
HEALTHY
HAIR
GUIDE
A Simple Nutrition Guide
to Healthy Hair
YORGAIN
science with a soul

Healthy Hair Starts Within

When we notice hair thinning or breakage, our first instinct is to reach for a new shampoo or serum. However, to truly transform your hair, you must look deeper. Your hair is a **living structure** only at the root, deep beneath the skin. Once a strand emerges from your scalp, it is technically non-living tissue. This means you cannot "feed" the hair you see in the mirror; you can only protect it.

To improve the **quality, thickness, and strength** of your hair, you must nourish it from the **inside** while it is still forming.

The "survival" connection in the eyes of your body, hair is "non-essential." if you are low on nutrients due to stress, illness, or a poor diet your body will prioritize your vital organs like your heart and brain first. It "steals" nutrients away from your hair follicles to keep your body running. Because of this, your hair is often the first **"alarm system"** that tells you something is missing in your nutrition.

This guide is designed to help you understand this connection. We will break down what hair is made of and show you how simple, daily nutritional choices can "turn on" your hair growth factory.

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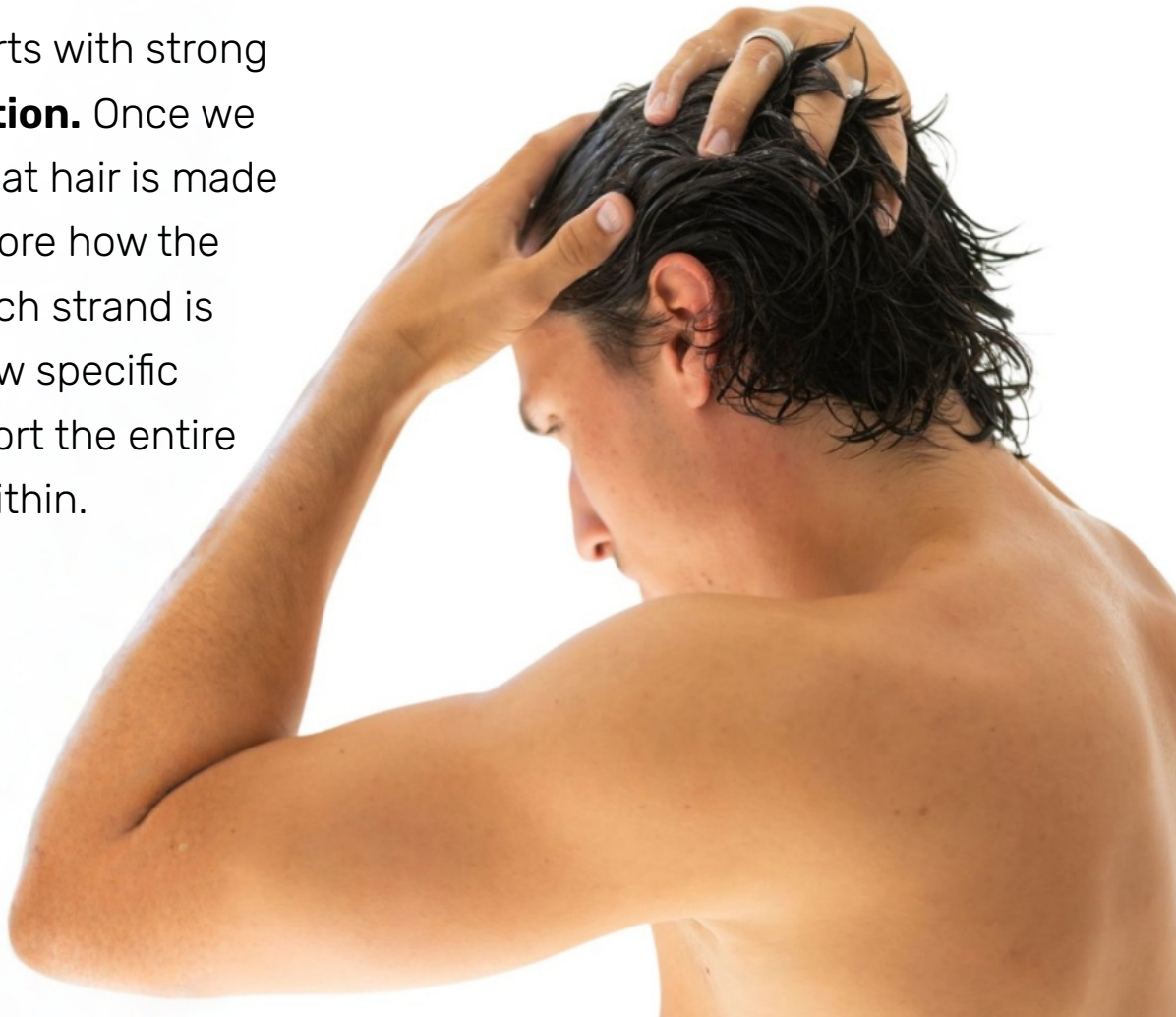
#01. What Your Hair Is Made Of ?

