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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!**

**Home Remedies for Healthy hair**

**By Harjit Kaur**

If you want to Save money by not using those costly hair care products and wants to give yourself a break from the chemicals found in most of these products then this article is specially for you. We got some very valuable natural home remedies (for Healthy Hair, Hair loss, Dandruff, Hair growth, Split ends) for your hair from one of the leading hair stylist NADEEM of Rex Salon & Academy (Chandigarh) who also holds the national record in candle hair cut, Blindfolded hair cut, Hair cut with papercutter & piece of Glass. Nadeem have been conducting seminars and workshops across the country and have featured in various TV channels, Newspapers.

1. Apply olive oil (or Musturd Oil) at bed time and wash off the hair next morning.
2. Boil mustard oil. A regular massage of this oil is helpful.
3. Always maintain a balanced diet with exercise for a healthy head of hair. Drinking plenty of water and eating plenty of raw fruits and vegetables is probably the best way to achieving healthy hair.
4. Wash your hair with a paste of cooked Urad dal (black beans) and fenugreek (methi) 2-3 times a week.
5. Trim the hair every 4 to 5 weeks even if you are growing it.
6. Coconut oil mixed with lime- juice on the hair applied daily is also good for hair health .
7. Donut use any old rubber band just to keep hair off the face. Rubber bands tend to break or split hair. Instead just use a scrunchy or a fabric coated elastic band.
8. Donut brush wet hair too harshly because its three times weaker and more likely to break off mid strand. Towel dry hair first, then gently detangle using a wide tooth comb.
9. Rinse your hair with lemon juice can to bring life and shine back to dull hair.

## Home Remedies for Healthy hair

10. If you have dandruff then one of the oldest ways to is to apply a mixture of vinegar and water on the scalp. Make a mixture of Vinegar and water and apply it on the scalp before you go to bed. Keep it for the whole night, Rinse your head with vinegar water again in the morning. You will see the result within few weeks.

11. Another good way to get rid of dandruff is to soak ground fenugreek seeds overnight in water and massage the paste on the head, leaving it for a few minutes and then wash it.

12. Mix Banana in Honey and apply on hair for 30 – 40 min, and then wash it for that sheen in your hair.

13. For stopping your hair from getting grey, you can mix Bhringraj (Eclipta elba), Amala, corals, iron and black sesame seeds. It is very useful and even stops the graying of hair.

14. Another good way is to keep head of healthy hair is to Apply juice of green coriander leaves on the head.

15. Massage of olive oil and almond oil on your scalp is a good cure of dandruff.

16. Mash eight strawberries with one tablespoon mayonnaise. Massage into washed, damp hair. Cover with a shower cap, then a warm towel. Wash out with a shampoo/conditioner combination. This luscious mix of rich acidic berries will leave your hair both conditioned and with rich gloss. (This is being taken from some site)

Kindly note that Diet and lifestyle are two leading factors that affects the health of your hair. There was some foods that you could avoid like too many sweets, chocolate, cakes and cookies. Always remember Whatever goes into your body is reflective on the outside including your hair & Skin. Poor diet, illness and deficiencies of any particular vitamin and mineral affects the quality of hair and problems like dandruff, thinning hair, balding, premature graying etc. spoil the hair.

Visit Nadeem at

<http://rexsalon.4mg.com>

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<http://zulfmakers.8m.com>

Free lance writer writes for various issues of women

### **Do Natural Hair Loss Remedies Have Any Real Relevance?**

**By Richard Mitchell**

The effectiveness of modern hair loss treatments is clear for all to see, but many people simply prefer

not to use strong chemicals or non-natural substances.

If you fall into this category, does this mean you'll just have to accept an ever-decreasing head of hair? The answer to this is an unequivocal NO!

Many natural hair loss remedies, both traditional and contemporary, have shown their worth in reducing and reversing hair loss. They are also perceived as being free from side effects and even deliver additional health benefits.

Why then, don't we hear a lot more about these natural hair loss remedies? Simply because claims of cures cannot be made without FDA approval, and obtaining the FDA seal of approval involves lengthy and expensive scientific research that only major companies can afford. Even the biggest companies could not recoup the costs of such a process as no-one can control the rights to common natural substances such as basic foods and vitamins.

The big question however is, do natural hair loss remedies work? Firstly, hair growth at root level is a living part of the body that depends on sound nutrition, just like any other part of the body. The importance of vitamins, minerals and other nutritional elements in maintaining healthy hair cannot be disputed.

Secondly, the role of herbs and plants in treating numerous ailments is receiving increased recognition after years of neglect, and hair loss is no exception. Many herbal remedies for both internal and external use are offering new hope to people suffering from premature hair loss.

Thirdly, traditional hair loss remedies may still have something to offer. Ancient literature and folklore reveal that our ancestors went to great lengths to treat thinning hair. Some of the more acceptable traditional approaches are now being incorporated into many potential treatment regimes.

Other articles in this series tackle each of these areas in much more detail but you can find out more now by visiting the site listed below.

Richard Mitchell is the creator of the

[www.myhairlossadvisor.com](http://www.myhairlossadvisor.com)

website that provides information

and guidance to those suffering from premature hair loss.

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Do Natural Hair Loss Remedies Have Any Real Relevance?

Herbal Hair Loss Remedies For External Use

Female Pattern Hair Loss - It Depends On The Genes

What Condition Is Your Hair In?

Invigorate Your Damaged Hair With Split Ends Prevention Tips

How To Overcome Dandruff

How To Improve Blood Circulation

101 tips to stay fit and live longer.

Organic Secrets

Control your Headache!



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