

# Quips and Tips for Healthy Women

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## Healthy Hair Tips & Shampoo Myths



Your hair is a sign of your overall [health](#), so eating right, exercising, and dealing with stress are the best ways to achieve a glossy mane. Note that hair *cannot* be repaired once it's injured, so don't fall prey to those "[hair repair](#)" claims! Here are several tips for healthy hair - and a few shampoo myths.

But it wouldn't be "quips and tips for healthy women" without a quotation (it's not about hair, though):

"The fraud is, plastic surgery doesn't work. It doesn't work because there are complications, and I got them all," said Jamie Lee Curtis to Oprah Winfrey. "Plastic surgery doesn't work because you still look in the mirror and you see the fraud of what you were trying to do." (The Oprah Winfrey Show, April 7, 2008).

So forget about cosmetic surgery, and focus on these healthy hair tips instead. Some are from [Redesigning 50: The No-Plastic Surgery Guide to 21<sup>st</sup> Century Age Defiance](#) by Oz Garcia. To learn more, click the book cover - it's a great book! My other healthy hair tips are from the American Academy of Dermatology's "Healthy Hair at Any Age Fact Sheet."

### Tips for Healthy Hair

**1. Stop yo-yo [dieting](#)!** Fad diets and yo-yo dieting "wreak havoc on hair", say the dermatologists at the American Academy of Dermatology. For healthy hair, eat a wide range of healthy food - because your hair reflects your overall health.

**2. Deal with stress.** Your stress level affects your hair, so find good ways to cope with life's difficulties. "[Any kind of stress can contribute to hair loss - psychological trauma, illness, major surgery,](#)" writes Oz Garcia in [Redesigning 50](#). "[That's one more good reason to find ways to manage the stress in your life.](#)"

**4. Leave your hair alone.** "When it comes to hair care, less is more. Using unnecessary products or subjecting the hair to repeated procedures - such as perms, coloring, waving or straightening - can

damage the hair and lead to breakage,” said Dr Zoe Draelos to the American Academy of Dermatology. “Although women use these things to improve the cosmetic appearance of their hair, in the long run they will inevitably cause the hair to lose some of its natural luster and look unhealthy. I advise my patients to do as little as possible to their hair, which will help keep it healthy.”

**5. Strengthen your hair.** If you want to keep your colored hair healthy, Garcia recommends a strengthener. When your hair cuticles are open, your hair is weaker and duller - and you get split ends. A strengthener can help close the cuticles in your hair, making it healthier and glossier.

### **Shampoo Myths - These Are *Untrue* Beliefs About Shampoo & Conditioner**

**1. Your hair gets “used” to a certain brand.** Since your hair isn’t living - even if it’s healthy - it can’t become accustomed to a certain brand of shampoo. So, you don’t need to change your brand of shampoo regularly.

**2. You need to wash your hair daily.** For healthy hair, shampoo every second or third day. Of course, it does depend on how oily your hair is - some women do need to shampoo daily, but it doesn’t seem to be recommended by the experts.

**3. You don’t need to shampoo your scalp.** If you want healthy hair, make sure you do shampoo your scalp - but you don’t need to condition it.

**4. You need to lather up for healthy hair.** All those foamy shampoo bubbles aren’t necessary! You only need a dollop the size of a quarter (depending on the length and thickness of your hair) to get a good clean.

### **Final words from the Draelos and the American Academy of Dermatology:**

“It’s important to understand that hair is nonliving and cannot be repaired once it is injured,” said Dr. Draelos. “As we get older, hair growth slows down and the cosmetic beauty of our hair decreases. Hair loss that occurs from continual hair breakage over the years is a serious cosmetic concern for many women, so the key is to prevent this damage by stopping the cycle of overprocessing and over-grooming our hair and selecting hair care products with proven hair-health benefits.”