Best 10 Natural Foods That Prevent Hair Fall And Promote Hair Growth

Deblina Biswas  Beauty, Hair

Hair loss causes both men and women to look older. For many people the advent of hair loss, dramatically signals the end of the vitality, youth, and desirability. The loss of hairline can change a person’s appearance substantially. Many hair loss sufferers are extremely frustrated and are troubled by the necessity to camouflage the thinning hair and the inability to style hair as they would like. Hair loss severely changes the appearance of the face by shifting the main balance of the face to the forehead, resulting in a depressing aged appearance. Physical beauty is the most important cornerstones of self-esteem, and it is also one of the most vulnerable. The self-esteem levels and other important measures of self-worth drop significantly when hair loss occurs. But this problem can be solved effectively with the help of the right diet and potent hair fall remedies using all-natural ingredients.

Important Nutrients for Healthy Hair

The secret to thick, shiny, strong strands isn’t an expensive shampoo or fancy salon treatment—it’s all about a healthy diet. Eating a variety of healthy hair foods will provide you the mane you’ve always dreamt of. Fill up on these nutrients to start growing your healthiest hair ever.

- **Zinc and iron**: According to renowned researchers, Iron and zinc are two essential minerals for the body that also help the hair follicles to grow. They suggest eating lean red meat, which is rich in both nutrients, twice a week. Pair nonmeat sources, like lentils or soybeans, with vitamin C-rich food like a lemon to boost iron absorption.
- **Vitamin D**: Many studies have found that vitamin D can help activate hair growth. Few foods contain it naturally and sitting in the sun for some minutes a day can help the body produce more of it.

- **Protein**: Protein is the body’s main building block promoting cell repair and growth — and it boosts the hair strength, too! Women must get at least 45 grams a day.

- **Biotin**: Biotin is the essential nutrient that synthesizes the important hormone called Keratin Growth Factor that the body used to synthesize Keratin – the protein that forms the fibrous parts of the hair. Biotin is also known as vitamin B7.

- **Omega-3 Fatty Acids**: Eat fatty fish such as salmon thrice a week for strong, long hair, or take up to 2 gram a day of an EPA and DHA supplement.

- **Vitamins A and C**: These two vitamins are important for healthy hair because they form the building blocks of sebum that coats the hair follicles and protects them from breakage.

- **Folic Acid**: Folic acid is essential for hair growth because a decreased level of folic acid leads to slowed down cell division and growth of the hair follicles. Folic acid deficiency can also lead to premature graying of hair.

**Best 5 Foods that Prevent Hair Fall**

Better-looking hair can commence at your next meal. According to researchers just like every other part of the body, the processes and cells that support strong, vibrant hair mainly depends on a balanced diet.
Carrot

The uses of carrot juice for weight loss is well known but the best tips to prevent hair fall also include carrots. Carrots are known to add thickness to the hair and make the hair grow faster. Regular eating of carrots helps stimulate hair growth, make hair lustrous, improve blood circulation, strengthen the hair, protect hair from external damages like pollution and also help prevent breakage of hair and hair fall.

One can eat a carrot a day, or drink fresh carrot juice to see instant results in the hair growth and texture. Daily using carrot externally and internally, will surely give you healthy and strong hair.

Eggs

The best home remedies to prevent hair fall must include eggs. Conditioning the hair with eggs increases hair growth, as, eggs are one of the richest natural protein sources. Hair is composed of 68 percent keratin protein, so egg protein helps rebuild the damaged hair by filling in the weakened spots along the hair strand that temporarily strengthens the hair.
Eggs retain a large amount of protein—ranging from 4.0 to 7.2 g per egg—that makes egg conditioning an intense natural protein treatment. Including egg conditioning in the hair regimen can help you to maintain strong hair, which is essential for hair growth.

Oats

The benefits of oatmeal for weight loss are extremely popular but the best hair fall control foods should also include oats. Hair loss can occur for several reasons: genetically determined alopecia, damaging hair treatments or extensions, a hormonal imbalance, or lifestyle factors like dietary habits. Specifically, a diet lacking important minerals, vitamins, and several other beneficial compounds can cause malnutrition, which, in turn, can lead to hair loss.

Regular eating of oatmeal provides a healthy start to your day, and adding nutrient-packed foods to your oatmeal can help with nutrient deficiency-related hair loss. Oats act as a natural moisturizer and can be applied to the hair to get rid of itchiness and dryness. It makes hair shiny and soft. It is used
as an ingredient in shampoos. Oatmeal can be combined with other essential ingredients and applied to the hair before shampooing to get rid of dandruff.

