

Hair Structure and Hair Chemistry - How Hair Vitamins can have an impact

Hair Structure

We will begin by defining the hair. Hair is composed primarily of proteins (88%). These proteins are of a hard fibrous type known as keratin. Keratin protein is comprised of what we call "polypeptide chains." The word, polypeptide, comes from the Greek word "poly" meaning "many" and "peptos" meaning "digested" or "broken down".



In essence, if we break down protein, we have individual [amino acids](#). Many (poly) amino acids joined together form a "polypeptide chain". Two amino acids are joined together by a "peptide bond", and the correct number of amino acids placed in their correct order will form a specific protein; i.e. keratin, insulin, collagen and so on.

The "alpha helix" is the descriptive term given to the polypeptide chain that forms the keratin protein found in human hair. Its structure is a coiled coil. The amino acids link together to form the coil and there are approximately 3.6 amino acids per turn of the helix (coil).

Each amino acid is connected together by a "peptide bond". The peptide bond is located between the carbon atom of one amino acid extending to bond with the nitrogen atom of the next amino acid. The best [hair vitamins](#) are typically great sources of amino acids.

[Click here to try Hair Formula 37 risk free!](#)

The A Helix Coil

In the organization of a single hair, three "alpha helices" are twisted together to form a "protofibril". This is actually the first fibril structure of the hair. Nine protofibrils are then bundled in a circle around two or more to form an eleven-stranded cable known as the "microfibril".

These microfibrils are embedded in an amorphous unorganized protein matrix of high sulfur content, and hundreds of such microfibrils are cemented into an irregular fibrous bundle called a "macrofibril". These macrofibrils are grouped together to form the cortex (or the main body) layers of the hair fiber.

Packed dead cells surround these structures and are known as the cuticular layers of the hair. In the center of these structures lies the medullary canal, which is actually apart of the excretory system and houses any foreign debris, heavy metals, synthetics and medications that are thrown off by the body and eventually released through the canal.

Bonding in Keratin Protein

When the hair is in its normal unstretched state. It is referred to as A of alpha keratin. The original configuration of the hair is held in place by the bonding found in the cortex layers of the hair. As we stated earlier, keratin protein begins with an alpha helix building into protofibrils, microfibrils, macrofibrils, then cortex layers. The bonds in the hair are located within each and every alpha helix.

The Hydrogen Bond

The first bond we will discuss is the hydrogen bond. This bond is located between the coils of the alpha helix and is responsible for the ability of the hair to be stretched (elasticity) and return back to its original shape. The hydrogen bonds allow us to change the shape of the hair temporarily with the aid of water.

These bonds are electrolytically controlled and are the most readily broken down and the most readily reformed. These bonds are responsible for approximately 35% of the strength of the hair and 50% of the hair's elasticity (some would argue up to 99.9% of the hair's elasticity).

The Salt Bond

The salt bond is also an ionic (electrolytically controlled) bond formed by the electron transfer from the side chain of a basic amino group (an amino acid with an NH_3^+ group) to the side chain of an acidic amino acid, i.e. COO^- . (This is two positive and negative charges attracting one another.)

This occurs in a position paralleled to the axis line of the rotation of the helix of the hair. The salt bond is responsible for approximately 35% of the strength of the hair and 50% of the hair's elasticity.

The Cystine Bond

The cystine bond also known as the disulfide bond, sulfur bond, or just S bond is formed by cross-links between cystine residues (amino acids) of the main polypeptide chains. This bond is perpendicular to the axis of the hair and between the polypeptide chains.

Because of its position in the hair, it is responsible for the hair's toughness or abrasion resistance. (It actually holds the hair fibers together.) These cross-links are frequent in the hair fiber, with maximum of frequency of one cystine bond every four turns of the alpha helix. This is what enables us to permanent wave the hair.

The Sugar Bond

The sugar bond is formed between the side chain of an amino acid having an OH group and an acidic amino group. This bond is also formed perpendicular to the axis of the hair. Because of its position, it gives the hair toughness but little strength (5%). Some moisture is contributed to the hair as a by-product of this bonding.

Isn't hair fun! :)

General Facts about Hair

Scientists claim that human beings will increasingly lose their hair, resulting in a totally naked being. Many hundred years have however to pass by until this awful prophecy will become true. Until then we have enough time to study and understand the life of hair.

Hair is actually dead material when it leaves its root - otherwise it would hurt very much when your hairdresser works with his scissor. Most people know about this fact, but did you know about other facts: On a normal scalp there are about 100-150 thousand hair fibers. A blonde head of hair has usually much more fibers than red or dark haired heads. Hair consists mainly of keratin, which is also responsible for the elasticity of fingernails. A single hair has a thickness of 0.02-0.04mm, so that 20-50 hair fibers next to each other make one millimeter. Hair is strong as a wire of iron. It rips after applying a force equivalent to 60kg, after it stretched itself for about 70%.

The root of a hair fiber sticks in a bag in the skin. The fiber is pushed out of this bag about 0.35mm per day, making an average growth rate of 1cm, or half of an inch, per month. The growth rate is however very much related to the individual person, his/her age, his/her diet etc.

Healthy hair has an average lifetime of 2-6 years. After a rest period of three months the single hair falls out, and a new fiber starts to grow out of the bag. The lifetime depends on circumstances and person, too. The lifetime of hair is responsible for the maximum of hair length you can have. Waist length hair

takes about 6 years to grow out from a short hair cut, periodic trims included. If your hair has a lifecycle of 2 years, you will never achieve a nice waist length mane.

Baby hair begins to grow around the third month after conception within the womb of the mother. {Trichocysts} are first formed. They develop into hair follicles as the fetus grows, then become downy hairs several centimeters long when the baby is born. The total number of hairs is determined before the baby is born. After that, the number of hairs never increases. It just decreases. The number of hairs greatly varies for each person, from sixty thousand to one hundred and fifty thousand, and makes up one of natural characteristics of each person when they are born. We should take good care of our hair.

Human beings have about one million and four hundred thousand hairs on their body, with about four hundred and fifty thousand of them to be found above the neck. These hairs include about one hundred thousand hairs on the head and about thirty thousand hairs taken up by mustaches, beards, or whiskers. The figure below illustrates average lengths of the hair (when it is left to grow naturally) and growth rates per day. The hairs on the head grow by about one centimeter per month and reach a length of around 70 centimeters if they are not cut. Hair grows at a faster rate in the spring and summer than in autumn and winter.

Average length and growth rate per day :

Hairs on the head 70cm / 0.35mm

Eyebrows ,0cm / 0.15mm

Mustaches (beards or whiskers) 28cm / 0.4mm

Armpit hairs ,Scm / 0.3mm

Pubic hairs ,Ucm / 0.2mm

10 Secrets To Fast Growing Hair



Posted: 02-27-2013 - [Read More Hair Blogs](#)

Error! Hyperlink reference not valid.

Wondering what the **secrets to fast growing hair** are? Basically long, fast hair growth comes down to knowing how to take care of your hair. Here are 10 things you can do to maximize your hair growth.

1. Wash with a moisturizing shampoo.

Washing your hair every day can strip it of the natural oils your scalp produces. This can leave your hair feeling like straw and your scalp dry and itchy. Use a gentle fast hair growth shampoo when you wash your hair to keep it clean and healthy.

2. Condition.

One of the secrets to fast growing hair is keeping hair healthy and moisturized. Many times people with oily types of hair think they do not need to use a conditioner. In reality, every type of hair - dry or oily - needs to be nourished with a conditioner. It is best to apply a fast hair growth conditioner with biotin and botanicals EVERY time you wash your hair.

3. Stop blow drying your hair.

Every time you blow dry your hair you're subjecting it to a blast of heat that slowly dries out the hair. The same goes for all other hot styling tools, and this constant heat will create brittle hair.

Embrace your natural texture and learn to style your hair without using hot styling tools as often.

4. Eat a healthy diet.

Foods high in vitamins, minerals, and proteins can help hair grow much faster and healthier. Eat less sugary processed foods and more fruits and vegetables. Water also has a direct impact on the health of your hair and scalp, so be sure to drink at least 8 glasses (64 ounces) of water a day.

5. Take vitamins.

One of the biggest secrets to fast growing hair is [hair vitamins](#). We get some nutrition by eating a healthy diet, but extra vitamins are needed if you want to actually grow your hair faster. While it may be good for your health, a multi-vitamin won't help your hair grow faster. Taking a vitamin specifically for faster hair growth will give you the maximum benefits.

6. Stop using hair extensions.

Growing long hair requires patience, and it can be tempting to run out and get extensions when you don't feel like waiting for your hair to grow. But don't do it! Hair extensions can be very damaging to hair and lead to breakage or hair loss.

7. Protect your ends.

The longer it has been since a strand of hair has grown from your scalp, the longer it has had to deal with everything from UV rays to blow dryers. Every day hair is subjected to all kinds of damaging factors, and these things can weaken hair over time. Protect the ends of your hair by using a heat protectant spray or sealing them with a protective coconut oil before you style your hair. Trim off split ends every few weeks.

8. Exercise.

Hair follicles benefit from healthy circulation, and the best way to maintain healthy circulation is to exercise regularly. Exercise is beneficial in many ways, including improving circulation so that nutrients from vitamins are more easily absorbed throughout the body. If you are taking vitamins to get fast growing hair, you should also be exercising a few times a week.

9. Minimize stress.

Stress can severely impact the health of our bodies and hair. Some people experience a great amount of shedding when going through severely stressful times. Even day to day stresses can add up and wreak havoc on the condition of hair. Getting at least 8 hours of sleep a night has been proven to help reduce stress (Source: [NIH](#)). Other peaceful activities like yoga and meditation can also help minimize stress.

