

# 5 Vitamins For Faster Hair Growth

**Bonus included!**

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# Growth Vitamins For Your Hair Health



There are so many ways that we can ensure and encourage our overall hair health which automatically leads to hair growth...something we all want to have, whether we are a man or a woman. The funny thing is this - we usually know what's best for us, however, we are slow to implement or do what is needed.

Ensuring that your vitamin and mineral intake is where it should be, is paramount to your health in more ways than one. And the results will show all over, not just in your hair health, but your skin, nails, metabolism, your general health. Of course, the more natural way you can make this happen, the better!

Let's look at [5 essential hair growth vitamins](#) and see where you stack up.

# Iron

Iron is a mineral which is needed for our bodies to perform in a healthy way. Iron is found in our blood and is usually referred to as hemoglobin. This is a protein which is used to distribute oxygen to the tissues in our bodies. There are two types of iron in our diets: heme and nonheme iron. **Heme** iron is derived from the breakdown of hemoglobin and is only found in animal products. Plant-based iron is referred to as **nonheme** iron.

Sources of iron include:

- Liver
- Red meat
- Chicken
- Seafood
- Pork
- Soybeans
- Legumes

# Iron (contd.)

- Tofu
- Spinach
- Strawberries
- Raisins
- Fortified Foods (cereals)

Iron deficiency, as well as iron toxicity, can be a problem for our bodies. You have to ensure that you are getting the right amounts based on your age, weight, and necessity. Iron deficiency is caused when you are not getting enough or absorbing enough iron or if there is excessive blood loss. This can cause anemia.

The more common symptoms are fatigue, a swollen tongue, impaired social development in children, and suppressed immune system. It is found most often in menstruating females, pregnant women, and older toddlers. Vitamin C enhances the absorption of iron, and it is recommended that foods high in vitamin C should be included in the diet.

# Magnesium

Another mineral that your body needs is magnesium. It helps your body to absorb and use other minerals like calcium. They work hand in hand together for the efficient functioning of your body. As you already know, calcium is needed to help your bones be strong.

Without magnesium, this can lead to clogged arteries and calcifications in your joints and organs. There can also be calcium deposits on your scalp, which in turn will cause dryness, flaking, and even hair loss. You can even spray liquid magnesium directly on your scalp.

Sources of magnesium are listed below.

However, the most common source is the dark, green leafy vegetable which is high in chlorophyll.

A few common sources:

- Spinach – 1 cup
- Chard – 1 cup
- Pumpkin seeds – 1/8 cup

# Magnesium (contd.)

- Yogurt or Kefir – 1 cup
- Almonds – 1 ounce
- Black Beans – ½ cup
- Banana – 1 medium
- Avocado – 1 medium
- Figs – ½ cup
- Dark Chocolate – 1 square

Possible causes due to insufficient magnesium in our bodies are:

- Hormone imbalance and PMS
- Fibromyalgia
- Heart attack
- Type 2 diabetes
- Osteoporosis

# Magnesium (contd.)

- Constipation
- Tension or migraine headaches
- Anxiety and depression
- Chronic fatigue

Like everything in life, remember everything in moderation. Watch your intake and by all means, be consistent and your body will thank you for it.



# Niacin

Niacin is a member of the B vitamin family. It is also known as B3 or nicotinic acid. It plays a big role in healthy hair growth. It is water-soluble and helps the body convert food into energy. It helps to nourish the scalp and promote healthy hair.

The main function of niacin is to transform carbohydrates into energy. It also helps to maintain the structure of the blood cells and improves blood circulation. By bringing more blood flow to the scalp, the hair follicles will get more oxygen and nutrients.

Sources of niacin:

- Eggs
- Tuna
- Beef

# Niacin (contd.)

- Nuts
- Mushrooms

Possible symptoms from a lack of niacin: general body fatigue, brittle and thinning hair, hair loss, and a health condition called pellagra.

# Biotin

Biotin is a member of the B vitamin family. It is a fact that this vitamin is a great advocate for longer, healthier hair. It is found in pill or powder form as a hair supplement. You can get biotin from the foods you eat, however, because it is a water-soluble vitamin, the body does not retain it, so it needs a daily supply.

It helps your hair by rebuilding hair shingles that have been damaged from over-shampooing, environmental exposure, harsh heat use on your hair, such as blow-drying and ironing.

Vitamin B5 supports the adrenal glands, which helps stimulate hair growth. You can also use biotin enhanced shampoos, conditioners produced mainly for external hair care.

# Biotin (contd.)

Sources of biotin:

- Eggs
- Beef
- Chicken
- Avocado
- Legumes
- Nuts
- Potatoes

Possible evidence of a biotin deficiency can include hair loss and hair thinning.

# Zinc

Zinc is a very little featured mineral, however, it is still necessary for a great head of hair. It helps in making your hair shine!

Zinc is an essential co-factor for multiple enzymes and in the functioning of activities in the hair follicle. Zinc is also a potent inhibitor of hair follicle regression, and it accelerates hair follicle recovery. It helps to build hair protein.

Zinc has been used in biological case studies for the four types of hair loss, including alopecia areata, male pattern hair loss, female pattern hair loss and telogen effluvium. It was seen that zinc helped in all instances. The research ended with a recommendation for an oral intake of zinc supplements.

Sources for zinc:

- Legumes
- Mushrooms
- Non-fat dry milk

# Zinc (contd.)

- Spinach
- Whole grains
- Pumpkin seeds
- Sunflower seeds

Possible causes due to zinc deficiency are hair loss, hair thinning, and lack-luster hair.

# My Final Thoughts

The most important thing that you can do for your health, which will includes your hair, skin, and nail health, is to pay attention to the intake of the 5 essential vitamins and minerals.

