

APRIL 2017 ₹ 100

B POSITIVE

B+ve Health and Lifestyle

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Your Brain

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**"I Always
Take Up A
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I Can
Stick To"**

Sonakshi Sinha



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Let Your Hair Thrive With Naturopathy

Smita Sundararaman

A gentle head massage helps the hair roots release natural oil to keep the hair nourished

Every woman seems to be plagued with the issues of falling, brittle and dull hair. While some blame the water, others blame pollution and yet some others attribute hair problems to stress. There's no denying the fact that these factors may be the cause of weak and dull hair, but there is definitely more to the story.

Not just women, but more and more men too are battling receding hairlines and premature baldness. But thankfully, there is no reason for despair as you can have healthy hair, without undergoing expensive chemical treatments in the beauty salon. Just read on.

Causes Of Hair Fall

◆ Lack Of Nutrition

The biggest cause of hair loss is inadequate nutrition. In today's age of fast food and instant gratification, it is very rare for the body to get the nutrition it requires to function at an optimum level. So as resources in the body get diverted to keep vital organs working, in such conditions, the hair hardly get any priority.

◆ Stress

Work pressure, strain in personal relationships and money worries can surely take a toll on your health and hair. Also, bad sleeping habits and insufficient scalp hygiene also contributes to hair loss.

◆ Chemicals And Heat

The first thing is to stop using chemicals on your hair, which means stop bleaching, colouring or straightening your hair. That's the only way you can save hair fibre. Also, stop subjecting your hair to intense heat. After a hair wash, dry your hair naturally without using a hair dryer.

Turn To Naturopathy



Scalp Massage

A gentle massage after shampooing keeps the sebaceous glands active and maintains healthy blood circulation. You don't even have to use oil, just ensure that your fingertips come in contact with your scalp and gently rub it. This helps the hair roots release natural oil to keep it nourished.

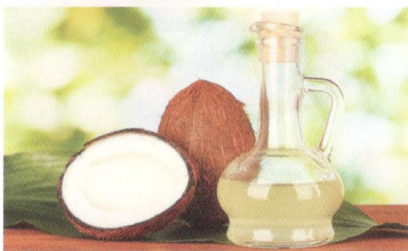
Mustard Oil And Henna Remedy

Boil 250 grams of mustard oil with 60 grams of *henna* leaves and preserve this mixture. Regularly apply it to your scalp as oil.



Apply Onion On Your Scalp

Onions have vitamin B6, an essential vitamin for healthy hair. Squeeze out the juice of an onion, mix it with honey and apply it gently on your scalp. This remedy helps to fight baldness in both men and women. However, wash out your hair well after some time, to get rid of the smell.



Coconut Oil Cures

Coconut has powerful hair strengthening properties. Mix coconut oil and coconut milk together - heat it and gently apply this mixture to your scalp to provide nourishment to dry, brittle hair.

Olive Oil Massage

Massage warm olive oil on your scalp and leave it on for at least 30 minutes, or preferably the whole night, before washing it off, with a mild shampoo. Olive oil provides volume to your hair while strengthening and softening it. You can even mix some honey into the olive oil before use.

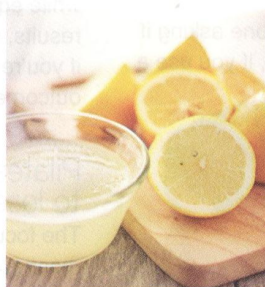


Eggs Can Help A Lot

Whole egg can be beaten and applied to wet hair, once or twice a week to enrich the protein content. Alternately, separate the egg yolk and mix it with some hair oil and water, before applying it to your hair. Eggs are not for everyone, but they do help your hair.

Lemon To The Rescue

Lemons have vitamin C which the body and hair need in plenty for healthy growth. Dandruff and itchiness of the scalp can be prevented with the application of lemon juice on the head.



Other Kitchen Remedies

Spinach, lettuce, carrots, *amaranth*, avocado, fenugreek (*methi*) seeds, Indian gooseberry (*amla*) and red gram are all handy in the fight against hair fall due to the necessary vitamins and minerals they contain. Juice them or make a paste for regular application on your head and you will see the results in a few days! But apart from these remedies, your diet can bring about a change from within your body, for healthy hair.



Diet And Healthy Hair

Examine your diet to check if it is balanced. In today's hectic life when even meals are eaten on the run, ask yourself if you are getting enough proteins, fats, vitamins and minerals in addition to carbs? If you are a

vegetarian, ensure your body gets its fill of plant proteins from whole pulses.

Always include a generous helping of fibre and green leafy vegetables in your food. Sprouts, dates, *ghee*, nuts and fruits are extremely beneficial for overall health as well as hair growth and

strength. Hence, unless you incorporate these changes in your diet, there is no point in only applying things to your hair on the outside, because any change has to be brought on from within and then the path to longer, stronger and thicker hair will no longer to be arduous.