10. Pamper your hair.

Every once in awhile it can be good to pamper your hair with a deep conditioning hair mask. You can easily whip up a natural hair mask in your kitchen using ingredients like honey, avocado, eggs, olive oil, or coconut oil. A hair mask once or twice a month can add extra shine and help your hair look even better.

By [Dallas Kirby](#)

20 Strange Hair Growth Facts



Posted: 02-01-2013 - [Read More Hair Blogs](#)



Women can spend up to two and a half years of their life washing and styling their hair. That's a lot of time spent doing our hair, but how much do we really know about it? Here are 20 strange hair growth facts that you may not have known about your hair.

20 Strange Hair Growth Facts

1. An average person has about 100,000 hairs on their head, with blonde types having the most strands of hair and red heads having the least amount.
2. It is normal to lose up to 100-125 hairs per day. Most of this occurs in the shower or while brushing hair.
3. Individual hairs go through 3 phases: anagen (growing), catagen (transitional), and telogen (shedding).
4. Each strand of hair is on its own schedule, or hair growth cycle. This means that while some hair naturally falls out as part of the telogen phase during your morning shower, others are in the active anagen growing process.
5. Hair is one of the fastest growing tissues in the human body.
6. On average, hair grows about 1/2 an inch per month.
7. Hair grows from the hair follicle in the scalp, not at the ends.
8. The hair follicle consists of living cells underneath your scalp; hair that has visibly emerged from the scalp is actually dead cells.
9. Hair fibers are made of a protein called keratin.
10. Keratin is made up of [amino acids](#), primarily Cysteine.
10. Hair growth slows significantly when there is a nutrient deficiency.
11. Hair grows faster when there is an abundance of nutrients available in the body.
12. Everything you eat, drink, and consume is revealed in your hair strands, which is why hair drug tests are performed. It is also why those who eat [healthier diets have fast healthy hair growth](#).
13. Severe stress and poor diet can lead to hair loss.
14. Hair grows on every part of the body except for the palms of hands, soles of feet, lips, and mucous membranes.
15. Each follicle on your body has a growing phase that lasts for varying amounts of time, which

is why the hair on your arms or legs will never grow as long as the hair on your head.

16. The lifespan of an individual hair can range from 2 - 7 years.

17. A person's ethnicity can determine their hair type and growth rate. Asian hair types typically grow at the fastest rate while African hair types grow at a slower rate.

18. Though some may be less visible than others, every person has a cowlick that formed while still in the womb before birth.

19. 90% of people who are right-handed have cowlicks that swirl in a clockwise direction; most lefties have cowlicks that swirl in a counterclockwise direction.

20. There are some weird [hair growth myths](#) but contrary to popular belief, hair does NOT keep growing after death

By [Dallas Kirby](#)

Foods For Hair Growth

A healthy diet filled with vitamins and proteins can help grow your hair faster. Take a [hair growth vitamin](#) and eat these foods for faster hair growth.

WHICH FOODS HELP HAIR GROW?

88%

of hair is
composed of
proteins from
amino acids

Feed Your Hair!

Hair needs certain nutrients to grow long and healthy. A well-balanced diet can add essential vitamins, minerals, and proteins to help your hair grow faster.

Hair Growth Nutrients

Essential vitamins, minerals, and amino acids needed for healthy hair growth.

Protein
Biotin
B Vitamins
Niacin
Iron
Folic Acid
Zinc



1/2 an Inch

Average hair growth
per month

Make Hair Grow Faster

Most people grow about 6 inches of hair per year. Slow hair growth can be caused by a vitamin deficiency, but hair can grow up to **TWICE** as fast when the body is getting enough vitamins and amino acids!

Best Foods For Healthy Hair



Salmon Legumes Veggies Eggs

5 Hair Growth Myths



Posted: 11-08-2012 - [Read More Hair Blogs](#)



There are many **hair growth myths** out there. Before you start shaving your head to get thicker hair, read the truth behind some of these myths. Here are the top 5 most common ones:

Myth: Cutting hair will make it grow faster.

Truth: Hair grows from the hair follicle at the scalp, not at the ends, so cutting hair won't affect the hair follicles or make it grow faster. It will however keep hair looking healthy.

Myth: There is no way to [make hair grow faster](#).

Truth: Most people experience hair growth of about half an inch per month, but slow hair growth can be caused by a vitamin deficiency. A hair vitamin is an excellent source of vital nutrients that speed up hair growth and improve the health of hair.

Myth: Shaving your head will make hair grow back thicker.

Truth: Hair appearing to grow back thicker after shaving is an illusion. Shaving creates blunt-ended hair that is all the same length, which can create the illusion of thicker feeling hair. In reality, the thickness of individual hairs has not changed.

Myth: Brush your hair 100 times a day to get longer hair.

Truth: One of the oldest **hair growth myths**, brushing used to be an ideal way of distributing the scalp's natural oils through hair to moisturize it. Then shampoo and conditioner were invented. There is no need to brush hair 100 times, and doing so might actually break and damage hair.

Myth: Hair will always stay the same texture.

Truth: Many environmental and hormonal factors can alter the texture of hair. It is possible for your hair to gradually change its texture during your life.

Hair Growth Facts

Find out how to make hair grow faster by checking out these fun hair growth facts!

FUN FACTS

Strange Hair Growth Facts

Did you know...



You will spend over 2 years of your life washing and styling your hair!

The 3 Hair Growth Phases:

ANAGEN



Active growing phase. Lasts 2 - 7 years.

CATAGEN



Transitioning phase. Lasts a few weeks.

TELOGEN



Resting/shedding phase. Lasts a few months.

1/2 INCH

Average growth per month.

2 - 7 YEARS

Average lifespan of one hair.

EVERYONE IS DIFFERENT:



Blondes

Have 120,000 Strands Of Hair



Brunettes

Have 110,000 Strands Of Hair



Red Heads

Have 90,000 Strands Of Hair



The only way to tell the difference between men and women's hair is to run a DNA test.

ASIAN

hair types experience the fastest hair growth rate



AFRICAN

hair types experience the slowest hair growth rate

RIGHT-HANDED

90%

of right-handed people's cowlicks swirl clockwise.

LEFTIES

45%

of left-handed people's cowlicks swirl counter-clockwise.

MYTH VS. FACT:



MYTH:

Hair keeps growing after death.



MYTH:

Cutting hair makes it grow faster.



FACT:

Hair is one of the fastest growing tissues in the body.



FACT:

Vitamins and protein can make hair grow faster.

Biotin For Faster Hair Growth

What Is Biotin?

Biotin is an essential B vitamin used in cell growth. Biotin, or Vitamin H as it is sometimes called, is also necessary for healthy hair, skin, and nails. Taking **biotin for faster hair growth** can be beneficial for overall health as it also aids in maintaining a healthy blood sugar level and metabolizing fats and proteins.

Why Biotin Is Important For Hair

A biotin deficiency can lead to [slow hair growth](#), hair loss, and other health problems. Hair can become dry and nails can also become brittle and chip. Those who are athletic, diabetic, or pregnant may require greater amounts of daily biotin. In some cases, biotin can even reverse thinning hair problems and thicken and restore hair.

Sources Of Biotin

Biotin can be found in some foods including chicken eggs, Swiss chard, and some fruits. The easiest way to get biotin is to take it in supplement form. A supplement of biotin for hair growth will actually improve the health of hair and help hair grow faster. As biotin aids in cell growth, hair follicles begin to produce healthier hair at a much faster rate.

How To Take Biotin For Faster Hair Growth

A pill that only has biotin in it is not enough to help hair grow faster, because biotin needs other B Vitamins in order to work. A daily hair vitamin that contains biotin as well as other B vitamins and amino acids is the best way to get healthier, longer hair.

Hair Formula 37 [Step One hair vitamins](#) contain 200mcg of biotin per serving, and [Herbal Booster hair vitamins](#) contain an additional 100mcg of biotin per serving. These amounts ensure that you are getting the optimum amount of biotin for faster hair growth. That is why **Hair Formula 37** is 100% guaranteed to be the best hair supplement available anywhere!

How To Make Your Hair Grow Faster

If you just got a bad haircut, or if you're trying to grow out short hair, it may seem like your hair is taking a very long time to grow. On average hair only grows about 1/2 an inch per month, but there are some ways you can grow out your hair quicker. Here is a helpful list of tips or ways on **how to make your hair grow faster**.



- **Improve Your Nutrition and Diet**

Just like anything else on your body, hair follicles need certain nutrition to function their best. So in order for you to grow healthy hair quickly, you have to make sure you are including plenty of certain nutrients in your diet.

- **Amino Acids / Proteins:** Absolutely vital to healthy hair growth. Hair is made from a protein called keratin, so hair follicles need to receive amino acids and protein regularly to grow long.
- **Biotin:** Sometimes called Vitamin B-7, is a water soluble B complex vitamin. It's main purpose is to metabolize fatty acids . Fatty acids are essential to our overall health and the growth and appearance of our hair.

- **Niacin:** This is also called Vitamin B-3 and is effective in stimulating hair growth by improving circulation to the scalp. Lack of circulation to the scalp is thought to be a major contributor to [slow hair growth](#) and even hair loss.

These are just a few of the vital nutrients you need to take in regularly. One easy way to make sure you get 100% of your hair nutrition every day is by taking specialized [hair vitamin supplements](#).

Give your hair what it needs, to grow faster, longer and stronger!

Some other ways to make your hair grow faster are to:

- **Be Gentle To Your Hair**

When you brush your hair, be as gentle as possible and never brush your hair while it's wet. Try to avoid exposing your hair to extreme heat, as from hair dryers, or styling irons because heat can cause damage which can make hair break off.

- **Get Regular Trims**

You'll want to regularly trim off any split ends. It may seem counter-intuitive to cut your hair if you want it to grow longer, but if split ends are not trimmed off, damage can spread up the hair and any new growth can break off.

