

HAIR PROBLEMS

A bad hair day is a problem but a bad hair month is a disaster. Whether it's January or July, bad hair and skin problems can make life miserable. Too much fatty, sugary food over Christmas, too little fresh air and exercise and a surfeit of alcohol is guaranteed to leave you jaded. Summer sunshine, chlorine in swimming pools and salt-laden sea air can do just as much damage.

Lank, lifeless locks and blotchy greasy skin with zits. Before you spend a fortune, try these simple, natural kitchen remedies. Start by improving your diet. Eat more fruit, vegetables and salads for vitamin C and betacarotene from yellow, orange, red and green varieties. Use wholemeal bread, brown rice and oats for B vitamins plus oily fish for Omega-3 fatty acids and vitamin D.

Shellfish and pumpkin seeds provide zinc, liver, dates, dried apricots, raisins, prunes are a rich source of essential iron. Olive and flaxseed oils, avocados, sunflower seeds, organic peanut butter are important for vitamin E and essential fats. All these foods are vital if you want to restore and maintain the good health of your hair, scalp and skin.

It's now the time to cut down on alcohol and large quantities of tea, coffee and cola as they reduce blood flow to skin and hair follicles.

If greasy hair and scalp is your problem, you must reduce the amount of animal fat and sugary foods in your diet. Wash your hair frequently in non-detergent rosemary or nettle shampoo. This preserves the scalp's protective acid layer.

Dandruff may be caused by a local skin infection. Get rid of it by eating anti-fungal garlic and using antibacterial tea tree oil shampoo. Poor diet can damage your hair but so does bleaching, dyeing, perms, heated rollers, straighteners and blow drying.

For brittle, breaking hair, warm a small cup of olive oil in hot water, massage into the scalp and wrap in a towel for an hour. Shampoo again then rinse with a cup of cider vinegar in two pints of warm water. Repeat the whole process weekly.

Thinning hair is a problem for many women, especially after childbirth. Bucks Fizz star Cheryl Baker has had it for years. After the birth of her twins ten years ago, it got much worse. Improving her diet helped a bit but it remained a major problem. Cheryl tried many expensive treatments, lotions and potions but none of them made much difference. Last year she tried a natural nutritional supplement which finally did the trick. Hair loss stopped and her pony tail doubled in thickness. The unique supplement Nourkrin (Lloyds chemists and health stores £49.95) includes marine extracts, and hair-essential vitamins and minerals.

Kitchen remedies make great conditioners too. Rinse fair hair with camomile tea and dark with one cup of beetroot juice in two pints water.

Feed your face from the kitchen. Whenever you eat an avocado save the skin and rub the inside over your forehead, nose, cheeks and neck. Make your own facial scrub with a teaspoon of coarse sea salt in a carton of natural yogurt. Massage into skin and rinse off with cold water after 15 minutes.

Helena Rubinstein said 'Never put anything on your face that you wouldn't put in your mouth'. Combined with healthy eating it's the perfect recipe.

For more information about Nourkrin see www.lifes2good.com or call 08453 990022