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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!**

**Hair Remedies For Dry, Brittle Hair!**

**By Kacey C.Hall**

**Dry Hair and Sun!**

Dry hair is often caused by too much time in the sun, chlorine, salt water, over-shampooing, permanents, heat styling, or neglect. Protection from the elements is the next step in treating dry hair. Consider using a conditioner with an SPF of at least 15, or even better, wear a hat when out in the sun. Use a swimming cap while in pools or salt water, and always rinse hair thoroughly after swimming. Preferably, use a rubber cap that prevents water from getting into your cap and wetting your hair.

**Avoid Hot Blowers** Dry hair is caused by heat, an open cuticle, chemicals applied to the hair, and poor maintenance. Heat styling such as hair dryers, curling irons, and hot curlers all cause dry hair. Perms, bleaching and color treatments cause dry hair as well. Although we like our curls and colors, going natural is one of the best ways to avoid dry hair. If you must have your hot blower, try to limit to only once a week, and not daily.

**Home Remedies for Dry Hair**

- 1) Less or no heat. When blow drying, use a cooler setting and do not blow dry until the is completely dry.
- 2) Use acidifiers. Acidifiers close the cuticle down and lock in moisture. Acidifiers have a pH of 2.5 to 3.5. They have a lower pH than hair does in an aqueous solution.
- 3) Color, perms, relaxers, and other chemicals are sometimes a necessary evil. They rob the hair of humectants. Humectants attract and retain moisture (water) in the cortical layer of the hair. Try to use low ammonia -low peroxide color. Do not leave neutralizer on too long with perms. If possible avoid relaxers.
- 4) Treat your hair. Replace lost humectants with essential fatty acids (lipids), acidify your hair, use low pH products, use cool water. Replace what was taken out to make your hair dry. Also eat a diet full of essential fatty acids (in moderation and non-animal {no cholesterol}).

## Hair Remedies For Dry, Brittle Hair!

### Hair Care Conditioners

You need to give your hair lots of TLC, with product that are designed to restore your hair's moisture level to its optimum 8%. Look for shampoos that contain natural humectants (magnet like properties to attract moisture), that will work together with your natural oils, to restore your hair's moisture level to its optimum 8%. Treatment conditioners that contain wheat, rice or corn proteins will repair damaged cuticles, improve porosity, elasticity and general health and appearance of your hair. There is a reason why salon brands are more expensive, they often contain higher grade ingredients and are free from silicone as most cheap shampoos contains.

### Avoid Hot Blowers

Radiator heat, blow-dryers, deodorant soap and dehumidifiers can all rob you of the moisture you

desperately need. That can leave your hair brittle and strawlike and your skin flaky and dry, especially in the winter.

### Get Your Stunning Hair Back!

The natural remedies here, used with your doctor's approval, may help relieve dry hair and skin, according to some health professionals.

High levels of

<http://www.hairlossfact.info>

has been known to cause some thinning hair, but it is usually

temporary. Find out what Really causes Permanent Hair Loss today!

### Tips On Using An Hair Iron

#### By Ofer Tirosh

The hair iron is coming more and more popular. It is used by women of all ages and for various purposes. We have gathered a few tips and guideline by women who use or used hair iron or other products to straighten their hair. We strongly advise to read it before you start using hair iron or other hair straightening tool

1. Use the hair iron only after you have cleaned your hair. Actually, it can be dangerous to use it before you clean your hair because dirt or grease left in the hair will be cooked by the heat of the hair iron and the damage made is inevitable.
2. Do not iron your hair with a clothes iron. If you will use it without taking the necessary safety

## Hair Remedies For Dry, Brittle Hair!

measures, your hair will singe. The singed hair can not be cut out or covered up. Use a hair iron produced for this purpose instead

3. A short straightening method using a hair flat iron : First dry your hair for about 15 minutes using a dryer, then continue drying your hair and at the same time comb it with your fingers. Comb it carefully so that you will get the curl out. Then, for a short time (no more than five minutes) use the hair iron at the ends of your hair. This is a proven and safe way to straighten and keep your hair shiny.

4. Following blowing dry your hair with heat, We advise you to switch to cold hair (Most products have this option). It makes your hair shiny and it is healthier for your hair.

5. Always use a brush while blowing dry your hair. It makes your hair straight and saves time.

6. Blow hair dry at night for a great and straight look in the next morning.

7. Try putting some gel after dividing your hair into three sections while blow drying your hair with a comb for straightening your hair.

911 Corp. executed an independent research and found that Sedu hair iron is the most efficient hair iron. More on

<http://www.911stophairloss.com>



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