- **Use A Moisturizing Hair Growth Shampoo**

Washing your hair with a shampoo that contains essential nutrients and amino acids can actually help make your hair grow faster.

While this is a very brief list of [fast hair growth tips](#) to make your hair grow faster, the key thing to remember is - hair reflects how its treated from the inside and out. Beautiful hair grows from the inside out!

Dealing with Slow Hair Growth?

If you'd like longer, sexy hair fast but are stuck dealing with slow hair growth, you have just found the solution to your slow growing hair!



Hair vitamins give your body the necessary nutrients required by your body to promote stronger, healthier, faster growing hair.

Always complaining "My hair grows slow!"?

Hair grows from the inside out, not only is proper nourishment required to stimulate faster hair growth, but caring for your hair on the outside is important for healthy looking, beautiful locks!

Here are a few key tips for dealing with [slow growing hair](#):

- **Improve Your Diet**

Slow growing hair can in many cases be traced back to your hair not getting all of the nutrients it need to grow fast and be healthy. This is usually because your diet, like most people's, doesn't get enough nutrients to support a functioning body and then have enough left over for fast hair growth. Hair Formula 37 hair vitamins will give you the needed 100% of the following vital hair nutrients:

- Amino Acids / Proteins
- Biotin or B-7
- Niacin or Vitamin-B3
- Pantothenic Acid

- [Folic Acid](#)
- Zinc

- **Avoid Excessive UV rays**

Yep, too much sun can damage your hair and lead to slow hair growth. If you need to be out in the sun try to cover your hair with a hat or scarf.

- **Avoid Harsh Chemicals**

This includes everything from harsh hair treatments like hair color, perms, and relaxers which damage hair over time. ***Healthy hair grows fast, damaged hair does not.***

- **Avoid Excessive Exposure to Heat**

This primarily comes in the form of hot styling tools like hair dryers and hair straighteners. Again, too much direct heat is a damaging factor to the hair and can be a slow hair growth factor. Heat dries out hair - causing premature hair breakage.

Dealing with Slow Hair Growth?

If you'd like longer, sexy hair fast but are stuck dealing with slow hair growth, you have just found the solution to your slow growing hair!



Hair vitamins give your body the necessary nutrients required by your body to promote stronger, healthier, faster growing hair.

Always complaining "My hair grows slow!"?

Hair grows from the inside out, not only is proper nourishment required to stimulate faster hair growth, but caring for your hair on the outside is important for healthy looking, beautiful locks!

Here are a few key tips for dealing with [slow growing hair](#):

- **Improve Your Diet**

Slow growing hair can in many cases be traced back to your hair not getting all of the nutrients it need to grow fast and be healthy. This is usually because your diet, like most people's, doesn't get enough nutrients to support a functioning body and then have enough left over for fast hair growth. Hair Formula 37 hair vitamins will give you the needed 100% of the following vital hair nutrients:

- Amino Acids / Proteins
- Biotin or B-7
- Niacin or Vitamin-B3
- Pantothenic Acid
- [Folic Acid](#)
- Zinc

- **Avoid Excessive UV rays**
Yep, too much sun can damage your hair and lead to slow hair growth. If you need to be out in the sun try to cover your hair with a hat or scarf.
- **Avoid Harsh Chemicals**
This includes everything from harsh hair treatments like hair color, perms, and relaxers which damage hair over time. ***Healthy hair grows fast, damaged hair does not.***
- **Avoid Excessive Exposure to Heat**
This primarily comes in the form of hot styling tools like hair dryers and hair straighteners. Again, too much direct heat is a damaging factor to the hair and can be a slow hair growth factor. Heat dries out hair - causing premature hair breakage.

Black Hair Vitamins for Fast Hair Growth



Proper nutrition is essential to having healthy black hair. Hair Formula 37 fast hair growth vitamins can give African American hair the required nutrients necessary to grow fast and healthy!

- Stronger Hair Growth
- Manageable Hair
- Shinier Hair
- Less Breakage and Shedding
- Long Hair Fast

Hair Formula 37 hair vitamins for black hair, African hair or African American hair are specially designed to improve the condition of hair giving hair shine, bounce, health and [makes African American hair grow fast!](#)

Make Hair Grow Out Fast

Hair Formula 37 vitamins are especially designed to make African American hair grow stronger, healthier and longer, FAST! Vitamins, proteins (amino acids) are crucial to the growth of African American hair. Hair needs nutrition just like the rest of your body. If you want your hair to grow, help your body by giving it what it needs, to make hair grow faster and stronger.

[Black hair](#) has special nutritional needs to effectively grow long, healthy hair and make hair grow faster. Hair Formula 37 encourages stronger hair growth so hair can withstand any chemical processes or heat treatments that can damage hair over time. Hair Formula 37 hair vitamins can help damaged hair by making it grow faster, stronger and help regain some of it's lost texture, length and health!

Herbal Hair Vitamins - Hair Formula 37

Herbal Booster for Faster Hair Growth: To be used with Step One and Two

To meet the growing demand of a superior herbal hair vitamins formula... Hair Formula 37 has developed a Hair Formula 37 Herbal Booster.

Hair Formula 37™ Herbal Booster is not designed to replace either Hair Formula 37 Step One or Step Two...but rather to be a booster to both steps. It is an addition that will naturally enhance hair growth for all hair types of hair.

In a base of : [Nettle](#), [Rosemary](#), [Burdock](#), [Birch](#), [Rose Hips](#), [Irish Moss](#), [Coltsfoot](#), [Dandelion](#), [Yellow Dock](#), [Elder Flowers](#), [Shave Grass](#)

Horsetail (Mu Zei)	50mg
FoTi	50mg
Vitamin A	2000IU
Vitamin B-12	20mcg
Pantothenic Acid	20mg
Folic Acid	200mcg
Biotin	100mcg
Niacinamide	20mg
PABA	10mg
L-Cysteine	40mg
Choline	20mg
Inositol	20mg
Linoleic Acid	40mg
Calcium	50mg
Copper	4mg
Selenium	40mcg
Manganese	10mg
Zinc	10mg
Iodine	100mcg

Added to Step One and Two of the regular Hair Formula 37 vitamin program the [Herbal Booster](#) adds:

Horsetail - Strengthens hair, nails, bone, and teeth. Increases calcium absorption. It strengthens the heart and lungs. It is specific for internal bleeding and urine retention. Helps to coagulate the blood and is useful excessive bleeding during menstruation. Horsetail is very rich in silicic acid and silicates, which provide approximately 2-3% elemental silicon. Potassium, aluminum, and manganese along with fifteen different types of bioflavonoids are also found in the herb. The presence of these bioflavonoids are believed to cause the diuretic action, while the silicon content is said to exert a connective tissue strengthening and anti-arthritis action.³ Some experts have suggested that the element silicon is a vital component for bone and cartilage formation.⁴ This would indicate that horsetail may be beneficial in preventing osteoporosis. Anecdotal reports suggest that horsetail may be of some use in the treatment of brittle nails.

Fo-ti - A Chinese herb that has been known to demonstrate anti-aging properties. Used in many medicines, Fo-ti has been used to treat tuberculosis and cancer as well as other kidney and blood ailments. ([WebMD](#)) This herb has shown to have rejuvenating effects on brain cells and nerves and is often recommended to treat graying hair and hair loss.

A Healthy Hair Oriented Herbal Blend: [Nettle](#), [Rosemary](#), [Burdock](#), [Birch](#), [Rose Hips](#), [Irish Moss](#), [Coltsfoot](#), [Dandelion](#), [Yellow Dock](#), [Elder Flowers](#), [Shave Grass](#) all of which may help your hair.

Vitamin A - Vitamin A helps cells reproduce normally—a process called differentiation. Cells that have not properly differentiated are more likely to undergo precancerous changes. Vitamin A, by maintaining healthy cell membranes, helps prevent invasion by disease-causing micro-organisms. Vitamin A also stimulates immunity and is needed for formation of bone, protein, and growth hormone. In males and postmenopausal women, up to 25,000 IU (7,500 mcg) of vitamin A per day is considered safe. In women who could become pregnant, the safest intake level is being re-evaluated; less than 10,000 IU (3,000 mcg) per day is widely accepted as safe.

Added Vitamin B-12 - Vitamin B12 is needed for normal nerve cell activity, DNA replication, and production of the mood-affecting substance called SAM (S-adenosyl methionine). Vitamin B12 works with folic acid to control homocysteine levels.

Biotin - Biotin, a water-soluble B vitamin, acts as a coenzyme during the metabolism of protein, fats, and carbohydrates. Biotin works with the other B vitamins, such as folic acid, pantothenic acid also known as vitamin B5, and vitamin B12. Symptoms of pantothenic acid or zinc deficiency are lessened with biotin.

Added Pantothenic Acid - Pantothenic acid, sometimes called vitamin B5, is involved in the Krebs cycle of energy production and is needed to make the neurotransmitter acetylcholine. It is also essential in producing, transporting, and releasing the energy from fats. Synthesis of cholesterol (needed for vitamin D and hormone synthesis) depends on pantothenic acid. Pantothenic acid also activates the adrenal glands.¹ Pantethine—a variation of pantothenic acid—has been reported to lower blood levels of cholesterol and triglycerides.

Added Folic Acid - Folic acid is needed for DNA synthesis. DNA allows cells—including cells in the fetus when a woman is pregnant—to replicate normally. Adequate intake of folic acid early in pregnancy is important for preventing most “neural tube” birth defects as well as some birth defects of the arms, legs, and heart. It also appears to protect against cleft palate and cleft lip formation in most, though not all, studies.

Folic acid is needed to make “SAM” (S-adenosyl methionine), which affects (and may improve) mood. Folic acid is also needed to keep homocysteine levels (an amino acid) levels in blood from rising. Excess homocysteine dramatically increases the risk of heart disease and may be linked to osteoporosis and strokes.

