratin molecules make up the scales. The qualities of shine, softness, as well as that of disentangling will depend on the good condition of the molecules constituting the cuticle.

A photo of hair layers:



The resistance of hair

True natural fibre, the hair is made of 95% keratin. The cortex is the heart. It is here where melanin is found which determines the colour of the hair.

In adulthood, the hair has the shape of a twisted cylindrical fibre. Its composition is remarkably resistant to chemical and mechanical degradation.

The elasticity of a hair depends on several genetic factors and the degree of humidity. Also, the elasticity regresses with age.

Depending on its origin, the hair is more or less resistant: Negroid hair, strongly coiled, is much more fragile than European or Asian hair.

The tensile strength is 50 to 100 mill-Newtons per hair, equivalent to 5 to 10 g.

The hydration power of the hair allows it to absorb up to 30% of its mass in water.

In the wet state, it can swell by 20 to 30% and lengthen by 10% on average.

Many properties are also exploited in cosmetics. A wet hair is easier to cut, and to give it a shape.

In France, brown hair predominates (50%), followed by grey (20%), blond and black (10%), red (5%), dark brown and white (2.5%). The blond hair has the highest density, 750 hairs / cm², followed by the brown-haired 620 / cm² and the red, 500 / cm².

It is melanin that is responsible for the colour of the hair. This natural brown pigment is produced by melanocytes in the epidermis.



The needs of hair and scalp

It is important to promote a shampoo or a detangler that has a positive effect on your hair and scalp.

An unsuitable shampoo becomes aggressive when it foams enormously. Excessive foam can weaken your hair and make it fragile and brittle.

A generously foaming shampoo does not necessarily offer a more intense wash than a moderately foaming shampoo. (For example, an anti-seborrheic shampoo applied to sensitized hair!). Although the foam provides a feeling of cleanliness, the foam produced by the friction of the shampoo on the hair is considered aggressive.

The different categories of shampoos:

Shampoos for dry hair:

Shampoos with essential and natural oils moisturise the hair on the surface. Moisturising and protein rich shampoos provide moisture to your hair on a deeper level; alternating with nourishing shampoos, you will thus bring balance, flexibility and shine.

Shampoos for oily hair:

A reduction of the grease (sebum) on the scalp is obtained thanks to an astringent shampoo. Indeed, shampoos based on natural, balanced, active ingredients can release any fat and heavy effect on your hair and therefore, help it regain its volume and neutrality. In the case of an oily scalp, the application is a very important step. Be sure to massage your scalp gently with your fingertips in order to not “excite” the sebaceous glands excessively. Rinse with cool water.

Shampoos for dull or naturally discoloured hair:

Your scalp needs protein to increase its vigour and suppleness but also to strengthen the structure of the hair. Keratin, constituting nearly 95% of the hair, is essentially composed of proteins. A dry scalp or protein deficiency could be the basis of your problem of dull or discoloured hair. Shampoos that focus on increasing the protein intake to the scalp are a solution to your hair problem.

In the case of very porous hair, apply a nourishing mask on the lengths and ends, disentangle the lengths, and cover them with a hot towel for minimum 5 minutes!

Anti-dandruff shampoos:

As for the excess sebum, it comes from the excessive production of sebaceous glands. They can be oily or dry. However, sebum increases the presence of natural yeast on the surface of the scalp. At high doses, this yeast becomes irritating and weakens the skin barrier.

As a result, the scalp becomes sensitive, peels intensively and dandruff appears.

Dandruff is therefore the result of inflammation of the scalp. In order to calm this inflammation, I advise you to use a PH neutral shampoo in order to reset the acid-base balance of this zone. Sulphate free shampoos are also an effective solution. Feel free to ask me for an extra advice on that matter!

As for oily scalps, the application of these shampoos should be punctual, massaged without aggression. Remember to air your hair, avoid scarves, hats, and caps that tend to smother the scalp!

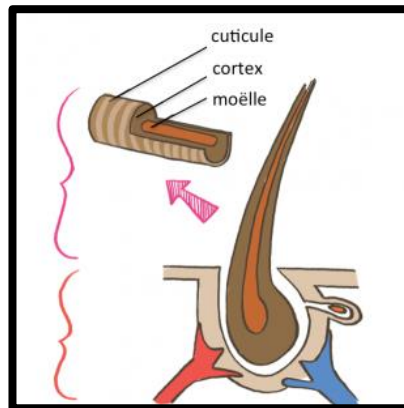


The effects of colouring and bleaching on hair and skin

Do you have any questions about the effects of chemical colouring of your hair? To better understand the consequences, we can distinguish 2 categories of hair colourations.

The colourations made by your hairdresser (available only from professionals) and colour kits available in shops for everyone. Although in both cases the use of these products does not present a major problem to the skin and hair, it can however put forward some relative toxicity.

As indicated in the previous articles, the hair consists of three layers that the colouring will have to transform: the cuticle, the cortex and the marrow.



Direct colours:

These stains are pure dyes without ammonia and are not mixed with an oxidant. Their functions make it possible to colour only the cuticle without penetrating the scales. They bring shine and reflection and fade in 2 or 3 shampoo washes.

