

Lifestyle and Diet Modification for **H**air growth



Foods can reduce the excess formation of harmful chemicals:

There are enzymes in the body that convert hormones into harmful products which hit the hair and cause severe miniaturization. The hair becomes thin, short, less pigmented and gets converted into a vellus baby hair before it falls off. The storage and conversion of the enzymes occurs in the oil and sebum glands of the body. Intake of fried foods, red meat, bakery products, excess of peanuts, potato, pasta, noodles, aginomoto in Chinese foods increase the activity of the oil and sebum glands. High activity of the glands induces high activity of the enzymes and causes further hair loss. Consumption of sugar based foods triggers the release of insulin which in turn releases more hormone from the binding proteins into the blood. More free hormone is then available for conversion. Avoiding sugar, chocolates, pastries, sweets, ice creams, desserts, soft drinks, packed fruit juices are a simple way to protect your hair.

Requirement of Vitamins and Nutrients:

Hair cells have a resting phase followed by rapid growth phase. During the growth cycle the best growth conditions should prevail. Or else the cells revert back to resting phase or continue to remain in the resting phase. All growing cells in the body need a toxin free environment, no accumulation of metabolic waste products and free radicals. Good availability of nutrients, vitamins, minerals, iron, calcium, biotin, amino acids to form the hair proteins. If the nutritional supply is poor the hair will not be able to follow a rapid growth phase and will continue to remain in resting phase. Hair follicles that remain in resting phase for a long time ultimately show fibrosis and are dead. No medicine can grow back a dead follicle. But all follicles in the resting phase can be made to grow back in 2 - 4 months.

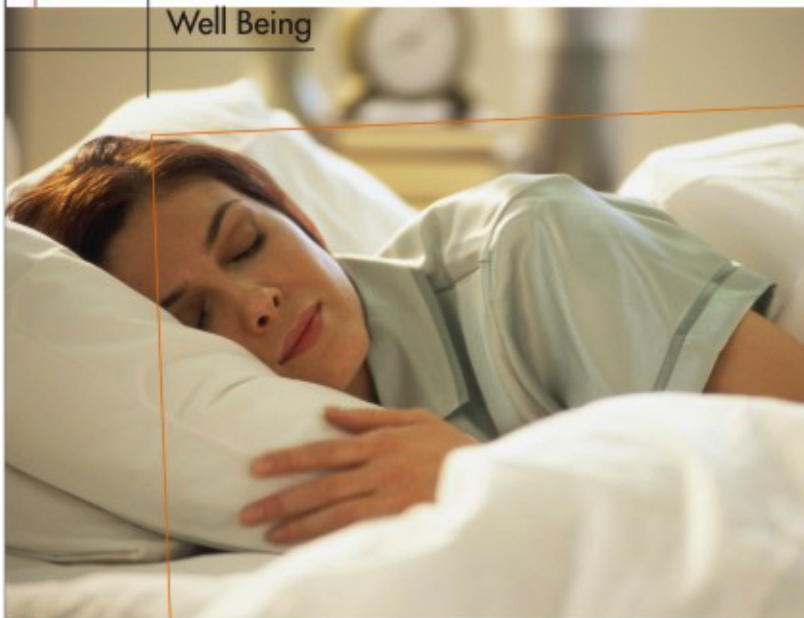
Tea, Coffee & Colas:

In order avoid accumulation of free radicals and metabolites avoid fast foods, artificial foods containing flavors, preservatives, taste makers, additives, colas, excess of tea, coffee and artificial sweeteners.

Do not have totally fat free diet:

Vitamins are of two kinds water soluble and fat soluble. Fat soluble vitamins are derived only from ghee, butter and oils. Having totally fat free food will cause deficiency of fat soluble vitamins A, D, E, K. The shine luster and bounce in the hair comes only from fat soluble vitamins. Add a spoon of ghee to your dal, rice or roti for good hair growth.





Ensure proper protein intake:

Have your protein from various sources. Do not over do from a single source. Chicken or fish once a week. Have steamed sprouts, 4 walnut halves, 5 almonds, all kinds of dals, all kinds of beans, cottage cheese (paneer), chick peas (chola), mushrooms turn by turn, once a week. Have a glass of milk or a bowl of curd or yogurt everyday. Eat 2 fresh fruits everyday with the fruit skin if possible and avoid juice. When you dif your teeth into the fruit the first juice that comes out contains all vitamins and nutrients. If this comes out with the cutting of the blade in the juicer, the vitamins are liberated in the juicer and lost.

Water intake especially for night shifts and flight crew:

Have 10 -12 glasses of water in a day. Specially if you are in a flight where skin dehydrates losing water easily in a pressurized cabin. Also if you are working in night shift, do not forget to drink adequate water.

