

Diet and your hair

Does what you eat affect the condition of your tresses? With that in mind, we asked an anonymous reader to embark on a week of extreme healthy eating to find out...



Our anonymous reader's stats...

- ★ I am 21 and have suffered from scalp psoriasis for over 10 years.
- ★ I have abundant but fine hair, which gets greasy and lank quickly.
- ★ I wash and blow-dry my locks everyday, but rarely use heated tools.
- ★ I have a high BMI and poor diet, with unwillingness to try new foods.

My diet before the detox:

BREAKFAST: A smoothie, cereal, milk and a banana.

LUNCH: A salad, sandwich or a wrap with crisps.

DINNER: Vegetarian meal (usually with high cheese content), mash or a jacket potato with vegetables.

SNACKS: Cakes, chocolates, fizzy drinks.

Healthy plans that I tried...

BALANCE BOX

The thought of meals coming to my door ready-to-go filled me with excitement. I can genuinely say I enjoyed every meal - they were healthy and kept me feeling full. The main box contained nutritious meals like chicken laksa and mushroom stroganoff, as well as healthy snacks of fruit, nuts and seeds. I didn't feel the need to snack as much as usual.

PURIFYNE CLEANSE

I was unsure about a juice cleanse, as I was worried it may be too rich for my body. I needn't have worried though - the juices were delicious! My days started with a few supplements and a Morning Liver Bliss Juice consisting of carrots, apples, beetroot and ginger. The juice tasted predominantly of carrots and was rather more-ish. For lunch, I had more juice and I still couldn't feel the hunger pangs. I chose to have my third juice of the day at around 4:30pm to keep me going until my dinner of a tuna salad. Over time, my body began to get used to the diet.

“It is known that your hair and nails all reflect the nutritional status of your body, so I recommend high-quality juice cleansing to rid your body of built-up toxins accumulated from the environment and stress. A clean digestive system ensures that you absorb the best nutrients to support regrowth and repair - especially the minerals needed for this purpose.”

Vicki Edgson, Nutritionist

My conclusion:

The Balance Box helped to ease my itchy scalp and I didn't need to reach for any specialist shampoo. The juices made me feel a lot healthier. After just a week I felt less sluggish and a lot brighter in myself. My hair is also looking great - voluminous, shiny and no psoriasis in sight! I will definitely keep this up!

Hair Happy foods

1 WHOLEGRAINS, NUTS AND SEEDS: Opt for pumpkin seeds and walnuts which are rich in biotin, vitamin E, omega 3, zinc and selenium.

2 EGGS: A lack of zinc can lead to hair loss and a dry, flaky scalp - avoid this by eating eggs.



3 SWEET POTATOES AND CARROTS: High in Vitamin A, these super vegetables help produce sebum which acts as a natural conditioner to rectify dry locks and itchy scalps.

4 FISH: Choose fish high in omega 3 such as salmon, trout or mackerel to help replenish oils and keep your scalp hydrated

5 WHITE MEAT: Hair is made of protein so it only makes sense to feast on chicken and turkey - which are packed with it!

6 GREENS: Broccoli, avocado and deep green salad leaves are full of iron. Lack of iron or anaemia can cause hair loss.



7 MILK: Don't just drink milk for strong nails and healthy teeth - do it for your mane too. Milk is high in a lot of vitamins and minerals, as well as being regarded as the most nutritionally balanced substance.

8 FRUIT: Why not try a healthy fruit salad? Include blackcurrants, blueberries, guava, kiwi fruits, oranges, papaya and strawberries for a vitamin C fix, which helps in the production of collagen to strengthen the capillaries that supply your hair shaft.



Contact box

www.balancebox.com

www.purifynecleanse.com

Always consult your GP before undertaking any diet or cleanse.