Tonal or semi-permanent colourations:

These colourations act on the surface by absorption, without penetrating the capillary fibre. Generally without ammonia, they fade in 6 to 8 shampoo washes or in a few weeks depending on the used method. They concern about 20% of the colourations that are currently practised in Europe. They do not allow to cover the white hair in all depth. Among its components are the azo compounds and the family of PPDs (paraphenylenediamines).

Permanent colouring:

It is the most popular in conventional hair salons and also the most sensitizing. This "oxidation" staining, allows the opening of the cuticle scales thanks to the ammonia or derivative of ammonia and thus to modify the interior of the cortex. It allows a permanent hold, a 100% white hair coverage and also to enlighten the hair up to 3 or 4 shades.

The dyes contain PPD (para-phenylenediamine), resorcinol and ammonia. They are mixed with the oxidant to enter the hair in a sustainable way. The molecules penetrate the cortex of the hair. Inside, two products react with each other within the hair to give it its final colour. Ammonia opens the scales of the hair. The oxidant is a lightener. The percentage of oxygen released depends on the desired lightening. 3% 10 vol / 6% 20 vol / 9% 30 vol / 12% 40 vol. stronger oxidants are banned in Europe. PPD (para-phenylenediamine) is a stabilizer and preservative. Resorcinol is a coupler.

In very few cases, these products can be allergenic and also endocrine disruptors. Very sensitive people can react to these products (skin reactions). Commercial colouring, and particularly dark colours, have a greater risk of creating allergic reactions.

New colouring formulas exist without ammonia, paraben, PPD and resorcinol. They are replaced by other active agents, less sensitizing and therefore softer. Not containing ammonia, they are very comfortable to use and are odourless.

I use professional colouring brands that do not include the allergenic components. In all cases and despite these precautions, it is preferable to carry out a sensitivity test on a small patch of the skin (for very sensitive people). This test is done at your hairdresser's. After choosing the shade of colour that suits you, your hairdresser will apply a little colour in the hollow of your arm. You will have to keep the colour there for about 24 hours. If your skin reacts strongly with intense redness, long-lasting tingling, then you may be sensitive to hair dyes.



6 essential rules for a star level hair

1. Brushing: a forgotten, but essential gesture:

Brush your hair every day and also before shampooing. Morning and evening, the daily brushing will maintain an airy hair, evenly distribute the sebum on the whole of the hair, from the roots to the ends, and will provide a natural protection. Even more importantly, a good brushing activates the blood circulation.

2. Treatment shampoo: maximum 3 times a week even if you play sports every day. It is the basis of impeccable hair. Wet your hair thoroughly with lukewarm water, then apply the appropriate shampoo to your hair and scalp. Massage your scalp lightly and regularly with your fingertips to remove sebum, dust or gel. Rinse thoroughly and repeat the operation. Bring a large plastic or wooden comb to untangle your hair starting at the ends and up to the roots.

3. The hair conditioner or mask: Once the hair is clean, the scalp and the hair fibre are ready to receive the care provided by the conditioner.

The latter allows to disentangle the hair and avoid knots.

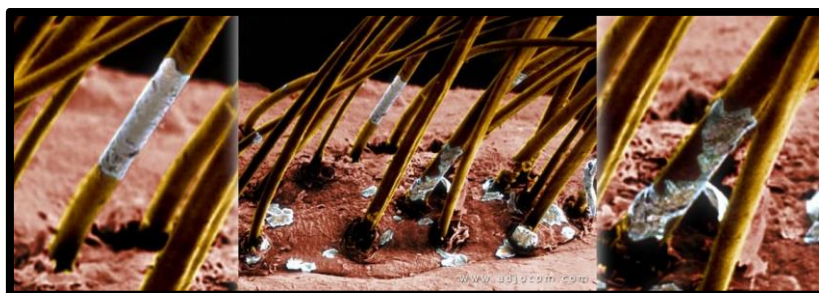
Then, according to its formula and the desired effect, its objectives vary.

- If you have fine hair, a conditioner brings volume
- If you have damaged hair, it can repair them on the surface
- If you have coloured hair, the conditioner can preserve the pigments to prevent the colour from spilling out

So choose a hair conditioner that matches the nature of your hair to get a better result.

4. Rinsing: The rinsing of the hair has an impact on their appearance. Rinse your hair thoroughly with lukewarm water by tilting your head backwards, taking care to remove all the foam (or mousse). A final rinse with cooler water is also recommended to firm the sebaceous glands and get more shine.

Avoid very calcareous waters that tend to weigh down the hair because of the strong mineral attacks that remain in deposit on the stem. In the case of intense deposits, rinse with de-mineralised water mixed with lemon juice or a little white vinegar.



5. Drying / styling:

- Drying: instructions (mandatory!)

This is the key to the shine! Still, wet hair, matte and flat, even dull need this procedure. Use a hair dryer with a medium heat by lifting the roots up and down in the direction of the hair growth. You can tilt the head down to ventilate and give volume to your hair.

- Styling: Use a round, rather metallic brush to smooth the lengths. In the case of short hair, styling with fingers is enough. Be sure to cool the hair down in order to fixate its shape.

