

# Healthy Hair Your Crowning Glory

At the last scheduled hair appointment, my stylist Kristi had a somber look on her face while combing my hair and said: “Leilah, you have an unusual amount of hair falling out”. I asked jokingly: “Isn’t everybody shedding in the fall?” But, on my way home, I decided to treat my “problem” right away with a good herbal formula to promote the health of my hair. Within three days my hair stopped falling out.



Daily routine and prompt treatments when problems arise are of vital importance in maintaining the natural beauty of healthy hair. Eat correctly and drink lots of good water. Cut down on washing/conditioning your hair to only about twice a week. Shampooing, even with the best hair care products, tends to dry your hair and wash away important oils. If your hair has become the bane of your life rather than your crowning glory, herbs can help.

## Herbs To Promote Healthy Hair

Seaweeds are loaded with micro-nutrients, minerals, and trace minerals to promote healthy, shiny hair and to prevent hair loss. If an under-active thyroid is the cause of hair loss, seaweeds come to the rescue.

Bhringaraj is an ayurvedic herb which promotes hair growth and helps prevent premature graying. It is actually a preventative for the aging process, rejuvenating bones, teeth, hair, eyes sight, hearing and memory. Bhringaraj is also used in ayurveda to calm the mind from excessive activity and promotes sound sleep.

Foti is known in Chinese traditional medicine as He Shou Wu, an anti-aging herb, also known for its ability to restore normal hair color. Many years ago, a 40 year old man came to see me whose hair and mustache were totally grey already. He lived a fast-paced life and was addicted to coffee and alcohol. Daily, for one year, he took foti, and his hair changed back to its original color. Naturally, he also gave up coffee and alcohol.

Nettle leaf is well-known in Europe and used by people to stimulate hair growth, improve the condition of the scalp and to bring back natural hair color. Nettle leaf also stimulates the thyroid gland. Sometimes, a low functioning thyroid can be the cause of a variety of hair problems.

Rosemary stimulates hair growth. You can drink the tea or add powdered rosemary to your food. Misting rosemary on damp hair promotes healthy, shiny and full bodied hair. It also acts as a re-structor for chemically over-treated or damaged hair. Place a few drops of rosemary essential oil on a brush or comb and run it several times through your hair. This will prevent static.

Oats contains calcium, magnesium and silica, essential nutrients for healthy hair. Brings back luster to dull hair,

## Herbal Formulas For Beautiful Hair

Hair, Skin and Nails is an Herb Stop blend rich in absorbable minerals needed for great looking, shiny and soft hair. This is the formula I took when my hair was falling out. To my “healthy hair promoting regimen” I also added Hair Tonic, an herbal tincture.

## Hair Tonic

The herbs used in Hair Tonic are known to promote healthy hair growth, increase its body and shine, as well as in preventing graying of hair. Great for dry skin and brittle hair, too! People taking Hair Tonic have noticed that their skin and hair feels more moisturized.

## Scalp and Hair Stimulation Oil

While traveling in Egypt a few years ago, I learned about a hair stimulating formula that has been used for over 2000 years.

One teaspoon sweet almond oil

One teaspoon castor oil

10 drops essential oil of fir needle

Mix the sweet almond oil together with the castor oil in a small bowl and then add no more than 10 drops of essential oil. Mix with your fingers and then rub vigorously into your scalp, concentrating on areas where hair is thinning. Leave on for 10 minutes or overnight, then shampoo and rinse thoroughly. To add sparkle to your hair, use spring water for the final rinse.