

Great Foods for Healthy Hair Growth

Or

Hair Today, Gone Tomorrow!

Most people want strong, healthy hair, especially as they get older.

Interestingly, your hair grows around 15 cm a year with slower growth usually in the winter months. How fast it grows depends on genetics, age, health and diet. Although you can't change factors like the weather or seasons, genetics and age, diet is the one thing you have control over. Consuming a diet lacking in the necessary nutrients can even cause (Oh, NO!) hair loss. The average person loses up to 100 hairs a day and in the winter where the growth slows, you may think you are going bald! Unless you have extreme stress or other serious health conditions, just wait until spring when you'll start seeing new hair growth popping up.

So, get out your shopping list and research where to get the best quality of my following recommendations. These are just a few but a great place to start.

1. **Fatty Fish** like salmon, mackerel and herring are great sources of Omega 3 fatty acids that may promote a healthy mane. They are also filled with protein, selenium, vitamin D3 and B Vitamins which are known for helping to promote strong, healthy hair.
2. **Berries** are loaded with compounds like antioxidants and vitamins that may promote hair growth. For example, strawberries are rich in vitamin C, which aids collagen production and iron absorption, two factors that may promote hair growth.
3. **Spinach** is loaded with folate, iron, and vitamins A and C. Vitamin A helps the skin glands produce sebum that helps to moisturize the scalp to keep hair healthy. A cup (30 grams) of spinach provides up to 54% of your daily vitamin A needs. Spinach is also a great plant-based [source of iron](#), which is essential for hair growth. Iron helps red blood cells carry oxygen throughout the body to fuel your metabolism and aid growth and repair.
4. **Eggs** are a great source of protein and biotin, two nutrients that may promote hair growth. Eating adequate protein is important for hair growth because hair follicles are made of mostly protein. A lack of protein in the diet has been shown to promote hair loss. Biotin is essential to produce a hair protein called keratin, which is why biotin supplements are often marketed for hair growth. Eggs are also a great source of zinc, selenium and other hair-healthy nutrients. This makes them one of the best foods to consume for optimal hair health.

Email me at pklohs@yahoo.com.au with any article requests and thanks to those who already have.

To Your Health!

Pen Klohs, Nutritional Therapist