Try to get as much as you can from natural products and where you need to, use supplements. I wish you a happy, healthy lifestyle.



# BONUS: Superstitions And How To Grow Your Hair Faster

It is a spooky thought, but, did you know that there are many people in our world who believe in superstitions and how to grow their hair faster? And even about something as simple as their hair?

Read on to find out how to grow your hair faster and how superstitions might affect your outcome.

## The more common superstitions concerning hair are:

1. Washing your hair every day is not good for you
2. Cutting your hair will make it grow thicker
3. Hair that is dirty grows quicker
4. Oiling your scalp will slow your hair growth
5. Cutting your hair with the moon will increase growth



# What Are Superstitions?

These are simply beliefs that have over time become ‘truths’ in their own way. This is seen more by people who ‘swear’ by them and who encourage others to do so as well. This can be more aptly referred to as ‘old wives tales’ in some instances.

In my country, Jamaica, there is a cliché -‘belief kills and belief cures’- it all depends on the extent to which you choose to adhere to a certain practice. So let’s look at the superstitions mentioned above.



# Fact Or Myth?

CONCERN #1: Washing your hair every day is not good for your hair.



In times past, a lot of people would consider a hair wash to be a luxury and most people could not afford this luxury. Over time, it is now commonplace to wash one's hair and to do so as often as one chooses. In my opinion, what makes washing your hair a 'bad thing' is not so much how often you wash it, as much as it is 'what' you choose to wash it with.

# Fact Or Myth?

You can cleanse your hair with water, herbs, clay, conditioner, oils. I no longer use ordinary shampoo as a cleansing agent for my hair. If I choose to use a 'shampoo product', I ensure that it is sulfate free and as natural as I can find.

The sulfate contained in a lot of shampoos is the chemical that tends to strip the hair of its natural oil and makes it dry and brittle.

It is this reason why washing your hair on a daily basis can be a 'bad thing' for your hair. You can wash your hair as often as you feel it necessary. Just be mindful of the cleansing agent you choose to use in the process.

# Fact Or Myth?

## CONCERN #2: Cutting your hair will make it grow quicker and thicker.

This is a very popular one. Hmm, my thoughts on this one. I tend to agree...to a certain point based on my explanation. It is not so much the cutting of the hair as it is the trimming of the hair.

**There is a difference between cutting and trimming.** The act of putting a pair of scissors to your strands is the same; however, it is the extent to which you go that makes the difference. I will explain.



# Fact Or Myth?

**When you cut your hair**, effectively, you are trying to achieve a new look which would indeed make a difference to the one you are now sporting, aka a new hairstyle. You will be cutting more than a few centimeters versus a few inches.

When you decide to trim your hair - this is basically a 'cutting' of a few centimeters and certainly not as much as an inch or more.

Now, looking at both 'cutting options', I would like to point out whether this is myth or fact.

**When you trim your hair**, you are trimming away split ends which will effectively make your hair appear healthier and more alive - because all the 'dead, scraggly ends' have been trimmed. It will even appear thicker because now you can no longer see through the scraggly ends that you once sported.

# Fact Or Myth?

Of course, this small reduction in 'length' will most certainly not give the 'impression' that your hair has grown, it will only make it appear healthier; in time, it will grow and as long as you continue to preserve the health of your hair, it will look healthy.

So, in this regard, I think this is a superstition.

## CONCERN #3 - Hair that is dirty grows quicker.

First of all, no one likes to be near a head that smells or even looks dirty! I can in no way see how this that this could even be remotely true!

As far as I am concerned, only a seed planted in the earth will grow, and of course, with constant watering, it will also flourish. I can't see this happening with a dirty head of hair!

# Fact Or Myth?

## CONCERN #4: Oiling your scalp will slow your hair growth.

For starters, your hair loves oils! The natural sebum that is produced on the scalp is a natural oil product and it helps to moisturize your hair naturally.

There are lots of natural oils as well as oil essences which can mimic that effect. One very commonly used oil is the jojoba oil which has been said to be the closest oil to our naturally produced sebum.



# Fact Or Myth?

The only way that I can see oils slowing the growth of your hair is when the oils being added on the scalp are too heavy and residual and this results in dust particles attaching themselves to the oils and causing the pores to be clogged.

It is in this instance where it would be suggested that if you plan on using oils regularly to apply to your scalp, then you should always follow a cleansing regimen that will allow the oils to be absorbed and any excess to be cleansed in a timely fashion.

And so, another myth to be dispelled.



# Fact Or Myth

## CONCERN #5: Cutting your hair with the moon will increase growth.

As a nature lover, I am more prone to believe this one. The moon plays a very positive role in our environment in more ways than one. The farmers use the moon phases to plant and reap their crops, and with great results, so I think they must be on to something.

The moon governs the way our world is affected by water. The world is made up of 80% water. You can see the effect of the moon phases on water when the tides rise and ebb. I point this out to also remind you that our body is made up of 80% water as well and this will naturally be one very natural reason that the moon phases will also affect us.



# Fact Or Myth?

Anthony Morrocco of [The Moroccan Method](#) swears by the moon and has spent a great part of his life doing research and has also produced great natural hair products to be used alone or in conjunction with the moon phases. He also has compiled a hair chart where he highlights the best time to strengthen, lengthen, beautify, rootwork, thicken, and just simply when to nurture your hair.

I have been following his hair charts and I have noticed great health for my hair. SO, yes, this is no superstition, it is a fact that I have lived and wholeheartedly endorse!

Now, as with anything that you read or hear, I would recommend that you do your own research in order to make an informed decision. I can only provide the stimulation and motivation for you and then it is up to you to take action based on your thoughts.

# Thank You For Taking The Time To Read!

Thank you for giving me the opportunity to share with you some valuable information that can help you on your hair journey.

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