

Vitamins: The Breath of Fresh Air For Gorgeous Hair

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If your hair woes never seem to end, then it is time you paid heed to those seemingly minor ingredients – the Vital Vitamins. Various studies have time and again showed us how effective vitamins are for our beauty and health.

Vitamin and Mineral deficiencies often cause hairfall and bad scalp conditions. Here's what you need to know about those magic ingredients to keep your hair shiny and glowing.

The most common reasons for Hair Fall:

1. Stressing out
2. Medication such as anti epileptics, SSRIs, anti depressants etc.
3. Medical Condition such as PCOS or hormonal imbalances
4. Thyroid disorders
5. Fungal Infections
6. Menopause
7. Chemical Hair Treatment or other treatments such as over ironing hair, over straightening etc.
8. Childbirth
9. Alopecia
10. Ageing

It is natural to lose hair as we age. However, a healthy diet and including adequate vitamins and

minerals in your diet can turn things around. Take a note of the following Vitamins and their benefits and just why you must include them in your diet.

Vitamin B Complex



B vitamins help us in metabolic processes by providing nutrition to the rest of the body including hair follicles and hair strands. Being deficient in Vitamins B1, B2, B3 and B5 leads to malnourished hair follicles, this in turn makes hair brittle and reduces growth.

A lack of Folic Acid and Vitamin B9 slows down the division of cells which further stunts hair growth. Biotin, Vitamin B7 keeps the strength and texture of your hair intact. Not getting enough Vitamin B9 or Folic Acid can also slow down cell division within the hair follicles that also slows down the overall growth of your hair.

Here's what you can expect to see:

1. Reduction in Hairfall
2. Less Graying
3. Increase in Hair Growth
4. Shinier Hair

Folic Acid



Folic Acid is a part of Vitamin B Complex; however, it is crucial for hair health.

1. Prevention of Greys
2. Increase in Shine
3. Thicker Hair
4. Increase Moisture In Hair preventing breakage

Include cereals, whole grains and breads in the diet for your dose of Folic Acid.

Vitamin C

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The antioxidant Vitamin C not only helps you fight off toxins in the body, it also boosts your immune system. Very few know that it forms a core component of many hair care products as well. Vitamin C makes your hair shiny and bouncy and helps in speeding the growth rate.

Citrus fruits, fresh fruit juices and whole foods are a good source of vitamin C. Take Vitamin C daily because it doesn't store in your body and excess of it gets washed out of the body through your urine. You can also try a supplement, ask your doctor if you need a prescription.

Vitamin E

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For skin, hair and overall beauty, Vitamin E has time and again proven its effectiveness yet it's the most overlooked. For those who have dry and brittle hair, including Vitamin E in your diet can prove to be a blessing. Not only will it impart that radiance to your face, it will also add that volume to your mane and improve blood circulation of your scalp prompting a better hair growth. A healthier scalp also means healthier softer more nourished hair since nutrition can be

provided to the entire hair strand right from the root to the tip. What this means – less frizzy hair and fewer split ends. Fish, chicken, tomatoes and spinach are a good source of Vitamin E.

Vitamin A

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Vitamin A is one of the most efficient vitamins for the health of your hair. Its deficiency may lead to skin, hair and eye problems. Apart from being rich in antioxidants, Vitamin A moisturizes the scalp making it healthy. The antioxidants help flush toxins from the system that weaken your hair. In the end, your mane softens, becomes healthier with much less breakage and a better shine.

Vitamin D

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The latest buzz on the Vitamin scene is Vitamin D. Recent researches have emerged that explain how beneficial it is not only for your bones, metabolism but also for the overall beauty including the growth of your hair.

A fifteen minute exposure to sunlight on a daily basis without sunscreen can do the work. However, if you are prone to staying indoors try getting it from your diet. Salmon, fortified cereals, fortified orange juice, mushrooms and boiled eggs form a good source of Vitamin D.

Apart from including these in your diet, they are also available in various creams, shampoos, lotions etc. You can go for a deep scalp massage once in 15 days using the Veola Coconut Oil

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since coconut oil strengthens hair, reduces split ends and nourishes the scalp and the hair strands. For hair prone to dryness, each shampoo application should be followed by deep conditioning using Hammam Zait.

Taking these Vitamins can not only make you beautiful inside and out, they will also make you a lot more healthy and energetic. However, prior to starting a Vitamin supplement make sure you check with your doctor because excess of everything is bad.

With these powerful tips, go right ahead and enjoy those bouncy shiny hair you always wanted!