



10 Ways to Maintain Healthy Hair

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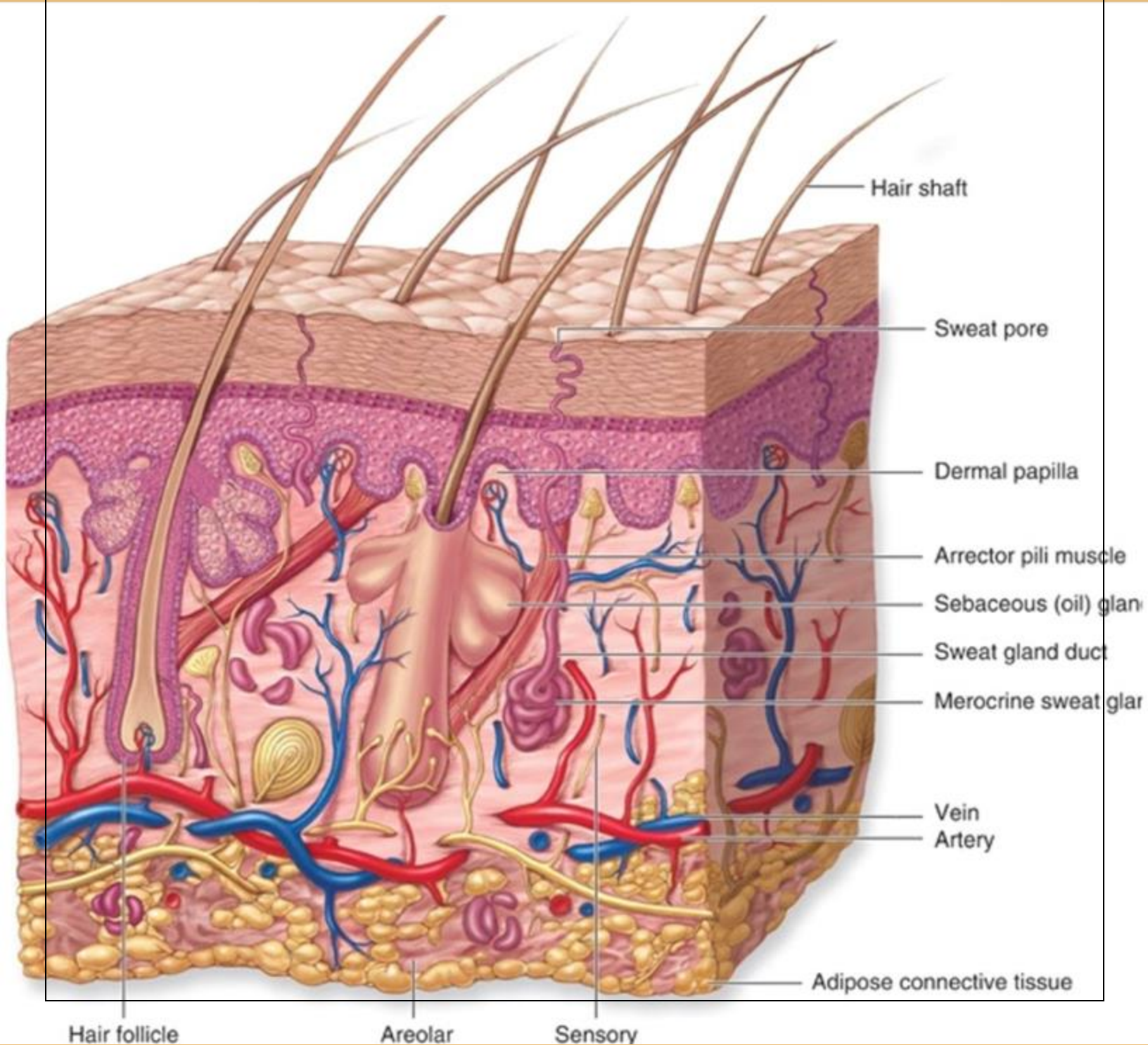




TABLE OF CONTENTS

Lifestyle.....

Product Safety.....

Hairstyling Practices.....

Introduction

There's many questions surrounding how to maintain beautiful healthy hair. Although the answer lies within us, it's still a huge mystery. Through the lens of fashion, beautiful healthy hair is judged by an external view of temporary fixes; when the only true factor is, beautiful healthy hair is skin deep.

