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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Easy Steps To Have Full Healthy Hair**

**By Brittney Foster**

The first thing that most people think of when they think of hair is a brand name like Redken, Tigi or

Nioxin yet most people that try these name brands also say that they would be willing to try another brand to search for better results. So there seems to be a hierarchy in the hair care world. First of all there are the drug store products that you can buy inexpensively but the surveys tell us that women and men that use salon shampoos have over 80% less hair problems - that is very big!

This means that the first step toward better hair is to use a salon professional shampoo. However the next survey tells us that even these women and men are looking for better results. This was the foundation of developing Nourish Hair Care. Most salon products simply treat the hair with dimethicones that make the hair feel better but they do little to work on the health of the hair.

Nourish hair care uses a tri hair care approach. This means that Nourish products focus on the hair root, the scalp and the shaft of the hair. By focusing on all three parts of the hair the results over time are very beneficial. Vitamins for the hair and shampoo treatments for practically all hair types need to nourish the root and heal the scalp and this results in much healthier hair.

Healthier hair is vital for those that treat their hair. Chemicals can damage hair and strip nutrition. By starting with a healthier hair that is loaded with amino acid building blocks and hair vitamins the hair can have a much stronger bond and this resists damage.

So it is up to you! There are products that can make your hair look great and then there are products that can make your hair look great and actually be great by focusing on the health of the hair. Check out Nourish Brand Hair products online at

[www.nourish-hair-care.com](http://www.nourish-hair-care.com)

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## Easy Steps To Have Full Healthy Hair

. We carry

<http://www.nourish-hair-care.com/>

and other essential hair care products including

<http://www.nourish-hair-care.com>

to nourish your hair.

### **What Condition Is Your Hair In?**

**By Nicole Elizabeth Smith**

Our hair can be categorized in three different ways: Healthy Dry Damaged

Characteristics of Healthy Hair Smooth texture and feel Shiny Hair loss is 75-100 strands per day  
Hair loss consists of entire hair strands (contains bulb) Holds curl well Relatively easy to comb while  
wet Good elasticity (hair strand stretches when pulled) Healthy scalp No breakage Minimal split  
ends

Characteristics of Dry or Stressed Hair Hair loss is 75-100+ per day Hair is dry to the touch but  
responds well to moisture May have some scalp problems Dull appearance Itchy scalp Loses curl  
easily May be frizzy Hair has poor elasticity (does not stretch before breaking) Breakage (hair  
strands are short) Split ends Characteristics of Damaged Hair Dull Dry Coarse Frequent use of oil  
does not help retain moisture and/or the effects do not last long Tangles easily, difficult to comb while  
wet Frizzy Breakage is severe in spots Visible split ends Scalp may be unhealthy May have  
excessive dandruff

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What Condition Is Your Hair In?

Entice Healthy Hair with Hair Care Tips

Hair Extensions - The Long And The Short Of It

Caring For Your Hair

Hair 101

The Ultimate Rose Garden– Neighbors envy, owners pride!

101 tips to stay fit and live longer.

Organic Secrets

Obesity and Weight Loss

Control your Headache!



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