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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!**

**Entice Healthy Hair with Hair Care Tips**

**By Alan Anderson**

Hair is an important aspect of an individual's appearance. It is natural and is determined at the time of birth. It generates from the number of roots in the scalp. Each hair grows up to a certain length and then stops naturally. It even sheds down at some point. New hair shaft replaces the lost hair. Now this new hair needs to be taken care of.

Healthy hair is a mirror to a good health. But due to the velocity of life one tends to skip over health issues leaving apart hair care. Here are a few hair care tips to ease hair loss and achieve manageable healthy hair.

**Balanced Diet:** Hair being a part of your body is affected by the food intake of an individual. It is recommended that a daily diet should be balanced with adequate amount of carbohydrates, fats, vitamins, proteins and minerals. An individual having oily hair should avoid intake of oily food items. Drinking plenty of water cleanses the toxins in turn enabling healthy hair growth.

**Natural Hair Care:** Brushing your hair regularly to stimulate the scalp will keep it looking healthy and lustrous. Never attack wet hair with a brush, no matter how rushed for time you are. Tangles in wet hair are best removed with a wide-toothed comb. A warm oil scalp massage two or three times a week will help stimulate and moisturize the scalp.

**Air dry:** Blow drying your hair robs off the excess moisture. It damages your hair even more. Let your hair air-dry whenever possible. Stand under the fan and run your fingers gently through the hair helping it dry.

Various hair care products are available in the market to help your hair restore its natural health and protect it from chemicals. Hair gels, creams, oils, shampoo, conditioner and hair softeners are to name a few. A wide range of hair care accessories in hair spray, tweezers, hair scissors, hair cutting scissors, sheers, professional sheers, hair sheers, hair comb, bobby pin, head band, eyelash curler, hair brush, and shower cap accessories are available.

For each hair care accessory and product, a full description of the product, picture of the package and

the directions for its use is given.

In order to purchase a hair care product or accessory, one need not go searching for a salon or beauty shop. You can order it online. It's the easiest way to purchase the right product to spruce your hair.

Healthy hair is a blessing. Treat your hair right for lustrous and healthy hair.

Alan Anderson writes on health, beauty and hairstyles. He has been working in the same field and writes informative articles for Hair Care subject. To learn more about Hair Care tips, Hair Care Products, Hair Loss treatment visit

<http://www.haircaretips.net>

### **How To Use Avocado As Your Hair Care Product**

**By Loraine Lesley**

Let's role on...life must go on and the life of your natural hair is in your hand. Take care of your hair with avocado and don't let it look dull due of incorrect caring. It's your responsibility for having good looking hair since your appearances is based upon your healthy hair. You probably need good natural hair care products.

But, what does it mean when people said about natural hair care products? Well, hair care products that are advertised "natural" may probably mean free from chemical substance or it may also environmentally friendly products with plant and herbal additives as their substances.

How do you choose natural hair care products? Hmm...when you purchase hair care products please read the labels and make your own decisions on what level of "natural" ingredients you wish to accept in the hair care products that you use on your hair. This is the most responsible way to select the best products for you.

But there is other way; besides using natural hair care products, you can do some favor for your hair to make it more wonderful here using real natural fruit. This is the hair conditioning treatment using avocado. Check this out:

- Mash one avocado which is recommended for its hydrating benefits and proteins and mix with one-tablespoon lemon juice, one teaspoon of sea salt, and one tablespoon of pure aloe until it becomes a paste.
- Comb through hair with your fingertips.
- Cover hair with a plastic shower cap or bag, and wrap a towel around it to seal in the treatment.
- Leave in for 20–30 minutes and enjoy a great book, CD or even better – just savor the peace and quiet!

## Entice Healthy Hair with Hair Care Tips

– Unwrap you newly conditioned hair. Rinse, shampoo and rinse again for soft, luxurious hair!

Of course there are other fruits you can use for your hair natural treatment. But the step you do is the same like have been described above. You will have good looking hair by the time you check the Internet for more natural hair care products.

Why you need to look for your other natural hair care products at the Internet? Based on some people experiences, Internet is the best place to search for your hair care product. Although you already use fruit such as avocado above, your hair still need more nourishment from hair care products that is available in the Internet.

Loraine Lesley is editor for some Website concerning women. She wants to help women to look beautiful, that's why she offers practical articles and tips on Skin Care, Hair Care, and more. To discover her advice, visit

<http://www.myskincareonline.com>

and

<http://www.myhaircareguide.com>



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