Added Niacin (but in a Niacinamide form for no flushing) - The body uses vitamin B3 in the process of releasing energy from carbohydrates.

Added PABA - PABA is the abbreviation for paraaminobenzoic acid, a compound that is loosely considered to be a member of the vitamin B-complex. PABA appears to enhance the effects of cortisone, estrogen, and possibly other hormones by delaying their breakdown in the liver. PABA also prevents or even reverses the accumulation of abnormal fibrous tissue. An isolated study found that PABA darkened gray hair in some elderly (but not younger) individuals.

Added Cysteine - is a non-essential amino acid (protein building block). Cysteine is one of the few amino acids that contains sulfur. This allows cysteine to bond in a special way and maintain the structure of proteins in the body.

Added Choline and Inositol - Choline is needed for cell membrane integrity and to facilitate the movement of fats in and out of cells. It is also a component of the neurotransmitter acetylcholine. Inositol is required for proper formation of cell membranes. It affects nerve transmission and helps in transporting fats within the body.

Linoleic Acid - an “essential fatty acid” needed for survival.

Calcium - Calcium is the most abundant mineral in the human body. Of the two to three pounds of calcium contained in the average body, 99% is located in the bones and teeth. Calcium is needed to form bones and teeth and is also required for blood clotting, transmission of signals in nerve cells, and muscle

contraction.

Copper - Copper is needed to absorb and use iron. It is also part of the antioxidant enzyme superoxide dismutase (SOD). Copper is needed to make adenosine triphosphate (ATP), the energy the body runs on. Synthesis of some hormones requires copper, as does collagen (the “glue” that holds muscle tissue together) and tyrosinase (the enzyme that puts pigment into the hair and skin).

Selenium - Selenium activates an antioxidant enzyme called glutathione peroxidase, which may protect the body from cancer. A recent double-blind study following over 1,300 people found that those given 200 mcg of yeast-based selenium per day for seven years had a 50% drop in the cancer death rate compared with the placebo group. Selenium is also needed to activate thyroid hormones.

Manganese - Manganese is needed for healthy skin, bone, and cartilage formation as well as glucose tolerance. It also helps activate superoxide dismutase (SOD)—an important antioxidant enzyme.

Zinc - Zinc is a component of more than 300 enzymes that are needed to repair wounds, maintain fertility, synthesize protein, help cells reproduce, preserve vision, boost immunity, and protect against free radicals, among other functions.

Iodine - Iodine is needed to make thyroid hormones, which are necessary for maintaining normal metabolism in all cells of the body.

Nettle - There has been a great deal of controversy regarding the identity of nettle’s active constituents. One authoritative study came to the conclusion that polysaccharides (complex sugars) and lectins (large protein-sugar combination molecules) are probably the active constituents. The leaf has been shown to be anti-inflammatory by preventing the body from making inflammatory chemicals known as prostaglandins.¹ The root has complicated effects on hormones and proteins that carry sex hormones (such as testosterone or estrogen) in the human body. From ancient Greece to the present, nettles have been documented for its use as a medicine for coughs and tuberculosis, to increase hair growth, and to treat arthritis.

Rosemary - A number of constituents have shown activity in the test tube. The volatile oil, including eucalyptol (cineole), is considered to have potent antibacterial effects³ and to relax smooth muscles in the lungs.⁴ Rosmarinic acid has significant antioxidant activity.⁵ Another ingredient of rosemary, known as carnosol, inhibits cancer formation in animal studies.

7 Reasons Why African American Hair Breaks

04-05-2013

African American hair is not all the same. Hair comes in different colors, lengths and textures. Hairstyles, hair products and styling tools should be chosen for you, based on your hair’s specific needs. While all African American hair may not be the same, the reasons **why African American hair breaks** are shared by all hair textures and hair types.



1. Not Drinking Enough Water

Water is a must for body replenishment including hair and skin. Hair strands are 25% water, if hair is not getting enough moisture - hair dries out and snaps! Besides excellent benefits on

hair, drinking more water improves your skin's health, hair's shine and helps increase energy levels. Water should be your best friend!

2. Use Too Much Heat

Too much heat can damage hair. African American hair is fragile already, once heat strips away moisture, the potential of hair breakage is much higher due to hair losing its elasticity. Elasticity allows for hair to be touched, pulled or tugged without breaking off. If using heat is a requirement in your beauty regimen, consider using [thermal protectant sprays](#), creams or hair oils that will protect hair from heat damage.

3. Chemical Processes

Peptide bonds which are built from amino acids (proteins), create the structure of African American hair. Any type of chemical processes, color, bleach, and perms - will break down hair structure. Relaxers are the worst for African American hair. Relaxers basically eat away at your hair, changing its curly texture, to straight. Of course, hair breaks and snaps, it's damaged, weak and unhealthy. Once you strip away the structure, you can't get it back.

4. Bad Hair Styling Habits

Do not wear a hairstyle if it hurts, no matter how cute it is! If your scalp is hurting, imagine what your hair is going through at the roots. If too much stress is on the hair roots, hair can break from the roots or in some cases cause real follicular damage such as [traction alopecia](#). Brush hair gently, rough brushing can cause premature hair breakage too. Twisting or braiding dry hair can also cause African American hair to break.

5. Not Moisturizing Enough

If your hair looks dry, it is - hair needs moisture. Drinking water is excellent for hair health, yet is just as important for water to be applied directly on hair. Making your own leave-in conditioner with your favorite conditioner, is an excellent way to lightly moisturize and condition your hair (especially your ends) on a daily basis. Save deep conditioning treatments for when you wash.

6. Neglecting the Scalp

When washing your hair, focus on the scalp more than your hair. Your scalp needs to be clean and free of any growth inhibitors including natural oils, sweat, dirt, hair products, smoke, pollution, etc - for hair to have a chance at growing out healthy. Use your fingertips to treat your scalp to a massage and to break up any buildup on your scalp. Don't wash often? Use oils like coconut oil or tea tree oil that have antibacterial and antifungal agents and will not clog scalp.

7. Not Eating Right

Even when you are trying to eat right, many nutrients are cooked out of foods. Raw vegetables and fruits are an excellent source of nutrition for hair. Proteins like fish, chicken and beans are also helpful for hair growth. The foods you eat have to provide nourishment to vital areas of the body before your hair gets any. In some cases, hair never actually gets the proper nourishment it needs. [Hair vitamins](#) are an excellent supplement to your diet insuring your body is getting what it needs to grow strong, healthy hair.

What Are Good Vitamins to Make Hair Grow

03-26-2013

If you want to grow your hair naturally and effectively, vitamins, healthy lifestyle changes and even incorporating healthier foods into your everyday routines have proven to help. Understanding the right type of nutrients and vitamins that are needed to help boost overall hair growth will allow you to make the changes necessary in your own life to begin seeing the results you desire. There are many **vitamins to make hair grow** found in daily food intake and can also be found in hair vitamins to make hair grow faster.

Vitamins to Make Hair Grow

Vitamins to help with hair growth include Vitamins C, E, and complex B along with Iron. Vitamin C greatly contributes to hair growth along with complex B. B3 assists with contributing the overall circulation of the scalp. Additionally, Biotin is also helpful with growing hair and nails. Folic Acid and MSM are also great vitamins to make hair grow.



Vitamin E has been shown to increase hair growth while slowing or stopping hair loss altogether. Vitamin E can also contribute to preventing split ends and improving the overall texture of [African American hair growth](#). Taking a dosage of 400IU each day of Vitamin E is an adequate amount to provide your body with the nutrients it needs while contributing to the growth of your hair. Vitamin E adds moisture to hair, making hair more resilient, resists against breakage from dry hair.

Taking an iron supplement is also recommended to help with increasing circulation throughout the scalp. When the scalp has an adequate amount of circulation, it will contribute to stimulating hair growth naturally and at a quicker rate. You can also add foods such as raisins and apricots

into your diet to boost your iron intake.

Vitamin A is also helpful when trying to add a shine and a healthy glow to your hair naturally. Vitamin A works together with fat synthesis, triggering hair growth over time. You can obtain Vitamin A in a basic vitamin form along with finding it in foods. Foods that contain a significant amount of Vitamin A include carrots, kale, eggs and squash.

Good Foods to Eat for Hair Growth

Choosing to incorporate the right foods into your diet can help with boosting your hair's growth. Citrus-based fruits such as oranges and lemons can quickly contribute to hair growth. Other foods such as green peppers are ideal to add into your diet for the proper nutrients your hair requires.

Staying hydrated throughout each day is also essential to help with hair growth. Drinking at least 4 to 8 cups of water will keep your scalp hydrated along with the rest of your body. The entire hair shaft is made up of 25% water altogether, requiring proper hydration to contribute to hair growth and to maintain proper circulation.

Lifestyle Changes

Making positive choices and healthier lifestyle changes can greatly effect how quickly your hair grows while improving other aspects of your body simultaneously. Reducing the amount of alcohol you drink will boost hair growth while ensuring the amount of lost hair is greatly reduced. If you are a smoker, quitting altogether will reduce the amount of hair loss you experience, as cigarettes have been proven to slow circulation in the scalp, stopping hair growth and causing loss.

With the proper knowledge, improving the growth speed of your hair is possible naturally without pills and medications. Eating right and knowing the vitamins which are the most beneficial for hair growth will allow you to see the results you desire much quicker.

How to Grow Long African Hair

03-14-2013

Part of **growing long African American hair**, African hair or black hair is understanding what to do and not to do to **grow long African hair** - naturally. All hair is different, textures, thickness, color and strength. Find a beauty regimen that works for your hair. It may take several tries but patience and consistency are a must when you choose to naturally grow long African hair.



