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Recommended Diet for Hair Growth

List of foods to avoid:

- Avoid Chicken, Beef, Pork, Lamb; any of which not more than 2-3 times a week.
 - Meats contain invisible fat and residues of hormones, Antibiotics, anabolic drugs, surprisingly FDA Approved to increase the yield. These are all harmful to Hair growth. Organic meat is a good choice but within limits. Using excess of any single type of meat accumulates residues, which gradually become toxins.
 - Avoid all kinds of excess protein. You should have a mix of vegetable source alkaline foods as your main protein source along with a small amount of animal protein. A high protein diet is converted to amino acids on digestion, which makes the blood PH acidic. An alkaline body promotes better well-being and hair growth.
 - High protein diet causes Calcium depletion. It is a standard theory agreed and available on the net. Calcium is the best buffer in the body for PH. There is reabsorption of calcium from the system back into the blood to neutralize the acidity. Thus causing the calcium to be unavailable for metabolism despite the blood levels appearing to be high. Worse is the kidney begins to excrete the calcium. The body does not prefer to weaken bones by absorbing Calcium so it first arrests hair growth.
- Avoid Fish and Seafood; not more than 2-3 times a week
 - Fish are becoming a source of mercury and heavy metal poisoning. Excess omega 3 cause hair loss instead of hair growth, hence it is best restricted from being over consumed.
- Avoid Potato, Pasta, Cream and melted cheese; not more than twice a week.
 - This is to avoid carbs, fried preparation, invisible fat and excess intake of any of these.
- Avoid Chips, Fries, Tortillas, Nachos, Doritos, Processed foods and snacks.
- Avoid Sugar foods - Chocolates, Pastries, Cakes, Ice cream, Desserts, etc...
- Avoid Colas, Coke, Pepsi, Soft drinks and all kind of Pre-packed juices.
- Avoid Bakery foods - Biscuits, Puffs, Rolls, Croissants, Doughnuts, White Bread
 - The high content of butter and animal lard used in making bakery products crispy is harmful for hair growth as for all rapidly dividing cells in the body.
- Chinese foods - Agino moto or Chinese salt (MSG) is bad for hair.

- MSG causes a lot of ill health and hair growth is possible only if all other body systems are functioning optimum, hair has the last priority. As a result, hair is the first to go in any imbalance.
- Fast foods - Pizzas, Burgers, Canned foods
- Restrict Alcohol to two Beers or two Hard drinks 2 - 3 times a week
- Coffee and tea are restricted to 2 - 3 cups a day
- Strictly NO SMOKING. Keep away from second hand smoke as well.

List of foods to add to your diet:

- Steamed Sprouts 2 times a week
 - This refers to all sprouted seeds. When seeds sprout and begin to grow, there is dynamic generation of a lot of new, enzymes, nutrients, growth factors that add to the value of sprouts over seeds. All sprouts can be had turn by turn without over consumption of any one that can be agreed to be the best.
- Green leafy vegetables 2 times a week
 - Calcium, Iron, fiber; all that greens have is useful for wellness and hair growth.
- Lima beans, Fava beans, French beans, Broad beans, Colored beans, Black beans, Kidney Beans - rotate the choice - 3 times a week
 - Bean proteins are precursors to important amino acids and are provided through an alkaline source, which is favorable. The body can interconvert most amino acids as per requirement.
- Salads with one meal everyday - Beetroots, Carrot, Cucumber, Tomato, Greens, add salt, pepper, a dash of lime, no mayonnaise, no salad dressing, no sauces.
 - Fiber, roughage, adsorption of fats and sugars for slow gradual release, over all wellness contributed to better hair.
- Cottage cheese, Chick peas, Tofu, Mushroom, Lentils - rotate the choice - 3 times a week
 - These are all non-meat protein, taken turn by turn to have a balance of food types.
- 10-12 non-salted Walnuts, Almonds, and Nuts everyday by rotation. Avoid Peanuts, Cashew, and Macadamia nuts.
 - The nuts to avoid are high in saturated fats.
- Full fat dairy products, slice of cheese, olive oil dressing - 3 times a week
 - Full fat dairy products are definitely better than non-fat. If you have been eating non-fat and have a hard time switching to full-fat, then go ahead and eat non-fat. The lower the fat content in dairy, the higher the sugar.
- Two Fresh Fruits per day - cut & eat, with the fruit skin when possible. Freshly squeezed juice can be consumed within 10-15 minutes.
 - Each food source comes with a unique nutrient advantage. This creates a balanced diet with variety in food selection in addition to wellness.

- Have 2 - 3 cups of green tea or hot water every day
 - Green tea has antioxidants, which help hair growth with the added benefit of detoxing. If this does not agree with your liking, than at least hot water can help in detoxing.
- Have 3 - 4 liters of water every day
- Have a Balanced diet. Avoid High Protein Intake, Regular Whey Protein and extreme diets.

Hair loss patients must keep away from protein powders and high protein diet. It is good to select protein from alkaline vegetable sources as well. Best to rotate the food source turn by turn without having excess of any.

Even if you can only follow this 70-80%, it will help for Hair Regrowth as well as better health. The aim is achieving general wellness, good health and delivering hair growth.

☺ Many thanks to Dr. Rajesh Rajput, M.S., M.CH. Hair Transplant Surgeon and creator of Grace Hair Fact, for sharing all your insight and knowledge in hair growth and diet.