

Natural Help 4...

Natural Hair Care



Caring for Your Hair Naturally

Even the healthiest hair can begin to take the strain of daily beauty regimes, environmental toxicity, and poor modern day eating habits. It is important to note that the living cells that **promote hair growth** are hidden in the hair follicles of the scalp, and that the hair we see (the hair shaft) consist mostly of non-living keratin proteins.

Simply put, the visible part of the hair is not living and therefore cannot repair itself once damaged. For this reason, it is essential to limit the use of damaging hair products and hair styling practices, while **promoting healthy re-growth** from the inside out with a healthy life-style and balanced diet.

While there are numerous shampoos and conditioners that claim to **repair and promote healthy hair**, it is ultimately a healthy supply of nutrient-rich blood to the scalp and hair follicles that promotes healthy [hair growth](#) and the [prevention of hair loss](#).

Herbal and Homeopathic Remedies related to hair care

There are a number of herbal and homeopathic ingredients that can help promote healthy [hair growth](#) and maintenance. These include herbal ingredients such as Ginkgo biloba, Rosmarinus officinale, and Xanthoxylum clavaherculis, all of which act as circulatory stimulants which promote the **flow of nutrient rich blood to the scalp and hair follicles**.

Another herbal ingredient commonly used for healthy hair is Equisetum arvense which is rich in minerals and assists in the **healthy growth of all connective tissue**, including hair and nails.

Hair Care Tips

- Beautiful and manageable hair need not be seen as an unattainable goal. A very simple rule of thumb is that healthy hair is beautiful hair regardless of type, texture, or color. Below are a few simple and easy tips to promote healthy hair:
- Try switching to more natural shampoos and conditioners that contain naturally derived cleansers, as these are less likely to strip the hair of its natural oils.
- Try not over-wash your hair as this can be extremely drying. Most people can get away with washing their hair two to three times a week; however, if you do have oily hair then daily washing with a mild shampoo is often

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- necessary. Just remember that it is the scalp that is oily, not all of your hair so when washing concentrate on the roots. Also remember to replace lost oils by conditioning from the middle of the hair shaft down to the tips.
- Heat can be very damaging to hair so avoid very hot hair dryers and straightening irons.
 - Avoid the harsh hair chemicals such as chemical perms, bleaches and any treatments or shampoos with harsh synthetic ingredients.
 - Avoid brushing wet hair as this causing hair to stretch and break. When blow drying hair, run your fingers through your hair to dry and style it until it is at least 80 percent dry before styling it with a brush.
 - Smoking has been scientifically shown to cause [hair loss](#) which is yet another good reason to kick the habit. If you do smoke, then consider quitting smoking the natural way!
 - Remember that eating poorly, or yo-yo dieting is not only bad for your general health, but it will most often result in dry lifeless hair. Make sure your diet is a healthy and balanced one including lots of fresh fruit and raw vegetables, Omega-3 fatty acids and proteins – all of which are essential for healthy [hair growth](#)!
 - Make sure you are getting enough Vitamins A, C, and B.



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The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques,

Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take

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responsibility for their own health.

Related Natural Remedies:

ReGrow Plus: Support healthy circulation to hair follicles, hair roots & nail beds

ReGrow Plus is a blend of carefully chosen herbal ingredients known for their **supportive capacity to promote healthy circulation, routine hormonal balance and support healthy thyroid functioning** - thereby supporting healthy hair and nail growth.

Used regularly, ReGrow Plus can help to **maintain healthy, strong hair** by supporting the body's natural ability to stimulate and nourish the tiny hair follicles to produce abundant hair.

For best results, use with [ReGrow Scalp Massage Oil](#)

[Learn more about ReGrow Plus](#)

ReGrow Plus Massage Oil: Supports healthy hair growth and nourishes hair follicles and scalp

ReGrow Scalp Massage Oil contains a blend of carefully chosen essential oils used therapeutically in aromatherapy.

Essential oils are extractions of living plants and have many positive benefits, containing a complex combination of many active ingredients which **work on the physical as well as the psychological level**. Good quality essential oils are highly concentrated and contain no synthetic additives.

The essential oils in ReGrow Scalp Massage Oil have been especially chosen for their **beneficial effect on the health of the scalp and hair follicles**. However, as is always the case with nature, their use will bring a **number of additional benefits** such as relaxation, healthy circulation and feelings of well-being. Nature is always generous!

As most aromatherapy oils are often too concentrated to be use directly on the skin, they are usually blended into a natural carrier oil which should be chosen according to the therapeutic effect needed as well as the properties of the essential oils used. The carrier oil used in ReGrow Scalp Massage Oil is Avocado oil, chosen for its high nutritive value.

Rich in nutrients, especially Vitamin E, Avocado oil further extends the therapeutic effect of ReGrow Scalp Massage Oil on the scalp and hair follicles.

Note: For best results, use along with [ReGrow Plus](#), taken internally to support healthy hair growth.

[Learn more about ReGrow Plus Massage Oil](#)

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3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



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