

Stylespeak

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**Summer Spa
Treatments**

Poolside Glam
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MAKEUP
ESSENTIALS**

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Wet Hair Look**
**THE LATEST
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**The
Hair
Issue**

The right foods for hair

Unlock the full potential of hair with the right foods

Words | Bindu Gopal Rao

A proper diet promotes hair health and ensures that the hair stays happy. Ensuring that the diet is rich in protein, omega-3 fatty acids, vitamins (e.g. A, C, E), minerals (e.g. iron, zinc, selenium), and antioxidants, supports hair growth and strength.

Eat the Right Foods

Foods rich in omega-3 fatty acids, such as fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, and walnuts, can help nourish the scalp and promote shiny and strong hair. On the other hand, foods like berries such as blueberries and strawberries, spinach, kale, and tomatoes can facilitate healthy hair.



Dr. Rohini Patil, Nutritionist & Founder, Nutracy Lifestyle says, "Incorporating foods rich in vitamins and minerals is essential for hair health and can support healthy hair growth and prevent hair loss."

Vitamin E (found in almonds, sunflower seeds, spinach)

Vitamin A (found in sweet potatoes, carrots, kale)

Vitamin C (found in citrus fruits, strawberries, bell peppers)

Zinc (found in oysters, lentils)

Copper (found in shellfish, almonds, sunflower seeds) and Selenium (Brazil nuts, fish-tuna, eggs)

Including **high biological value sources** like lean meat, beans, lentils, and fortified foods can also be beneficial for healthy hair."

Intake of healthy **fats** like avocados, olive oil, and coconut oil can help moisturize the scalp and promote hair growth.

Maintaining hydration from sources like water, coconut water, buttermilk, or citrus fruits help keep the hair hydrated and prevents dryness and breakage of hair.

Boost Hair Health

It is vital to consume foods rich in certain nutrients to promote strong and healthy hair. **Iron** from spinach, lentils, pumpkin



seeds, and cocoa powder ensures adequate ferritin levels, preventing deficiency that can lead to shedding. **Protein** is also important as hair is primarily made of it.



Dr. Rupali Garg, Dietician, Chicnutrix

avers, "Promoting robust hair structure necessitates a sufficient intake of protein to support growth and strength. Ensuring an adequate supply of protein in your diet is pivotal for fostering healthy hair development. By prioritizing a protein-rich diet, you contribute to the foundation of strong, vibrant hair that reflects optimal well-being."

Scalp Sense

Having healthy hair allows us to look our best and ensures that the hair and scalp is healthy. However, hair care is important for not only our appearance but also for the overall hygiene.



Dr. Soumya Jagadeesan Vivek, Clinical Associate Professor, Amrita Hospital, Kochi

says, "Biotin supplements support the production of keratin and promote hair growth. Collagen supplements can improve hair strength and elasticity.

Multivitamins specifically formulated for hair, skin, and nails, contain essential vitamins and minerals."

What sets these hair superfoods apart is that they are sugar-free, 100% safe, infused with herbal extracts, and suitable for all hair types and genders. By nourishing hair from within using these high-quality supplements, one can achieve their healthiest, most luscious locks yet.



Dr Mukesh Batra, Founder and Chairman, Dr Batra's Healthcare

explains, "The innovative formula in the new-age hair superfood supplements harnesses the power of natural ingredients



Image courtesy: Dr. Rohini Patil

like brahmi and aloe vera to strengthen, restore, and deeply nourish hair from the inside out. They are also an abundant source of essential vitamins for hair growth including C, D, B12, zinc, and biotin."

One of the standout benefits of hair superfoods is that they come in delicious flavours, making them a tasty and nutritious addition to your daily routine. One needs to simply mix the powder into milk or a smoothie each morning.

To use them effectively, be consistent with daily consumption and ensure you are getting enough protein in your diet to maximise results. However, don't expect an overnight miracle and allow 2-3 months for the nourishing ingredients to work their magic for fuller, thicker, more vibrant hair.

To promote healthy hair growth and maintain it, eat a balanced diet rich in protein, omega-3 fatty acids, vitamins (like A, C, E), minerals (like iron, zinc, selenium), and antioxidants. **SS**

Tips for clients

- Hydration is crucial for hair health, so drinking plenty of water is essential.
- Avoid crash diets or extreme weight loss regimens, as they can lead to loss of nutrients.
- Deficiencies may impact hair health.
- Manage stress levels, as chronic stress can contribute to hair loss and scalp issues.
- Regular scalp massages can improve circulation and promote hair growth.
- Consult with a doctor before starting any new supplement regimen, especially if you have underlying health conditions or are taking medication.
- Follow recommended dosage instructions and avoid excessive intake, as too much of certain vitamins or minerals can have adverse effects.
- Be patient, as results may take time to be noticeable, and consistency is key.