Healthy hair begins with knowledge. Before exploring nutrients or supplements, we need to understand what hair is made of and how it is built inside the scalp. This creates a clear foundation for understanding why nutrition directly influences strength, shine, volume, and growth.

Hair is primarily made of **keratin,** a strong and **flexible protein.** Your body produces keratin from **amino acids** that come from the protein you eat. For this process to work efficiently, your diet must also supply supporting **vitamins and minerals.** When these nutrients are low, keratin production weakens and the hair becomes thin, dry, and more likely to break or fall out.

Strong hair starts with strong **internal nutrition.** Once we understand what hair is made of, we can explore how the structure of each strand is formed and how specific nutrients support the entire system from within.



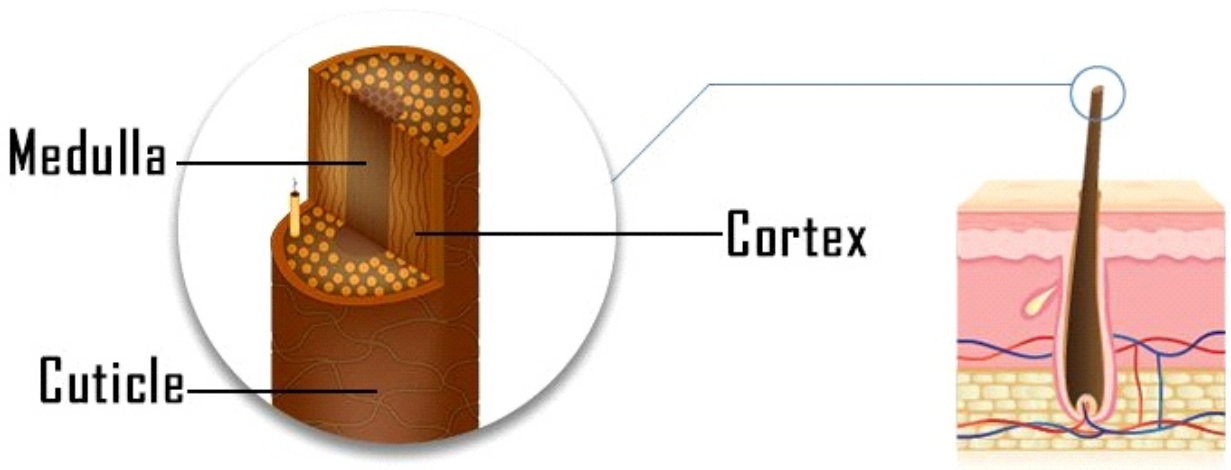
Hair structure

Now that we know what hair is made of, the next step is to explore how hair is built. The structure of each strand and the living follicle beneath it explain why internal nutrition is the foundation of healthy hair.

Hair shaft structure

✦Cuticle

The outer layer of hair made of overlapping scales. A smooth cuticle makes hair shiny and soft. Damage makes hair rough and prone to breakage.



✦ Cortex

The thick middle layer of hair. It contains keratin and pigment, which give hair its strength, thickness, and color. Nutrition mainly affects this layer.

✦ Medulla

The inner core of the hair. It is present in some hair types and absent in others. It has little effect on hair strength.

Hair follicle structure

Hair grows from a **living structure** under the skin called the **follicle.** This is where nutrients directly influence growth.

✦ Hair Bulb

The rounded base of the follicle. This is the active growth area where keratin cells multiply.

