

Community Barber Shops



How to Grow Black Hair: African American Hair Care Tips

Author: Geraldine Prickett

This article is a must read if you want to grow longer hair, or even stop hair loss. No matter how many products or treatments you have tried, hair growth can be achieved despite years of stunted hair growth, shedding, and hair trauma. Trust me, I am speaking from personal experience. About three years ago, I was diagnosed with breast cancer. Unfortunately, one of the side effects of my medications and chemotherapy was hair loss and balding. Devastated by having patches of hair on my head, during recovery, I did what most people do—I bought wigs. At first, the wigs seemed like a perfect solution. But, they were really a cover up. Moreover, my niece would scream when she saw me because she couldn’t recognize me with my “new wig.” So, I begin using hair loss products in hopes to regrow my hair. Unfortunately, this was another unsuccessful venture. Rogaine. DHT Blockers. Minoxidil. All of these products failed to perform what they promised. Further, I spend hundreds of dollars on Minoxidil every month, only to have no hair growth and a sore scalp. Frustrated, I decided that there had to be a method or some natural product available that would grow my hair, stop my shedding, and stop my balding. Believe it or not, I found one. However, there are some things you need to know about hair loss before I tell you what worked for me.

What Causes Hair Loss?

Hair loss, shedding, and balding occurs for several reasons. They may occur because of heredity, diet, lifestyle choices, or prescribed medications. Even your hair care



products and styling techniques may be facilitating your hair loss or stunting your hair growth. If you are like me, a combination of these factors may be retarding your hair growth. If your diet is laden with fats, alcohol, sugars, and junk foods, you are actually inhibiting your hair’s ability to grow. If you buy most, if not all, of your hair care products from traditional stores, you are most likely buying a hair-damaging useless product. Most hair care products, including most of those that claim to be “all-natural,” contain synthetic emulsi-

fiers and harsh detergents, such as Ammonium Lauryl Sulfate, Phosphates, and Sodium Lauryl Sulfate. Unfortunately, these products are loaded with toxins and chemicals that actually dry and strip your hair of vital nutrients it needs to grow.

How to Grow Your Hair, Stop Balding, and Stop Hair Loss?

You have to attack hair loss on the inside and the outside. A great hair growth regimen has three necessary components: a healthy eating plan, substantial water intake, and a high quality hair growth and hair care product.

Step One: A Healthy Hair Eating Plan

Your hair is all protein. Thus, you need a protein rich diet, chocked fill of B Vitamins and other hair-strengthening nutrients. Increase your intake of fish. It is full of healthy proteins and essential fatty acids and natural oils your hair needs. In addition, drink a protein supplement or shake everyday. If you follow this plan, not only will your hair grow, but you will also lose weight. That is, of course, if you lay off the junk food. Remember, I warned you too much junk food above.

Step Two: Drink Water

Eight to ten glasses of water is an absolute requirement. Drinking water flushes your body of toxins, chemicals, and impurities that stifle your hair growth and disrupt your hormone and enzyme imbalances. Water also transports the important nutrients your body needs throughout your body. Hate drinking water? Add lemon and Splenda to have a healthy, tasty alternative.

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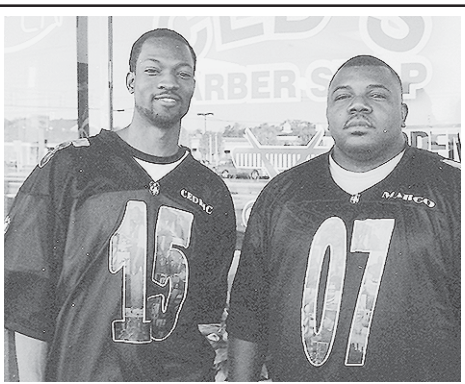
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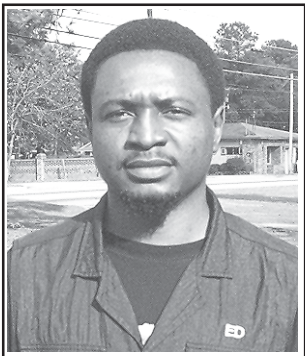
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