1. Don't brush hair while it's wet.

Hair is vulnerable and susceptible to damage and breakage when wet. Use a wide tooth comb or pick carefully when working through wet hair. Start from your ends and comb up towards your roots, detangling along the way.

2. Don't rinse hair in hot water.

Heat swells and opens up the hair cuticle, making it very easy to become damaged when using combs and brushes. Cool water seals the hair cuticle, protecting it and making hair shine. Follow up with a hair oil that will lock moisture in, after you shampoo your hair.

3. Don't brush hair when you are upset.

It may sound crazy but when you are angry or stressed, you will be much rougher on your hair than you realize; leading to unnecessary damage and breakage.

4. Don't wear hairstyles that are too tight or do not fit your hair type.

If you have thinning edges, do not glue in tracks or wear tight braids that can pull out and damage your hair. Tight hairstyles puts stress on hair, causing premature breakage over time. Repeated abuse can damage hair follicles and lead to baldness. Don't be afraid to experiment with different hairstyles that work with your hair type. Just because its cute on someone else, does not mean its right for you.

5. Don't condition your scalp the same way you condition your hair.

Conditioner will build-up on your scalp, slowing hair growth. When conditioning, start at the ends of your hair and work your way up, stopping about an inch from your scalp. Use a penetrating hair oil to moisturize and nourish your scalp. [Moisturizing hair daily](#) is a must to grow healthy, longer hair.

6. Don't use petroleum based hair products or mineral oils.

These do not penetrate hair, instead they sit on top as a barrier - preventing moisture from reaching hair or scalp. Moisture is a must for African American hair.

7. Don't forget to cut your ends regularly.

Split ends travel up the hair shaft, tearing apart and weakening hair structure. Hair will not grow long if it keeps breaking or snapping off.

8. Don't forget your scalp needs love too.

Your scalp is your hair follicles home, taking care of it is just as important as caring for your hair. Massage your scalp at least twice a week with nourishing absorbing [oils for hair growth](#).

7 Tips on Growing Long Healthy Natural Hair

1. Keep moisturized, light water spritzing. Wear moisture caps to bed.
2. Drink your gallon of water a day.
3. Eat well, lots of vegetables, fruit, & protein. Hair is protein. Avoid convenience foods.
4. Don't style dry. Use hands vs. combs or brushes whenever possible.
5. Don't stress over hair. Stress will shut down, healing & growth in body.
6. De-knot by hand.
7. Use wide tooth comb, brushes, plastic with wide spaced teeth. Take some rows out of brush.

5 Reasons to Use Fast Grow Hair Oil

03-07-2013

The fusion of **Fast Grow Hair Oil** contains nutrition for hair strength and hair growth; provides moisture to hair and scalp; soothes irritated or inflamed scalp; brings life back to your hair. Hair oils can be heavy, weighing hair down and building up on hair follicles. It is very important to use hair oils that are penetrating and not coating. Oils that coat hair will keep moisture from getting to your hair, causing premature breakage due to dryness. Build up on the scalp can smother hair follicles - slowing or stopping hair growth.



Thinning Edges

Thinning edges can be caused by consistent friction on the scalp (same hairstyle, same spot) too tight of a hairstyle or even lack of proper blood flow to those specific areas. Massage thinning areas daily to stimulate circulation. Fast Grow Hair Oil is rich in vitamins and proteins which nourish hair and promote healthy, thicker growth.

Dry, Itchy, Irritated Scalp

Aloe Vera and jojoba oil, are no match for flakes. [Aloe Vera](#) helps soothe inflammation, scratches or sores that may appear on scalp. Jojoba is packed with Vitamin E, antioxidants and copper, providing moisture and encouraging healthy scalp tissue.

Between Washes

Anti-Bacterial and astringent properties are in Fast Grow hair oil which make it a must have in between washings. Washing is very important, however, it can tend to dry out your hair and scalp. Lime oil, jojoba oil and coconut oil work to clean the scalp of impurities that may stunt growth, while infusing hair sealing hair with nutrition.

Dry, Damaged Hair

Blend of coconut oil and jojoba oil help to restore shine, health and beauty to your hair. Coconut and jojoba oil provide moisture and fatty acids to hair, making hair stronger, healthier and shinier. [Moisturize hair](#) on a daily basis, to keep hair from breaking, caused by dryness.

Slow Growing Hair

MSM helps encourage collagen production which is needed to keep hair manageable and strong. L-Cysteine is an amino acid which helps to encourage hair growth and needed to stimulate hair production. Fast Grow hair oil contains essential oils packed with vitamins and nutrition needed to help strengthen and thicken hair. Don't wait any longer to start growing, healthier, stronger, more beautiful hair!

African American Hair Growth

02-20-2013

African-American hair is delicate and fragile and should be moisturized regularly, including the scalp to aid in healthy hair growth. Hair follicles grow from and live in the scalp. Scalp health is equally as important for healthy black hair growth. Hair can and will dry out if lost moisture is not replaced, causing breakage; leading one to think hair is growing slowly or not at all.

This is far from the truth! You can speed up African-American hair growth and make hair grow stronger, healthier and longer. African hair should be washed at least once a week. Not washing hair regularly is bad for hair growth or scalp. Not washing hair is a [black hair growth myth](#) that is absolutely ridiculous.

Hair Growth Oils

While washings may strip some natural oils that protect hair, who says they can't be replaced? [Hair growth oils](#) are full of nutrients that benefit both skin and hair. Jojoba oil, coconut oil and olive oil help to provide moisture and nutrition to African-American hair growth. Hair becomes shinier, softer and more manageable. Many hair growth oils, like coconut oil are full of omega fatty acids which help condition and strengthen black hair. Aloe vera is another great natural oil that helps to stimulate hair growth and encourage a healthy scalp.

Make African Hair Grow with Hair Vitamins

Hair supplements, like Fast Grow hair vitamins, are made for African hair and can make black hair grow stronger and healthier. Biotin is a well known vitamin that benefits African hair growth. MSM, niacin, and folic acid are good hair growth supplements that will aid your body to make hair grow. Vitamin E increases scalp's blood circulation and provide moisture to hair as it grows, promoting shiny, healthy hair. Melons, berries, tomatoes, peppers, dark green leafy veggies are good sources of nutrition to benefit African hair growth.



10 Foods to Make African Hair Grow

02-04-2013

Foods rich in vitamins, minerals and proteins are a must to make African hair grow long and healthy. Eating properly to make hair grow will take longer, but it is a natural process which will result in healthier hair and scalp.

Make African Hair Grow
10. Salmon. Rich in Omega-3 fatty acids, salmon helps support healthy scalp and hair. Its lack can result in dull hair and dry scalp.

Another good source of Omega-3 fatty acids is walnuts.



9. Greek yogurt. This low-fat dairy product is high in Vitamin B5, Vitamin D and protein. Vitamin D is being studied for its good effect on hair follicles, while protein is the building block of hair and skin.

8. Leafy greens. Leafy greens such as broccoli, spinach, kale and green peppers contain Vitamin C. Vitamin C enables the body to absorb iron, without which the hair will be weak and breakable. Oranges and strawberries are also good sources of Vitamin C.

7. Oysters. Zinc is a powerhouse mineral which can help replace lost locks, including eyelashes. Three ounces busts about 490% of the daily allowance of zinc. Whole grains and fortified cereals yield some, but oysters pack protein as well.

6. Bananas, raisins and oats are a great source of Silica. Silica helps make hair grow thicker and stronger. Celery, red peppers and carrots are also great sources of silica.

5. Eggs. Eggs are a good source of protein, but they also include zinc, selenium, sulfur and iron. Iron is responsible for getting oxygen to the hair follicles. Other sources of iron include lean beef, chicken and fish.

4. Sweet potatoes. These are rich in beta-carotene, which the body transforms into Vitamin A. This nurtures healthy hair and skin.

3. Blueberries. A high source of Vitamin C, blueberries increase blood circulation to the hair follicle and scalp. A [healthy scalp](#) is a must to support healthy hair growth.

2. Vegetable oils. Healthy oils such as olive, safflower, peanut and sunflower restore the gleam to hair. A teaspoon per day works wonders for hair.

1. Beans. Rich in folate or folic acid, beans provide a natural conditioner for hair. Enjoy green peas, blackeyed peas and Great Northern beans for a head of soft hair.

Eating the right foods for healthy hair and scalp can be consumed as snacks as well as regular meals, so grab some fruits and veggies today!

Amino Acids for Hair Growth

12-27-2012

Unless we eat foods specifically containing the 10 essential amino acids we cannot produce ourselves, hair will become dry, brittle and dull due to lack of proteins. Additionally, hair growth experiences severe retardation because follicle health is directly related to the condition of the skin. While hair health can be influenced by a number of other factors, amino acids for hair growth potentially plays the most important role in stimulating hair follicles, providing nutrient-rich blood to the scalp and enhancing structural proteins responsible for long-term hair growth.

Best Amino Acids for Hair Growth

Amino acids are necessary for protein production as well as many metabolic processes. Amino acids comprise 75 percent of the human body and control nearly all cellular activities. While humans are able to independently produce 10 amino acids, the remaining 10 must be acquired by food consumption. Failure to maintain adequate amounts of "essential" amino acids (the type received through food) results in muscle degradation, extreme fatigue and deterioration of body tissues, including skin and hair.



Methione is one of the essential amino acids for hair growth that we receive from eating eggs, fish and cereal grains. An antioxidant that promotes blood circulation to the scalp by breaking down accumulations of arterial fat, methione also provides rich amounts of sulfur, a nutrient that contributes to hair follicle health and reduces the risk of suffering skin disorders responsible for hair loss.

