

## **When you say Yes to wearing and caring for your own hair. Where do we Begin?**

Here are my suggestions on getting started on your way to the hair you want.

1. What feeds your hair. Your hair gets its nourishment from your blood.

Just like a tree that grows in the ground gets its nourishment from what is in the soil it is planted in. Your hair roots grab what is in your blood and that is where your hair receives its nourishment. Any medications you may take that get into your blood stream will affect your hair. Also, what you eat will influence your hair. When you eat and put bad food into your body you will see a change in your hair. When you eat well you will have stronger, shinier hair. Poor circulation will also have a negative effect on the hair. The better your circulation the better hair growth you will have.

Normal hair grows at a rate of 1/2 an inch a month. Faster in the summer and slower in the winter months. Why? because your circulation is better in the summer and slower in the winter.

2. Have a healthy body. Keep your mind on things that are lovely, beautiful and positive. This helps you to keep an emotional balance. Like living a stress-free lifestyle. Get some exercise and or just move your body. Drink plenty of water. This can keep you healthier and in a better mood, bring about better blood flow which will contribute to your hair growth.

3. Add supplements to your daily routine. Find a great Doctor or nutritionist.

Take good hair vitamins.

Put things into your body that will make you and your blood healthier.