

## Hair Nutrients

Every woman needs a trusted and professional hair salon, like Hair Touch in Sherman Oaks. Still, it's the things that we do in-between visits to a hair salon that affect hair's health and appearance.

Have you ever heard that a dog's coat speaks of his diet and overall health? The same is true of our hair. We are what we eat and hair is the ultimate expression of a person's wellness.

There's clinical evidence that the foods we eat have a huge impact on our hair! There are several nutrients that prevent hair loss, keep hair healthy, strong and shiny.

The most acclaimed for their effectiveness on hair health are:

- Biotin
- Vitamin A
- Vitamin E
- Pantothenic acid
- and Inositol



Well-nourished hair

You'd have to consult your physician before adding any nutritional supplements to your diet. However, the safest, easiest and yes, best way to get the much needed hair nutrients is by eating foods that are

loaded with them.

**Biotin**, your hair and nails' best friend, is plentiful in green peas, lentils, oats and Brewer's Yeast.

**Vitamin A** can be found in Cod liver oil, Krill oil, or any FATTY fish as well as in carrots, spinach and peaches.

Leafy greens and nuts (specifically walnuts!) are great sources of vitamin E.

Whole grains and eggs are good sources of **Pantothenic acid**.

**Inositol** – said to prevent and slow down hair loss – is abundant in citrus fruits and cantaloupe.

Long story short, your next visit to Hair Touch shouldn't be the only time you think about your hair. Just like your body, hair needs nutrients. Adding the right foods to your daily diet will ensure not only your good health and good mood but help you maintain shiny, strong and beautiful hair!