Lifestyle



Our lifestyle plays a huge roll on how our hair flourishes throughout our lives. Eating, smoking, drinking, exercising, managing stress and our mental health can have both negative and positive effects on our hair. To stop the bulk of confusion that surrounds healthy hair, in this guide I'm going to give you 10 ways to maintain beautiful healthy hair

1. Maintain a healthy diet, "we are what we digest", says Nutrition Britt.

- Add leafy greens and veggies to your diet.
- Lean more towards a plant-based diet
- Label read (glyphosate) is an anti-biotic that kills vitamins. It's in our foods we buy. Check the sku numbers on fruits, sku's with 4 digits and the first number is 4= sprayed w/pesticides, 5 digits and the number start with 8 = genetically modified, five digits and the first number start with 9 = grown organically www.consumerreports.org
- Consume less sugar

- *Less hydrogenated oil*
- *You want to consume wild caught and less farm raised*
- Consume less meat (Watch for artificial meats which are huge in size).
- More water (coconut) less carbonated drinks
- Exercise the thought of growing your own fruits and veggies.

2. Detox

It's good to detox annually because over the years of food consumption our colon wall builds up plaque, just as a pipe can become clogged over time so does our colon. Detoxing helps remove the plaque and toxins built up in the colon and on the colon wall. That plaque buildup can cause inflammation and disease in the colon, it can also cause leaky gut syndrome. Leaky gut syndrome occurs when the colon wall is packed to capacity with fecal matter and the colon wall begins to split causing fecal matter to drip.

Benefits of Detoxing

- Mental clarity
- Inches of waistline
- Healthier colon and a healthier colon mean a healthier YOU!

Download the Healthy Poop Quiz to see how healthy your poops are. Download here:

https://drive.google.com/file/d/1kuRWnmTcb-ttfF9zKKG_KwMMr766-i8y/view?usp=sharing

3. Vitamins / Vitamin levels

We must take vitamins ladies and gents! Yes, supplementation is essential for our overall health. We need essential vitamins for healthy hair. However, the form of vitamins we ingest for the best absorbency is just as important. It takes 2-4 hours for the stomach to digest/ breakdown pills and sometimes they don't digest. If you consume vitamins with carbonated drinks, it will shut off the vitamin and the vitamin will lie dormant in the body causing inflammation build up in the gut. Let's take vitamin D, it takes

10 ways to Maintain

Healthy Hair | 4

Vitamin D five to six times to breakdown in the body to get where it needs to go for hair growth. Vitamin D also needs Calcium and Vitamin A to transport Vitamin D. Here is a list given by **Dr. Eric Berg DC** with a few vitamins and minerals essential for hair growth and strength; Vitamin A, B12, D, Biotin, C, Zinc, iron, silica, copper, selenium, magnesium, and silicon.

Here is a list of vitamin levels to request from your PCP or you can purchase a take home vitamin test to check your own vitamin levels.

- Vitamin D,
- All B vitamins – biotin should not be taken alone, it needs its other B family members to work best,
- Ferritin- low levels of iron can mean your body doesn't have enough iron to store
- Iron
- Folate
- Copper
- Zinc
- Silica
- Selenium
- DHT sensitivity

4. Exercise Regularly

Exercising regularly will keep the blood flowing throughout the body. It's important for the blood to be able to circulate to the highest point of the head (apex). The apex is where our blood supply is which is where our hair follicle gets all its nutrients. So, incorporating some form of daily movement is super important for our overall hair health.

5. Annual PCP Visits

Visiting your PCP is super important even if you don't believe in modern medicine. It's important to get a view of your health from a modern health perspective. It's not good for your Holistic Doctor(s) and/or

practitioner(s) to work or try to assist without a map. If you don't want to go for anything else, go for the blood work and major testing. You need to check your Vitamin levels, Thyroid levels, ph. levels sugar levels annually.

6. Wash and condition your hair with safe products

Wash and condition your hair filled with ingredients that will help maintain a healthy scalp environment, which will help maintain healthy hair. 98% of over-the-counter shampoos and conditioners contain DEA/MEA and/or ammonium Laureth/ Lauryl Sulfate (SLS) derivatives. These ingredients were designed as engine degreasers, they do a great job of removing and stripping dirt and oils from the hair and scalp. The natural oils that these derivatives strip are natural oils our hair needs. Evidence has shown that SLS and DEA's may cause irritation to the hair follicle. Irritation causes inflammation, which causes premature breakdown of cells within the follicle. Inflammation causes the follicle to age and die off quicker. SLS is used to break the surface tension in water and is found not only in shampoos but in soaps detergents hand creams, cleansers, mouthwash and toothpaste. SLS cause inflammation and may mimic estrogens, it causes hair loss and damage teeth. SLS can be stored in the lungs, liver, heart, and brain and can also cause damage to the eyes. Check out our Hair Grass products that are DEA/SLS free www.hairgrass.com.co