Alcohol, protein powders and shakes:

Avoid alcohol as it reduces the absorption of iron, folic acid, vitamins and minerals. Protein powders, shakes and body building supplements cause the blood to become acidic and lead to reabsorption of calcium from the hair and bones to counter the acidity. It leads to iron, calcium deficiency and hair loss. Excess consumption of protein also increases the urea and nitrogen waste in the body leading to excess load of clearing on the liver and kidney.

Smoking:

Smoking can give ready made free radicals and also constrict and block the blood vessels that nourish the hair roots. Persons born strong healthy hair can do anything and not loose the hair but if you have weak sensitive hair you should follow these modifications.

Sleep:

Have proper 6 - 8 hours of sleep. De stress and allow your body and mind to refresh. Stress induced hormonal and chemical changes in the body lead to hair loss. One of the reasons teenagers today are facing hair loss at early age is due to competitive life and early stress in life. The other reason is wrong selection of foods, dieting, fast foods and nutritional deficiencies.

Exercise:

Exercise and sweat out well, it improves blood circulation to the skin and hair. Sweating out is a good way to clear the toxins accumulated in the skin and scalp. Massage to the scalp has more relaxing effect than being useful in hair growth. The blood circulation does improve but only for the next 20 minutes.

Exposure to heat and cold:

Avoid exposure of hair to excess heat and excess cold. An AC directly blowing on the head will cause hair loss. If you visit a cold country cover the hair with a woolen cap. While having steam or sauna, cover the hair with a wet towel.



Washing your hair:

Wash your hair regularly to keep it clean. Use a mild shampoo prepared for daily use or regular use. Now hair specialist do not encourage formula shampoos for dry hair, oily hair, harsh anti dandruff shampoos are best avoided. Use them once in 3 days or twice a week if required. Washing alternate day is a good practice. If you are traveling daily and the hair is exposed to dust, dirt, wind flying into the hair or smoke, chemical toxins, pollution in the air, you should wash the hair everyday. Use leave on conditioner to protect the hair.



Oil, brushing and gels:

There is no oil that can grow hair on a bald patch. Oil helps by getting absorbed in the hair and then it does not allow the dust, dirt, pollution, chemicals, detergents, shampoos, colors to enter into the hair. It indirectly protects the hair from damage. It acts as a conditioner and keeps the hair and skin soft. Coconut oil has a long chain polymer structure which is best absorbed into the hair. Oil your hair 30 minutes before bath. Sometimes oil applied overnight may cause itching, be careful. Use of oil twice a week is a good practice. Brush your hair 2-3 times a day with a wide toothed soft brush. Avoid frequent use of gels and styling creams. Use water based gels and apply occasionally to the top of the styling avoid contact with the scalp skin.



List of Foods to Avoid:

- > Mutton, Red meat, Fish Fry, Tandoor Chicken. Home made fish or chicken cooked without frying can be had once in ten days; eat two pieces –no gravy.
- > Coconut gravy, groundnuts or peanuts, excess potato, pasta & noodles.
- > Fried foods –wada, samosa, puri, papad, dosas, chips etc.
- > Sugar foods – chocolates, pastries, cakes, ice cream, sweets, desserts etc.
- > Bakery foods –biscuits, toasts, khari, puffs, patties, rolls, croissants, doughnuts, cup cakes etc.
- > Chinese foods – agino moto or Chinese salt is bad for hair.
- > Fast foods –Pizzas, Burgers, Canned foods.
- > Colas, Coke, Pepsi, soft drinks & all kinds of Juice.
- > Strictly NO SMOKING

List of Foods to Add in your Diet:

- > Steamed Sprouts –3 times a week,
- > Green leafy vegetables –3 times a week,
- > Green Beans –3 times a week, like Gavar, Chawli, Wal, Papdi, French Beans, broad beans, Ghewda.
- > Raw Salads – Radish, Beet root, Carrot, Cucumber, Tomato, etc. cut and add salt, pepper, a dash of lime, no mayonnaise, no salad dressing, no sauce.
- > Dry beans like Rajma, black beans, yellow beans, kidney beans –twice a week.
- All types of dals – black dal, yellow dal – turn by turn – daily.
- > Paneer (Cottage Cheese), Chola (Chick peas), Soya, Tofu –each - once a week.
- > 4 –Walnuts / 4 –Almonds on alternate days.
- > 1 –glass milk per day.
- > 1–tsf ghee per day or 1 –slice of cheese per day.
- > 4 Fresh Fruits per day – cut & eat, with the fruit skin – no juice.
- > 10 –12 glasses of Water per day.



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