Consumption of chicken, turkey, yogurt, oats and broccoli will provide the body with sufficient amounts of cysteine, another amino acid capable of stimulating hair growth and maintaining the strength and health of hair. Methionine is a precursor of cysteine and is necessary to manufacture cysteine proteins. Cysteine also possess antioxidant properties that may help relieve symptoms of psoriasis, rheumatoid arthritis and asthma.

Tyrosine is a non-essential amino acid that not only promotes hair growth but also contributes to hair color. Responsible for giving skin and hair its natural color by producing a substance called melanin, tyrosine is primarily found in [almonds](#), bananas, eggs, dairy and meat products. Because this amino acid enhances hair color with melanin, it may also help to inhibit premature

graying of the hair.

Cystine (not to be confused with cysteine) is another non-essential amino acid comprising nearly 15 percent of the hair and skin. Primarily concerned with maintaining hair strength, cystine additionally promotes bones and tissue health. It is also found in alpha-keratin, an important protein constituting hair, fingernails and skin. Although the body can produce cystine, eating plenty of cystine-rich meat, whole grains, eggs and dairy products will ensure your hair is receiving enough cystine to prevent breakage and splitting.

5 Black Hair Growth Myths Debunked

11-12-2012

Myth: Black Hair Should Be Washed Every Two Weeks

False! Hair should be washed at least once a week. We live in a polluted world where dirt, smog, smoke, and dust particles are all around you. You are subjected to these free radicals daily and can build up on skin, hair and scalp. Hair products can cause buildup, along with your own natural oils. Neglecting to wash hair can allow this buildup to clog hair follicles, causing thinning hair and prevent healthy black hair growth! Just because the stylist



says, "see you in two weeks" does not mean that you need to wait until then to wash your hair.

Myth: Cutting Hair Makes African Hair Grow Faster

True! While this black hair care myth certainly is true, not in the way you might think. The actual act of cutting hair does zero to speed up hair growth. Keeping your ends cut, will keep split ends from continuing up the hair shaft wreaking havoc along the way. If your breakage is equal to your hair growth, then hair will seem to "not grow".

Myth: African Women Cannot Grow Long Hair

False! What will work for one woman, may not work for the next. Nutrition is very important for black hair growth, along with genetics. Hair [vitamins for black hair](#), African hair growth is an excellent start to fast, healthier, long hair growth! Many women do not know how to properly care for their own hair. You must be able to adopt a daily hair regimen that will work for YOU! Try a few different products until you find the ones right for your hair texture. The longer hair gets the more attention it needs. Moisturize your ends with a leave-in daily, massage your scalp with hair growth oils that absorb and refrain from hairstyles that are too tight.

Myth: Too Much Washing Dries Out Black Hair

False! Water is needed to moisturize black hair! Despite popular belief, water is not the enemy. Water hydrates hair; just as it does every other part of your body. Applying absorbing oil like jojoba, or coconut will help to hydrate and lock in hairs moisture. It does not seal out moisture like petroleum based products. Shampoos and conditioners do not work the same on all hair types. Find one that is not too harsh for you. [Emu oil shampoo](#) and [emu oil conditioner](#) is a great

place to start!

Myth: Coconut Oil Helps Grow Black Hair!

True! Coconut oil can be used as a deep conditioner, detangler, or daily hair oil. [Coconut oil](#) is excellent for black hair growth; it absorbs and hydrates hair and scalp! Many have used it to help relieve flaky, dry scalp, or dandruff, while others use it daily to increase shine and beauty! It can also be used as a deep conditioner to help restore heat damaged, chemically damaged hair. Apply coconut oil to ends to keep them moisturized; this along with regular trimming will help to stop split ends.

Amino Acids for Hair Growth

12-27-2012

Unless we eat foods specifically containing the 10 essential amino acids we cannot produce ourselves, hair will become dry, brittle and dull due to lack of proteins. Additionally, hair growth experiences severe retardation because follicle health is directly related to the condition of the skin. While hair health can be influenced by a number of other factors, amino acids for hair growth potentially plays the most important role in stimulating hair follicles, providing nutrient-rich blood to the scalp and enhancing structural proteins responsible for long-term hair growth.

Best Amino Acids for Hair Growth

Amino acids are necessary for protein production as well as many metabolic processes. Amino acids comprise 75 percent of the human body and control nearly all cellular activities. While humans are able to independently produce 10 amino acids, the remaining 10 must be acquired by food consumption. Failure to maintain adequate amounts of "essential" amino acids (the type received through food) results in muscle degradation, extreme fatigue and deterioration of body tissues, including skin and hair.



Methione is one of the essential amino acids for hair growth that we receive from eating eggs, fish and cereal grains. An antioxidant that promotes blood circulation to the scalp by breaking down accumulations of arterial fat, methione also provides rich amounts of sulfur, a nutrient that contributes to hair follicle health and reduces the risk of suffering skin disorders responsible for hair loss.

Consumption of chicken, turkey, yogurt, oats and broccoli will provide the body with sufficient amounts of cysteine, another amino acid capable of stimulating hair growth and maintaining the strength and health of hair. Methionine is a precursor of cysteine and is necessary to manufacture cysteine proteins. Cysteine also possess antioxidant properties that may help relieve symptoms of psoriasis, rheumatoid arthritis and asthma.

Tyrosine is a non-essential amino acid that not only promotes hair growth but also contributes to

hair color. Responsible for giving skin and hair its natural color by producing a substance called melanin, tyrosine is primarily found in [almonds](#), bananas, eggs, dairy and meat products. Because this amino acid enhances hair color with melanin, it may also help to inhibit premature graying of the hair.

Cystine (not to be confused with cysteine) is another non-essential amino acid comprising nearly 15 percent of the hair and skin. Primarily concerned with maintaining hair strength, cystine additionally promotes bones and tissue health. It is also found in alpha-keratin, an important protein constituting hair, fingernails and skin. Although the body can produce cystine, eating plenty of cystine-rich meat, whole grains, eggs and dairy products will ensure your hair is receiving enough cystine to prevent breakage and splitting.

5 Black Hair Growth Myths Debunked

11-12-2012

Myth: Black Hair Should Be Washed Every Two Weeks

False! Hair should be washed at least once a week. We live in a polluted world where dirt, smog, smoke, and dust particles are all around you. You are subjected to these free radicals daily and can build up on skin, hair and scalp. Hair products can cause buildup, along with your own natural oils. Neglecting to wash hair can allow this buildup to clog hair follicles, causing thinning hair and prevent healthy black hair growth! Just because the stylist



says, "see you in two weeks" does not mean that you need to wait until then to wash your hair.

Myth: Cutting Hair Makes African Hair Grow Faster

True! While this black hair care myth certainly is true, not in the way you might think. The actual act of cutting hair does zero to speed up hair growth. Keeping your ends cut, will keep split ends from continuing up the hair shaft wreaking havoc along the way. If your breakage is equal to your hair growth, then hair will seem to "not grow".

Myth: African Women Cannot Grow Long Hair

False! What will work for one woman, may not work for the next. Nutrition is very important for black hair growth, along with genetics. Hair [vitamins for black hair](#), African hair growth is an excellent start to fast, healthier, long hair growth! Many women do not know how to properly care for their own hair. You must be able to adopt a daily hair regimen that will work for YOU! Try a few different products until you find the ones right for your hair texture. The longer hair gets the more attention it needs. Moisturize your ends with a leave-in daily, massage your scalp with hair growth oils that absorb and refrain from hairstyles that are too tight.

Myth: Too Much Washing Dries Out Black Hair

False! Water is needed to moisturize black hair! Despite popular belief, water is not the enemy. Water hydrates hair; just as it does every other part of your body. Applying absorbing oil like

jojoba, or coconut will help to hydrate and lock in hairs moisture. It does not seal out moisture like petroleum based products. Shampoos and conditioners do not work the same on all hair types. Find one that is not too harsh for you. [Emu oil shampoo](#) and [emu oil conditioner](#) is a great place to start!

Myth: Coconut Oil Helps Grow Black Hair!

True! Coconut oil can be used as a deep conditioner, detangler, or daily hair oil. [Coconut oil](#) is excellent for black hair growth; it absorbs and hydrates hair and scalp! Many have used it to help relieve flaky, dry scalp, or dandruff, while others use it daily to increase shine and beauty! It can also be used as a deep conditioner to help restore heat damaged, chemically damaged hair. Apply coconut oil to ends to keep them moisturized; this along with regular trimming will help to stop split ends.

Grow Long African Hair

11-07-2012

Error! Hyperlink reference not valid.

Taking care of your body, eating the right foods and taking care of your hair, will help grow long African Hair fast! Many women have been told that African hair, or black hair, grows slower than other hair types; some think black hair just wont grow at all. This is a black hair myth and simply not true!

- Eat Foods Rich in Vitamins A, C, E
- Take Hair Vitamins to grow long African hair
- Avoid Stress
- Eat High Protein Foods
- Drink More Water
- Massage Your Scalp with Oils

Grow African Hair Long and Fast

Black women have different hair textures, thickness, growth rates and strength of hair. Hair vitamins help grow long African hair fast, no matter your hair type. Your body must be able to store up nutrients for hair to grow at its best. Your body is hard at work making sure vital organs have the nutrients needed to function. Hair is the last part of your body to receive nutrients. Long African hair growth will not happen overnight, however with the help of the [best black hair vitamins](#) you can grow long African hair naturally, in no time!

African hair is fragile and can be easily damaged by hairstyling techniques such as curling, bleaching, coloring and braiding. Hair vitamins will help African hair, black ethnic hair grow stronger and healthier! Hair will be able to better withstand chemical treatments, including any twisting and pulling which can occur with some black hairstyles. These processes can cause major damage and stunt hair growth in some black women. Massage your scalp at least three times a week, to increase blood flow and relieve some stress from your hairstyles. Oils such as jojoba oil, coconut oil will absorb into the hair and scalp, moisturizing and providing nutrition exactly where it needs to be. You will experience healthier hair and a healthier scalp!