7. Practicing Healthy Hairstyling

Let's become more mindful of the poor hair styling practices

- Using wigs, weaves and braids to mask damaged hair
- Leaving wigs, weaves and braids installed too long.
- Not moisturizing as needed
- Not caring about the types of products you put on your hair.
- Excessive tight braiding and ponytails
- Excessive chemical applications

10 ways to Maintain

Healthy Hair | 6

- Not detangling the hair properly

8. Visit a Hair Loss Professional

Here are the types of Hair Loss Professionals that can assist you on your hair restoration journey.

- **Certified Hair Loss Practitioner/ Hair Loss Specialist** – Beginners level of Trichology, can assist with helping you understand what can possibly be going on and recommend programs. They should be able to examine the scalp with a special magnifying device that will display the conditions of your hair and scalp up close. Depending on their level of education they may also be able to provide in clinic services and nutritional guidance.
- **Certified Trichologist / Holistic Trichologist** – The core of Trichology, **modern Trichologist** study disorders of the hair and scalp. They have a more in-depth understanding of hair loss and can provide more insight and understanding on what's happening with your hair and scalp, while also working together in conjunction with your dermatologist and/or PCP. They ensure their client is staying on target for optimal health. They may read or take a BCA (Blood Chemistry Analysis), provide nutritional guidance, and offer in clinic services. **Holistic Trichologist** also study disorders of the hair and scalp, while also studying the root causes of preexisting conditions. Holistic Trichologist works with PCP, and Dermatologist to help get the client back to optimal health using holistic practices. Holistic Trichologist focus is finding the root cause of the hair fall. They read BCA, provide nutritional guidance natural hair loss programs and may provide in clinic services, such as high frequency, scalp detoxification, oxygen therapy and more.
- **Licensed Dermatologist** – Provides specialty testing and prescription filling that other hair loss professionals cannot provide such as a Biopsy. A Biopsy is always conducted by a state licensed Dermatologist. It's always helpful to have both a Dermatologist and a Hair Loss Professional nearby. Trichology bridges the gap between Dermatology and Cosmetology.

- **Licensed Cosmetologist w/ the knowledge of Hair Restoration** – A licensed cosmetologist is who sees and handles your hair first, they will be the first to notice if/when something is going wrong on the scalp, this person should be able to perform a scalp analysis and offer some treatment options. Whatever they don't know they should refer you to a Hair Loss Professional. If your interested in booking a Hair Loss Consultation with a certified hair loss professional visit

<https://www.prescottwellnessgroup.com/book-online>

9. Moisturize

Moisturize the scalp regularly with light essential oils. Not heavy clogging oils. Always perform a patch test to check for allergies. To name a few

- Lemongrass
- Avocado oil
- Castor oil
- Pumpkin seed oil
- Rosemary oil
- Aloe oil
- Dandelion oil

10. Trim your ends

Its best to trim your hair every 12wks/3mons/90 day. A trim is from .5 – 3in of hair.

Conclusion

Beautiful Healthy Hair starts with YOU! Our lifestyle affects our hair and our overall quality of life. Our lives are broken up into four quarters like a pie. 0 months to 25years old is the first quarter, 25 years – 50 years old is the second quarter and the end of the first half of our life. By the time 50 hits most of the world's population will be experiencing some sort of health issues that will possibly affect their quality of life in the second half of their life. By mid of the second quarter of our lives, you may experience health concerns, or health scares depending on your lifestyle practices. Some receive early warning signs that go unnoticed, untreated and/ or unfocused. Let's take charge of our healthy hair by making sure we are doing everything we need to do for optimal health. HEALTHY HAIR = OPTIMAL HEALTH.

Although you may have preexisting conditions, you can still maintain healthy hair by BEGINNING to practice a healthier lifestyle.

“Water Your Roots”

10 ways to Maintain

Healthy Hair | 9

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10 ways to Maintain
Healthy Hair | 11

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**10 ways to Maintain
Healthy Hair | 12**

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**10 ways to Maintain
Healthy Hair | 13**

Handwriting practice lines consisting of 18 horizontal dashed lines on a light orange background.

10 ways to Maintain
Healthy Hair | 14