**Walnuts**

Walnut is one of the most hair friendly nuts in the category. Not only does walnut have more omega-6 fatty acids than any other foods, but it is also full of iron, zinc, B vitamins (B6, B9 and B1), healthy fats and plenty of protein. In fact, eating walnuts daily will keep the hair healthy for years.

However, a word of caution, walnuts also retain a very small trace of selenium, a mineral known to cause hair loss in men and women who are selenium-deficient or have a way too much in their system. So a handful of nuts over the week must tide you over without much trouble.

**Vitamin C Rich Foods**

The best foods to prevent hair fall should include vitamin C rich foods. Low intake of Vitamin C can be the cause for a number of hair related problems that severely affect hair growth. Vitamin C deficiency can result in split ends and dry hair. Free radicals naturally form when the body turns food that we consume into glucose for the energy production. These free radicals damage the hair by making it extremely brittle, weak and thin.
These conditions interrupt the hair growth. Vitamin C’s antioxidant properties lower the formation of free radicals and minimize its effect on the body. Having sufficient supply of Vitamin C in the diet is important for antioxidant protection against the free radicals. Men and women who take a large amount of Vitamin C have strong, healthy and thick hair.

Best 5 Foods that Promotes Fast Hair Growth
Normal hair growth is half an inch every month (give or take), or 5 inches a year. But since diet plays a pivotal role in the hair growth, you can give this a little nudge by ensuring the hair is growing to its maximum potential. There are a few specific foods that aid the body’s ability to construct a perfect hair shaft and produce lustrous hair and strong follicles.

Salmon

Salmon is an outstanding source of omega-3 fatty acids that promote hair growth. It also contains a huge amount of protein along with B vitamins, including B12, and several other minerals and vitamins. All these nutrients are necessary to enjoy proper hair growth and to solve problems such as excessive hair loss, dry hair and so on.
To prevent hair loss, it is necessary to eat salmon at least thrice a week in order to reap the benefits. You can eat smoked or grilled salmon.

Almonds

The benefits of almond for skin and hair need no new emphasis. The best hair growth foods should include almonds. Almonds are an excellent source of magnesium and vitamin D, and they are utilized in a variety of cosmetics and creams. Deficiency of magnesium in the human body can lead to hair fall. When consumed properly, magnesium and several other nutrients help the human body to not only maintain proper functioning, but also encourage the growth of skin, hair and nails.
Almond oil applied twice a week can help moisturize the scalp, improve the hair quality and reduce hair fall. It is an outstanding source of Vitamin E, manganese, copper, Vitamin B2, phosphorous, magnesium, fiber, and biotin. The existence of Vitamin E in almonds helps to repair the devastated tissues.

Avocados

[Banana and avocado hair mask](#) is extremely useful for conditioning dull and damaged hair. Avocado is beneficial for hair even when it is consumed. Vitamin deficiency can cause hair loss or the hair to grow extremely slow. Avocados are high in vitamins E and B, which work at the cellular levels to protect and strengthen the hair. Vitamin B is necessary for hair growth. Vitamin E helps repair damages on the scalp, which can prevent or slow hair growing.

Healthy hair usually grows half an inch each month. Using avocado as a hair mask or in a conditioner are the best ways to promote regular hair growth. Avocado is an exceptional source of Vitamin E, which defends the skin from damage and also protects skin cells from oxidizing.

Sweet Potatoes

A healthy diet for hair growth should include sweet potatoes. Sweet potatoes are an outstanding source of the antioxidant beta-carotene, which the human body turns into vitamin A. According to scientists every cell of the body cannot properly function without enough vitamin A. It also helps produce and protect the oils that sustain the scalp, and being low on vitamin A can even leave you with irksome, itchy, dandruff.
Sweet Potatoes contain starch, a produce with emollient properties that smooth the skin. Regular eating of sweet potatoes helps reduce the symptoms of high blood pressure, inflammation, cancer, heart disease and also aids in weight management and satiety.

Seeds
Seeds like flax seeds and sunflower seeds contain plenty of hair growth nutrients including, zinc, protein, selenium, potassium, biotin, copper, iron, vitamin E, B vitamins, calcium and magnesium. They are also rich in omega-6 fatty acids. The flax seed benefits for skin and hair are numerous.

You can eat a handful of fresh sunflower seeds to encourage healthy hair growth. You can also sprinkle some raw sunflower seeds or flax seeds on steamed vegetables and salads, or mix them into baked dishes.

Beautiful hair is healthy hair, so include these foods in your healthy diet and don’t forget to share your valuable hair tips with us.
Related Posts

7 Green Tea Face Packs That Work Wonders for Your Skin

Amazing Benefits of Using Almonds on Skin, Body and Diet – Face Packs

Everything about Castor Oil and its Benefits on Hair and Skin – Natural Remedies

How to Maintain a Clear Skin with 4 Simple Steps