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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!

Eating For Healthier Hair

By Kenia Morales

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Is your hair not growing to its full potential? Is it unhealthy and dull? Then you might find the solution on your fridge or kitchen cabinet. Believe it or not your diet might have a lot to do with your hair's health.

Here is your guide of vitamins, minerals, and amino acids that are essential to you hairs health.

Biotin– peanuts, oat bran, eggs, liver, mushrooms,
Bananas, tomatoes, whole–grain cereals, lean beef

Zinc– wheat germ, lean meat, oatmeal, split peas, mozzarella cheese, yogurt, cow milk, shrimp,
parsley, liver

Methionine– dairy products, fish, meat, wheat

B–5 (Pantothenic) – sweet potatoes, yeast, eggs, fish, legumes, avocado

Magnesium– bananas, vegetables, walnuts, dried fruits, cocoa

Consult your doctor before making any changes on your diet.

Kenia Morales is the publisher and owner of online magazine "For Every Aspect of Today's Woman". To find more beauty or women related articles and resources visit her site at <http://www.kpatra.com>

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

Eating For Healthier Hair

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

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. We carry

and other essential hair care products including

to nourish your hair.



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