

Tips for Healthy Hair:

According to Ayurveda, herbs that help hair health include Eclipta and Gotu Kola. Eclipta is called "Bhringaraj" -- literally, king of tresses. It nourishes the hair and helps resistance to stress as well. Brahmi, sometimes called Gotu Kola, also helps balance the mind and nourishes the hair and scalp.

Traditional Chinese Medicine recommends Ho Shou Wu and Eclipta for restoring healthy hair. Ho Shou Wu is believed to be named after an emperor, Ho, whose head of white (shou) turned black (wu) again.

Start with your diet.

Include lots of green leafy vegetables and sweet juicy fruits. Fresh yogurt can also help. Cut down on refined, processed, canned and foods with artificial preservatives and chemical additives.

Drink 6 – 8 glasses of water.

Practice relaxation.

Stress can be seriously injurious to long-term health and color of hair. Take time to relax. Meditate a few minutes each day with techniques from t'ai chi or yoga.

Sleep.

Get adequate, good quality sleep to help the natural process of rejuvenation. Try to get an optimum of 7 to 9 hours of sleep.

Watch what you put on your hair.

Stay away from harsh chemical topical products that can damage hair over time.

Brush your hair regularly.

Try using a rubber scalp brush when you shampoo. Stimulating the scalp will keep your hair looking healthy and lustrous.