

Essential elements for hair growth

With the right diet and care, you can give your hair the nutrients it needs to look healthy and grow. Here is a list of the essential elements you need to make sure are a part of your diet and care routine.

Vitamin E

Vitamin E is an anti-oxidant which helps improve the blood circulation in the scalp of the head. Vitamin E protects the cell membranes from damage, and provides the hair bulbs with the elements essential for its growth. Some of the best sources of Vitamin E are nuts, spinach, soya beans, broccoli, eggs, seeds, avocados and olive oil.

Iron, Zinc and Selenium

All three of these minerals are essential for the growth of your hair and cell splitting in the roots of the hair. Iron, Zinc and Selenium helps your hair grow strong and healthy.

Para-Aminobenzoic Acid (PABA)

Para-Amino benzoic Acid (PABA) is an antioxidant vitamin that plays an important role in the formation of folic acid and melanin. PABA is what gives us the color of our hair, and has been shown to be an anti-grey hair vitamin. PABA can be found in foods such as liver, kidney, whole grain and yeast. In a rare experiment where PABA was given to a group of people with white hair for a period of time, it was found that 70 % of them got their normal hair color back by the end of the experiment.

Biotin

Biotin is another element of the Vitamin B compound. Biotin is a proven hair growth vitamin and helps prevent excessive hair loss. Biotin also helps to prevent hair turning grey early. Biotin can be found in egg yolks, liver, milk, yeast and kidney.

Pantothenic Acid

Pantothenic Acid, also known as Calcium Pantothenate, is considered to be an important element for the health of the skin and scalp. Studies have shown that a diet deficient of Pantothenic Acid makes you more likely to experience early hair fall and grey hair. Pantothenic Acid can be obtained from liver, kidney, egg yolks, whole grains, milk and potatoes.

Keratin and Cysteine

These proteins are considered among the most important compounds in hair formation, as they help promote faster hair growth, and stronger, thicker hair.