

# Diana Stobo

EATING FOR HEALTH, VIBRANCE AND BEAUTY

## Healthy Hair, Skin, and Nails Beautification Guide

When hair looks limp, dull, and lifeless, people often turn to new shampoos and conditioners for that extra oomph. But really, a poor diet could be the culprit for lackluster locks.

Lifeless hair usually comes from the inside.

This guide explains how your diet can enrich your hair, skin, and nails to make you more beautiful from the inside out.





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## Building blocks of healthy hair

Hair and nails are made from the same substance: keratin, a type of hardened protein. Hair and nails grow constantly, hairs fall out and are replaced constantly. Because hair and nails are constantly growing and producing, they reflect the general health of your body and diet.

Keep in mind that stress, poor diet, certain medications, and extreme weight loss can cause breaking and thinning hair, so if you notice a big change in your hair, you should visit a doctor.

Let's talk about vitamins and types of foods that help hair and nails be their healthiest.

## Vitamins and nutrients to seek out

**Protein** found in excellent-quality meat, fish, beans, and soy help your body to make keratin.

**Omega-3 fats**, found in fish, walnuts and flaxseed, help make hair shine.

**Iron** helps red blood cells carry oxygen and nutrients to the hair follicle.

**Zinc** works as a co-enzyme, helping to create the hair structure.

**Vitamin D** is suspected to help with the growth cycle.

**Biotin** is promoted as a supplement that boosts hair health, but it doesn't work for everyone. Some people swear by it, while others notice no difference.

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## Vitamins and nutrients to avoid

While some foods make hair strong and beautiful, eating too much of others can make hair brittle and thin.

**Vitamin A.** While vitamin A bolsters the immune system and aids vision, overloading with vitamin A supplements can cause hair loss. Vitamin A will act on the oil gland and shrink it down. The oil gland is not producing the same amount of oil to help coat the hair and make it healthy, strong, and shiny.

**Mercury-containing fish.** Fish that eat other fish, like some kinds of tuna and swordfish, can contain mercury, which is damaging to your hair. Experts believe mercury disrupts protein development and interferes with zinc, wrecking the growth process. People think if the fish is cooked, they're protected from mercury, but that's not true. There's also no clear guidance on when mercury levels in the body become toxic. So just avoid those types of fish, listed at <http://www.nrdc.org/health/effect/s/mercury/walletcard.pdf> (shown in image at right).

LEAST MERCURY		
Anchovies	Herring	Sardine
Butterfish	Mackerel (N. Atlantic, Chub)	Scallop*
Catfish	Mullet	Shad (American)
Clam	Oyster	Shrimp*
Crab (Domestic)	Perch (Ocean)	Sole (Pacific)
Crawfish/Crayfish	Plaice	Squid (Calamari)
Croaker (Atlantic)	Pollock	Tilapia
Flounder*	Salmon (Canned)**	Trout (Freshwater)
Haddock (Atlantic)*	Salmon (Fresh)**	Whitefish
Hake		Whiting

  

MODERATE MERCURY		
EAT SIX SERVINGS OR LESS PER MONTH:		
Bass (Striped, Black)	Jacksmelt (Silverside)	Skate*
Carp	Lobster	Snapper*
Cod (Alaskan)	Mahi Mahi	Tuna (Canned chunk light)
Croaker (White Pacific)	Monkfish*	Tuna (Skipjack)*
Halibut (Atlantic)*	Perch (Freshwater)	Weakfish (Sea Trout)
Halibut (Pacific)	Sablefish	

  

HIGH MERCURY		
EAT THREE SERVINGS OR LESS PER MONTH:		
Bluefish	Mackerel (Spanish, Gulf)	Tuna (Canned Albacore)
Grouper*	Sea Bass (Chilean)*	Tuna (Yellowfin)*

  

HIGHEST MERCURY		
AVOID EATING:		
Mackerel (King)	Shark*	Tuna (Bigeye, Ahi)*
Marlin*	Swordfish*	
Orange Roughy*	Tilefish*	

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## Great foods to grow hair and nails

**Salmon** is high in omega-3 fatty acids, which help to keep your hair healthy, growing, and shiny. Salmon also contains biotin, which can help stimulate hair and nail growth.



**Greek yogurt** is full of protein, which is the building block of your hair. Greek yogurt also contains B5, which is a vitamin that stimulates blood flow to your scalp. Protein combined with B5 will help enhance your hair growth so you can have luscious locks.



Do you feel like your hair is always frizzy and breaking off? Try adding **spinach** to your diet. The dark green leaf is a nutrient powerhouse that includes nutrients like vitamin A, iron, folate, vitamin C, and beta carotene, which will help keep your scalp healthy.

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One cup of **Guava** contains about 4 times the daily recommended vitamin C intake, making it a perfect fruit to prevent your hair from becoming brittle and breaking. Vitamin C is needed for the growth and repair of tissues, which is why it is vital to keeping your hair strong and preventing breakage.



**Orange vegetables** contain beta carotene, which your body turns to Vitamin A. Vitamin A adds shine and body to your hair and also stimulates the production of the oil sebum that keeps your hair from drying out.

Try orange produce such as sweet potatoes, pumpkins, carrots, cantaloupe, and mangos to prevent your hair from becoming dull and lifeless.



**Eggs** are very high in the B vitamin biotin, which helps hair growth. They also contain iron and protein, which support tissue regeneration and hair growth. Choose eggs from free-range, vegetarian-fed chickens.

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**Seafood** is excellent for your skin. Salmon is rich in good oils. Shellfish is rich in zinc, which is good for the cells that build your hair. Foods like oysters, crab, and lobsters are high in zinc and can help prevent hair loss.

## Feed Your Face

**Strawberries** have more anti-aging vitamin C than any other fruit. Vitamin C helps to prevent wrinkles and age-related dry skin. Vitamin C also helps to fight free radicals, which are responsible for damaging cells and breaking down collagen, which keeps our skin young and vibrant.



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Consuming **olive oil** helps reduce inflammation in the skin and also protects against free radicals, which are responsible for a lot of the aging we see on our skin including wrinkles, damaged cells, and sagging skin. It is also a natural moisturizer and has been used topically on skin to help soften and create a healthy glow. Use it on any dry patches you may have on your skin or add it to your diet to help your skin glow from the inside out.

**Green tea** is full of anti-inflammatory antioxidants. It is also extremely hydrating. When your body is happy and healthy internally it shows through to your skin. Green tea is even said to help prevent skin cancer. Start drinking green tea regularly to help boost antioxidants in your body or apply a cool, damp tea bag as a cold compress to reduce swelling under your eyes.



**Pomegranates** are one of the most anti-oxidant-rich fruits making them the perfect fruit to keeping your skin and body healthy. They contain anti-inflammatory agents, which help prevent inflammation from acne. Pomegranates also contain polyphenols that protect against sun damage and age spots.



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**Pumpkins** are full of carotenoids, which help prevent wrinkles and fight free radicals. Pumpkins are also high in vitamins A, C and E, which help cleanse and moisturize the skin. Eating pumpkin (in soup, pie, or my Pumpkin Spiced Party Mix at <https://dianastobo.com/pumpkin-spiced-party-mix/>, pictured below) is a great idea. You can also apply puréed pumpkin topically for a hydrating and softening mask.