[More Black Hair Tips of the Day](#)

Eliminate African Hair Breakage

10-31-2012

To help eliminate African hair breakage, when combing or brushing hair, use slow strokes and take your time. Don't comb hair in a rush. When running short on time, brushing hair can be a challenge and breakage will occur if brushed too hard. Be gentle with your hair, African hair, ethnic hair and black hair is very fragile and delicate.

Eliminate Black Hair Breakage

Whether hair is wet or dry, take your time and comb hair carefully. African hair, or black hair is easily damaged due to its dry and fragile state. Processed hair, is even more likely to break when brushing, or combing. Whether your choice is a boar hair brush or a wide-tooth comb, one great black hair tip is start combing from the ends and work your way up.

Take Your Time

Separate your hair into sections, spray a leave-in conditioner into your hair and start combing, work from the ends of your hair to the top of your head. The comb or brush will be able to glide through the ends of the hair, eliminating breakage or damage from knots or tangles. Use much care when combing the ends of your hair, they are the weakest, compared to the hair further up the hair shaft.

Use as much leave in conditioner as your hair will allow and comb it through out your hair from tips to roots. Moisture is very important for healthy growth, daily use will give you noticeable results in about a week!

Eat Almonds for Hair Growth

10-25-2012

Eat almonds to jump start healthy hair growth! Almonds are healthy, low calorie and help hair grow! Almonds are loaded with nutrients to help stimulate hair growth. Essential vitamins and minerals such as Vitamin E, Zinc, Calcium, and Iron are found in almonds; which hair needs to grow thicker and stronger.

Eat Almonds for Hair Growth
Almonds are packed full of protein. You can get about about



6 grams of protein per ounce of almonds. If you want to grow longer hair, protein is necessary for the body to create and produce hair. Black hair needs lots of [protein for black hair growth](#)!

Almond oil has been used for centuries on hair for shiny, healthy, luxurious looking hair. Almond oil is high in protein, so massaging your scalp to distribute the oil will help stimulate blood flow, encouraging faster hair growth.

For breakfast, try a hot biscuit or piece of toast with almond butter on top! Try almond milk in your cereal or coffee, for a tasty, healthier option. Sprinkle almonds in oatmeal, salads or eat them fresh from their shell! Almonds are available in many forms, such as whole, sliced, and slivered.

Almonds are an excellent snack to incorporate into your daily diet. Pack them in your purse, your brief case, eat them when you need a snack. They are healthy to eat and fun to crack!

Smooth Shiny Beautiful Hair

10-23-2012

For shinier hair, smoother hair, when washing, rinse hair in lukewarm or cool water. This process will help to tone down frizz as well as seal the hair cuticle, protecting it from damage. When hair is rinsed in hot water, the hair cuticle expands and is more susceptible to breakage and damage.

Do not rub your hair dry after washings, use a towel to blot hair dry. Rubbing causes friction and stress on hair, increasing the chances of tangles, knots and breakage



Moisturize Hair for Fast Black Hair Growth

10-15-2012

It's been said time and time again to moisturize African-American, African hair regularly. How often is regularly? Daily. That's right, moisturize black hair daily! While submerging hair underwater everyday may not be an option for many processed black hair styles, or hectic lifestyles, upping your conditioning treatments will definitely produce better, healthier black hair growth.

Pure moisturizing oils such as [coconut oil](#), or jojoba oil are great hair growth oils that moisturize black hair. These oils penetrate and absorb into hair and scalp producing moisturized, healthy, shiny hair.

If moisture is not being produced by the body, it must be put into the body or applied on the body to get the required amounts. Black hair, by nature, is very dry and fragile. Drink lots of water to help aid the body to disperse hydration and refreshment to organs, hair, skin and nails.

The more water you drink, the better your hair and skin will look; you will also be surprised at how great you will feel.



Any additional stress applied to dry hair, whether it be in the form of heat, chemical relaxers, or certain hairstyles, can cause hair to break prematurely.

Hair is prone to split ends, which is common among women.

Extremely tight hairstyles such as braids, cornrows, even sew-ins can cause hair to break off from the roots, if hair is not strong enough to put up with the pressure. Repetative hairstyles can lead to hair thinning, hair loss and in extreme cases, damaged hair follicles which can no longer grow hair.

Different genetics, body chemistry and different food intake will produce different textures and strength of hair.

Not all ethnic hair will experience severe damage after the first or second processing, however, over time continual treatments will break down hair structure and destroy the peptide bonds keeping hair together, causing breakage and slow growth.

Heat styling tools, hair dryers, hair straighteners, curling irons, all of them can dry out hair. Use a heat protectant before applying heat to hair. This will help to lock in moisture and protect hair from damage.

Taking care of your hair especially during fall and winter months, is ideal for the preservation of healthy black hair. The cold air will dry out hair and help the chances of hair breaking, wrap it up in a scarf, or hat, when going outdoors. Allow hair to air dry if possible. Don't leave the house with a wet head, hair can freeze and break! Stopping any chemical processing during the cold months is ideal and best beneficial for the healthiness of black hair growth. Relaxers, perms, coloring treatments cause dry hair to become dryer. Consider getting that perm, right before cold

weather hits, wear protective styles and wrap it up, away for the weather elements.

Black hair is beautiful; take preventative measures to protect your hair from harsh conditions that can cause damage, breakage, hair thinning or even hair loss.

Healthy Scalp for Black Hair Growth

10-05-2012

<http://www.exoticalure.com/blog/Amazingly-healthy-hair-from-a-pill.htm>

Keeping a clean and healthy scalp will promote healthy black hair growth. Your scalp is the foundation for your hair follicles. Scalp needs nutrients and blood flow in order to produce healthy hair, it must be kept clean and buildup free. Buildup from hair products, oils, or sweat, can clog hair follicles, causing slow growth and contribute to thinning hair and breakage.

- Wash your hair at least once a week to remove any buildup on the scalp.
- Oil your scalp daily with a natural oil like jojoba oil or coconut oil, these oils absorb into hair and scalp.
- Apply those same oils to the end of your hair for a healthier, shinier, revived look!
- Massage your scalp daily to increase circulation to the scalp.
- Stay away from products petroleum, or mineral based oils -they help clog hair follicles and slow hair growth. They are designed to seal moisture in, but it also keeps moisture from getting to the hair. This will dry out hair and increase hair breakage.



Start using a hair growth vitamin designed for black hair growth. Proper nutrition can help double your hair growth! Get [healthy fast growing hair](#) from an easy to swallow capsule!

Longer African Hair with Daily Moisturizing

09-28-2012

<http://www.exoticallure.com/blog/Grow-African-Hair-Fast.htm>

Use a leave-in conditioner daily, to hydrate, moisturize and protect growing African hair. Think of it like this, a leave-in conditioner to your hair is the equivalent as moisturizer is for your face! Moisture is important to keep skin, and hair from drying out and becoming damaged. If hair lacks moisture, its only a matter of time before hairs start snapping off and breaking.

The ends of your hair are the oldest part of the hair strand and they have seen the most abuse.

Through all the hair drying, combing, brushing, flat ironing, coloring and highlighting, hair will start to break and split.

Spray ends daily with your favorite leave in conditioner, then move up the hair strand. It doesn't hurt to give your entire head of hair a daily moisture boost! Increase the shine, look and health of your [growing African hair](#)!



Stop Breakage with Hair Oils

09-24-2012

http://www.exoticallure.com/hair_breakage.htm

Wet hair is more susceptible to damage and breakage. Apply a leave in conditioner to help detangle and then apply oil to your hair. Wide tooth combs should be used to detangle knots before using a brush. Jojoba oil, Coconut oil and Olive Oil are great hair oils that absorb into the hair follicle, increasing health and shine.

Stop Hair Breakage

Dry hair needs moisture. Lack of moisture will cause breakage. Making sure you keep hair moisturized will help to [stop hair breakage](#). If your scalp and hair is dry, oil everyday. Oiling the scalp will help to keep down itchiness and dry flakes, or dandruff. Stay away from oils that are thick and heavy like petroleum or mineral



based oils. These oils will not absorb into hair, they will only coat hair. While they will increase shine, eventually, the oils will build up on hair and scalp, preventing moisture from getting to the hair. Mineral or petroleum based products can clog hair follicles on the scalp and lead to hair thinning, breakage and hair loss.

Why Black Hair Relaxers Cause Damaged Hair

<http://www.exoticallure.com/order.htm> Even the best Black hair relaxers cause damaged hair. It is important to know how hair relaxing can be less damaging on the hair, and how growing out relaxed hair can be made faster.

Black hair vitamins can help relaxed hair by adding strength to stop breakage...and helping Black hair grow out faster.

Some people assume (falsely) that compared to lye hair relaxers, "no lye" hair relaxers are much safer and take the "damage" worry away from the hair. Both types of hair relaxers straighten the hair by breaking down di-sulfide (sulfur bonds) bonds in the hair.

Black hair relaxers not only break the di-sulfide bonds in the hair but they destroy them. This is what causes the hair to become straight. Both cause damage to the hair and both can cause irritation to the scalp if not used properly.

Lye relaxers contain sodium hydroxide as the active ingredient. With "no lye" hair relaxers, calcium hydroxide and guanidine carbonate are mixed to produce guanidine hydroxide. There are also "thio relaxers" they are made of thioglycolic Acid Salts. Namely diammonium dithiodiglycolate and or ammonium thioglycolate are the ingredients used in "thio relaxers". Different brands will argue which has the lowest Ph, but as far as damaging the hair, all do a great job of destroying the s-bonds in the hair. The result is hair that is dry and damaged.

