

**A healthy diet helps maintain a healthy body: your bones, your skin, and even your hair! But when eating better isn't enough, KALOS Hair Restoration has you covered!**

Hair products like conditioners and moisturizers may be able to keep your locks smooth and shiny, but remember that such outside treatments won't make locks grow. Hair follicles need protein, iron, B, C, and E vitamins, and Omega-3 Fatty Acids, among other things, to thrive. So nourish your hair by eating nutrient-rich foods:

- Choose protein sources like chicken, salmon, or lean red meats.
- Remember that B vitamins can be found in a variety of foods, mainly plant based, like nuts, seeds, dark leafy greens, and cauliflower, but also in eggs, fish, and chicken.
- Whole citrus fruits are great for Vitamin C. Guava contains even more vitamin C.
- Remember that Vitamin E, is mostly found in plant foods like avocados, almonds, broccoli, and papaya. These are just a few of the foods that are full of vitamin E!
- The Omega-3 Fatty Acids in fish such as salmon will help keep your hair hydrated.



**The other side of the equation is to avoid junky foods that can actually mess with your health in numerous ways – including contributing to hair loss.** For example, diet soda includes artificial sweeteners, specifically, aspartame, that has been linked to hair loss. And try to avoid starchy whites if you want beautify locks: these include sugar, since white bread, cakes, pastries, white pasta, and other refined, over-processed starches are converted into sugar, which causes hair to thin - so stick with whole wheat.

**But When Eating Better Isn't Enough:**

You might find that no matter how healthy you eat, you experience thinning and lost hairs. If pattern hair loss strikes, it cannot be reversed by diet alone. But we can help you stop the receding hairline or the widening part. Ask Dr. Stong about hair restoration today!