

Right Food For Beautiful And Shiny Hair

It is very important for your hair to get the proper care and proper food. The proper hair care treatment can be in the form of proper diet, good exercise, and use of different herbs for your hair. The use of different kinds of products would help your hair in its natural growth.

Food which is rich in silica and iron helps in preventing hair loss which can help in having good hair too. Leafy vegetables are rich in iron and would surely help in creating the needed smooth and shiny look that everyone keeps talking about. It is very important to have a good diet as it is food for your hair and body.

Some of the common food habits which you can acquire is to have beets, green leafy vegetables (as mentioned above), broccoli, carrots, radish, mint, basil. You can have different types of salads to add freshness in your diet. Combination of herbs and vegetables just makes it a very healthy diet. If you want to digest your food better cook it tender enough to eat.

One must be having this impression that spices won't be good for health but some spices like turmeric and cumin in your dish helps in your hair growth. Fruits in all form are an essential nutrient provider and should be part of your diet. Berries, citrus fruits, melons, grapes and small amount of raisins also help. Coconut helps in avoiding premature graying as well as hair fall.

You can quit some of the habits such as smoking, caffeine, aerated drinks which weaken your bones and also affect your hair too. Avoid constant brushing, combing your hair and be careful the way you treat your hair. By roughening up your hair it will damage your hair. Too much of hot water on your hair is not good. Stressing your hair in any manner is not good; blow drying too much is also not good.

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About the Author

Kevin Pederson manages sites related to hair and skin care, such as www.hair-n-skin-care.com. Find information on having beautiful hair and to eat proper food to maintain that standard of hair.