

## Vitamins and Hair Growth

Men and women the world over have long sought out ways to make their hair grow faster, thicker, and healthier. With the onset of so many quick grow formulas and hair vitamins, it now seems to be possible to grow your hair quicker. But do they really work? How does hair grow? Hair grows as the hair root, which is embedded in your scalp, produces hair cells. These cells, all locked in the chamber of the root, are eventually pushed out of the scalp. At this point, the hair cells die and a strand of hair is formed. This process continues until the root shuts down production of new hair cells, causing the strand it had produced to fall out. This cycle repeats itself so new hair replaces old hair continuously. Many different factors affect the rate of growth of your hair. Asians, for example, have hair that grows the quickest at the rate of about 1.3 cm a month. Gender, age, and genetics also determine how quickly one's hair can grow. Vitamins for hair growth Hair is made up of 80 percent protein, so it follows that vitamins with a high concentration of B vitamins and protein will make hair grow quickly. Make sure that the hair vitamin product you buy has B complex, folic acid, and inositol in it. Folic acid speeds up production of new cells and this is extremely important for quick hair growth. Inositol, on the other hand, strengthens the cell membranes and prevents hair from falling out. However, hair vitamins are not enough to ensure fast hair growth. Having clean hair is a must. The pores through which the hair grows must remain clean and free of blockage. Hair growth treatments usually come with a shampoo because a clean scalp makes the product work better.

## About the Author

Teenagers around the globe are jumping on the vegetarian bandwagon, declaring their distaste for meat. But are teens neglecting their health.

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