6. The styling product: The styling product is used to maintain the hair for an ideal finish: fixation, texture and shine. Use small amounts of gels, sprays, lacquers, waxes, on the hair to maintain a natural effect. Ask your hairdresser for advice.



Food and hair

Eating properly, maintaining a well-balanced diet, means taking care of yourself, and restoring the shine of your hair as well as reinforcing the resistance of its roots.

In some cases, dull and brittle hair, or hair loss (alopecia) may be due to nutritional deficiencies.

Note the list below!

1. Fish and meat

Proteins, meat or fish, are rich in *sulphur amino acids*. They reinforce the keratin, main component of the hair and improve its structure.

Fish and white meats are less fat and usually higher in protein. Athletes, vegetarians and members of drastic diets may be lacking protein.

2. Wheat and other cereals

Vitamin B, in addition to protein, is used to support hair growth and contribute to hair beauty. It regulates the secretion of sebum in the scalp and stimulates blood circulation. The roots are fortified and have more lustre. Although wheat is a vitamin B-rich ingredient, do not hesitate to vary the sources of cereals and form a range of vitamins (from B1 to B12). Muesli, oatmeal, couscous, wholemeal bread etc. Consume B vitamins every day. Also, wholegrain cereals provide fibres that promote digestion.

3. Vegetables and colourful fruits

Vitamin C (ascorbic acid) is an antioxidant that protects the follicles and reduces hair loss. Eat fruits and vegetables. Citrus fruits, such as oranges or grapefruit; kiwi, carrots etc. Choose the organic fruits and veggies!

Smoking and consuming alcohol intensively dry up the body and increase the need for vitamin C, since the body is fragile and metabolized with oxidative stress. There are currently no recommendations for daily vitamin C values, but you'll know how to get by with a minimum of 5 servings of vegetables and fruits every day.

4. Whole eggs

Egg yolks are well known for beautifying the hair. In direct application, but not only. As vitamin A ensures the regeneration of the scalp tissues. Stock up on coconuts, carrots, spinach and dairy products to replenish vitamin A. Eat whole eggs, and prepare them, hard or scrambled... however you prefer.

5. Cocoa and dark chocolate

Iron increases the level of haemoglobin to oxygenate the scalp. This mineral plays a fundamental role in the regrowth process. Cocoa and its derivatives take good care to your scalp while responding to your cravings. It is better to favour a high percentage of cocoa (60% to 70%), with no added sugar. Only a few bites can meet a share of iron needs. Wild meats, red beans, oats and quinoa are other sources of iron.

6. Lentils and legumes

Vegetable proteins - sources of B vitamins and zinc. Adored by vegans, those proteins serve to give our hair more shine, stimulate the growth, and regulate that growth to prevent hair loss. You'll like the fact that legumes are affordable and practical in cooking. Lentils deserve a special mention, being the least caloric and of excellent taste.

7. Flaxseed, olives, macadamia...

Vegetable oils are linked to a healthy heart. They also contribute to hair health by providing essential fatty acids (omega-3s) that improve hair texture. Some oils are used in cosmetics. The oils are perfect for giving a special cosmetic effect – shine. Consume as an accompaniment or directly with the spoon. A true delight!

8. Almonds and nuts of all types

Vitamin E promotes hair growth by nourishing the scalp. It guarantees beautiful hair in addition to being anti-inflammatory and cardio-protective. Eat almonds, hazelnuts and other nuts regularly between meals or in the morning in your cereal.

9. Oysters?

Oysters and their iodized freshness...

These molluscs are rich in zinc, a trace element that strengthens the hair fibre and makes the hair less fragile. Vary the pleasures with other shells such as clams or mussels.

10. The algae!

The algae are a real goldmine of nutrition with their content of vitamins A, B, C and zinc. These sea salads support hair growth, in addition to being low in calories...

Consume them freeze-dried! In form of crisps, in sushi or salads. It is delicious.

Good nutrition goes hand in hand with the health of your hair!



Conclusion

Healthy hair is what characterizes a person. Whether generous and thick, curly or straight, long or short, or even thin and fragile, we are obliged to accommodate ourselves and do everything necessary to enhance it.

Nature is generous and continues to be so for those who respect it. Our bodies, our cells, our nails, our hair react to everything and give direct signals of our state of health and perhaps of possible deficiencies. All this information that I quoted in this short book aims to materialize what I advise to my clients.

Be gentle with your hair, respect it. Although very resistant, it easily undergoes external aggression, becoming vulnerable and thus can degrade quickly. Do not underestimate your scalp, which is the basis of the health of your hair.

Chronic and often systematic aggression disrupts a necessary balance. Many of my clients did not know the need of massaging the scalp. Follow these easy steps with the proven result to have shiny and thick hair.

This information is published in an e-book format, but it is only the beginning of several tips that I will continue to send you by e-mail. Feel free to leave me your comments on [patricedaniel.com](https://www.patricedaniel.com)!

Participate in forums, ask your questions, my team and I will be happy to inform you about all the topics related to hair beauty.

Thank you and take care of your hair!

Patrice Daniel