The best way to avoid damaged hair in relaxing the hair is to start out with strong healthy hair. When chemicals are applied to weakened hair in the beginning, the end result is far worse than if the hair was strong to begin with. By applying chemicals to weak (damaged) hair, you can almost expect the result to be a disaster. Black hair vitamins combats hair relaxer damage in many ways:

- Hair growth vitamins supplies the body with massive amounts of the sulfur containing amino acid cysteine. Cysteine is the only sulfur containing amino acid and Exotic Allure hair vitamins for Black hair have made it among the top ingredients for this reason. It helps supply the hair massive amounts of the same thing Black hair relaxers destroy in the hair...sulfur. Sulfur helps make the hair strong.
- Hair vitamins for Black hair growth supply the body with amino acids in a similar percent that the hair is made. We are not aware of any other hair vitamin to do this. Amino acids are the building blocks of protein which create hair.
- Exotic Allure contains a special blend of oils for Black hair that will help replace the oils taken away by Black hair relaxers. The oils are great for your skin and will help add shine to your hair naturally.
- Fast Grow can greatly benefit your hair if you have any type of Black hair relaxers applied to you hair.

Hair Braids : They can cause damaged hair but hair vitamins can make hair stronger and resist the damage

Black Hair Braids Perhaps damaged hair isn't quite the correct term. Hair braids have the potential to cause hair loss and slow black hair growth if they're done too tightly. It's common to see receding hair lines on hair braids that have been worn for years. It's important to keep the hair and scalp clean and healthy if Black hair braids are the primary way you wear your hair.

Washing the hair and scalp is important, but making sure hair has all of the nutrients it needs to be healthy is as well. One advantage of having strong, healthy hair is that the chances of the follicle being damaged are smaller than if the hair is weak and brittle.

Black hair braids are usually wound together very tightly. Consider how difficult it must be for the nutrients in shampoos, conditioners, and hair growth oils to completely and thoroughly penetrate each hair follicle.

It's a common misconception that shampooing once a week is all the nutrition black hair braids needs. Unfortunately this is not enough for optimum hair health. The best way to insure that your hair braids have the right amounts of nutrition is with Fast Grow hair vitamins for Black hair growth.

Fast Grow can work from the inside out to make sure each hair follicle has all of the vitamins, minerals, and amino acids it needs to be it's healthiest. Healthy hair requires daily maintenance and nutrition. Make your Black hair braids the healthiest they can be with Fast Grow hair vitamins for African hair, African-American hair, all ethnic hair types.

African American Hair : Differences and structure of Black hair

African American hair or Black hair types have special needs. Black hair needs often stem from hair being excessively dry or damaged due to harsh chemical treatments like relaxers.

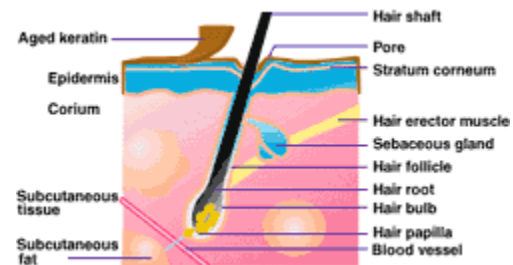
In order to understand these needs, it's important to look at the structure of African American hair.

African American hair is composed primarily of proteins (88%). These proteins are of a hard fibrous type known as keratin. Keratin protein is comprised of what we call

"polypeptide chains." The word, polypeptide, comes from the Greek word "poly" meaning many and "peptos" meaning digested or broken down. In essence, if we break down protein, we have individual amino acids. Many (poly) amino acids joined together form a "polypeptide chain".

African American hair has two [amino acids for hair growth](#) are joined together by a "peptide bond", and the correct number of amino acids placed in their correct order will form a specific protein; i.e. keratin, insulin, collagen and so on. The "alpha helix" is the descriptive term given to the polypeptide chain that forms the keratin protein found in human hair. Its structure is a coiled coil.

The amino acids link together to form the coil and there are approximately 3.6 amino acids per turn of the helix (coil). Each amino acid is connected together by a "peptide bond". The peptide bond is located between the carbon atom of one amino acid extending to bond with the nitrogen atom of the next amino acid.



The damage African American hair can sustain from hair relaxers has to do with these peptide bonds. Hair relaxers work by breaking down these bonds, while this does cause a straightening effect, it will eventually break the hair.

8 Easy Protective Hairstyles for African Hair

Having **protective hairstyles** is something that every African American woman should know about.

African hair or black hair, needs extra care when it comes to keeping the ends healthy and free from breakage. The ends of your hair have seen the most damage. Keeping them tucked away helps to preserve the look and life of your hair while promoting hair growth! Here are just a few protective hairstyles to add to your repertoire.

1. The first protective hairstyle is the basic bun. Tie back your hair with an elastic or scrunchie. (Do not use rubberbands, they damage and break your hair.) Take small sections of your hair and tuck them into a bun. Secure that with hair pins. Feeling a little spunky?! Try the [Natural Bun Mohawk!](#)

2. A French Roll is another simple style that protects your ends. Smooth your hair back, fold the hair over and tuck the ends inside as you roll the hair. The smaller you roll, the tighter the roll. Use bobby pins or hair pins to secure. For a dressy look, add rhinestone hair pins.

3. Wigs are probably the easiest style to pull off, taking hours off your prep time. Braid your hair back, or pull it back into a pony tail, and secure it under the wig. If you wear wigs often, wrap hair in a scarf, before applying the wig. This will keep the friction of the wig from breaking and damaging your hair. Pin scarf down, or your wig may move when you least expect it!

4. Try a ponytail with a twist the next time you are looking for a protective style that is fun and elegant. Brush your hair back into a tight ponytail. Then twist the hair up and around the base of the pony tail. Leaving the bangs out can keep this look flirty and unique. Hairsticks definitely make this a fun style! Want something a little more dramatic? Try the [Hair Bow Ponytail](#)

5. Braiding your hair naturally, or putting in braid extensions, is a great way to protect your hair while

enjoying a longer style. While this style is protective you still need to care for your hair and your scalp. Scalp must be kept clean of oils, dirt, environmental elements that can inhibit hair growth. Weekly washings are ideal; scalp cleaning should be done every other day. [Hair growth oils](#) can be found which contain ingredients that help to clean scalp and encourage hair growth.

6. A well done weave is one of the best ways to protect hair and promote growth. Your hair is braided completely underneath the weave and so it's not subject to sun, wind or other forms of hair damaging weather. Scalp cleaning must be done every other day to maintain healthy environment for hair to grow!

7. Flat twists are more versatile than the two strand twist. Flat twists hug the head more closely and can be used to create unique designs.

8. Let your uniqueness shine! Twirl your hair into fun, flirty spring shapes around your head. Try [Bantu knots](#) the next time you are feeling adventurous!

Oils for Hair Growth

Natural essentials oils have been used for centuries to promote healthy, long hair growth.

Oils for hair growth can benefit hair in many ways, helping to repair damaged hair, stop breakage and even soothe a dry, itchy scalp! Natural oils are packed full of nutrition that hair and scalp can benefit from. Discover our Top 5 Oils Good for Hair Growth!

Oils for Hair Growth

Natural essentials oils have been used for centuries to promote healthy, long hair growth.

Oils for hair growth can benefit hair in many ways, helping to repair damaged hair, stop breakage and even soothe a dry, itchy scalp! Natural oils are packed full of nutrition that hair and scalp can benefit from. Discover our Top 5 Oils Good for Hair Growth!

5 OILS GOOD FOR HAIR GROWTH



Eat Avocados!

Eating avocados will increase hair shine!

Avocado Oil

Contains vitamins A, E, B, magnesium, and copper. Avocados are rich in fatty acids and proteins all of which is essential to nourish hair for fast hair growth.



Make sure to choose oils that will penetrate the hair and scalp, feeding nourishment directly the roots of your hair and directly to the scalp. The scalp houses your hair, if unhealthy scalp, unhappy hair!

Jojoba Oil



Moisturizes Hair and Scalp

Treatment for Dandruff, Eczema and Psoriasis on Scalp

Softer, More Manageable Hair

Rich in antioxidants, vitamins E and B, silicon, copper and zinc. Helps stimulate hair growth and increases blood flow to the scalp.

Contains essential fatty acids vitamin E, potassium and magnesium which are essential to healthy hair growth.

Eat Almonds!

Almond Oil



Almond oil strenghtens hair and seals in moisture, increasing shine and protecting from breakage! It is excellent as a scalp oil, helping to relieve inflammation or dry, itchy scalp.

Coconut Oil



- Aids proper hair moisturization by sealing hair follicles, preventing premature breakage.

- Packed with proteins and fatty acids that help hair grow healthy, strong and fast!

- Helps eliminate hair frizz, dryness and promotes shiny, silky hair.

- Has antibacterial and antifungal properties that can help improve scalp health.

Olive oil moisturizes and nourishes hair. It leaves hair softer and more manageable. Invigorates the scalp encouraging healthy faster hair growth.

Olive Oil



Excellent Hot Oil Treatment helps repair split ends

Rich in Omega 3s Fatty Acids and Vitamin E

Restores Shine and vitality to Dry, Dull Hair

Do these oils penetrate hair?



Jojoba Oil



Avocado Oil



Olive Oil



Coconut Oil



Almond Oil

I tested these products on myself, alone they don't work. I tested a hair growth drops product, alone it does not work.

However, when I used the two together, the amount of hair I normally grow in 6 years I grew in 3 months.

I have not had much hair or hair growth since my teens. My hair loss started when about 12 years old. After 3 months my hair started to fill in and it is even thickening in the problem area the center and crown of head.

It is important for women to do something about hair loss early. As most often a hormone problem is involved. If the follicles quiet then your down. Bossley could not help me.

Order Hair growing supplements and hormone supplements from Jonilund.com