



Hair Diet to Avoid – have twice a week

- Avoid Chicken, you can have it not more than twice a week. Prefer grilled.
- Beef, Pork, Lamb, Fish, Sea food any one, not more than 2-3 times a week.
- Avoid overeating eggs. Have 1-2 eggs twice a week.
- High protein diet causes hair loss by making the blood acidic.
- Avoid Potato, Pasta, Cream and melted cheese not more than twice a week.
- 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 & all kinds of Pre packed Juices.
- Avoid Bakery foods – Biscuits, Puffs, Rolls, Croissants, Doughnuts, White Bread
- Chinese foods – agino moto or Chinese salt is bad for hair.
- 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.