✦ Dermal Papilla

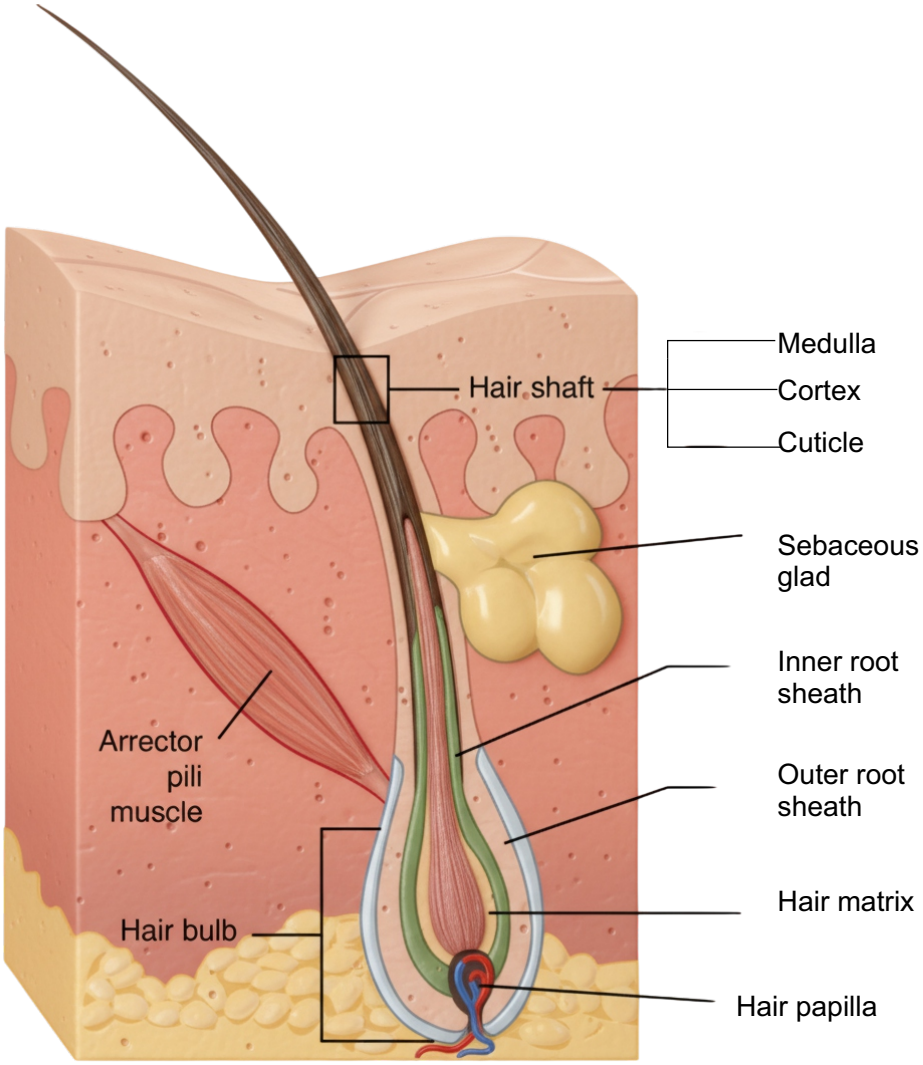
A small structure under the hair bulb that supplies blood. It brings oxygen, amino acids, vitamins, and minerals that your body uses to build hair.

✦ Sebaceous Gland

A small oil gland connected to the follicle. It produces natural oil that keeps the scalp and hair moisturized.

✦ Hair Root

The part of the hair inside the follicle. It is soft and living. Once it exits the skin surface, it becomes the hair shaft.



Why this structure matters

The scalp and follicle need proper nutrition to produce strong keratin. When nutrients are lacking, the cortex becomes weak, the cuticle lifts, and the entire strand becomes fragile. That is why protein and supportive vitamins play such an important role in hair health.

Understanding these parts explains why you cannot just **"wash"** your way to healthy hair you have to feed it from the inside.

1. You cannot feed dead hair

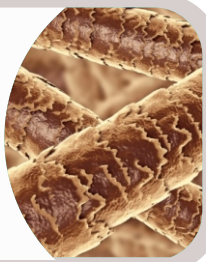
Because the visible **Hair Shaft** is non-living, you cannot add nutrients to it. You can only protect it. Conditioners smooth the **Cuticle,** but they cannot repair the core.

2. Growth starts in the blood

The **Dermal Papilla** is the only entry point for nutrition. If your diet lacks vitamins, or if blood flow to the scalp is poor, the "factory" shuts down. The result is hair that grows in thin, weak, or falls out prematurely.

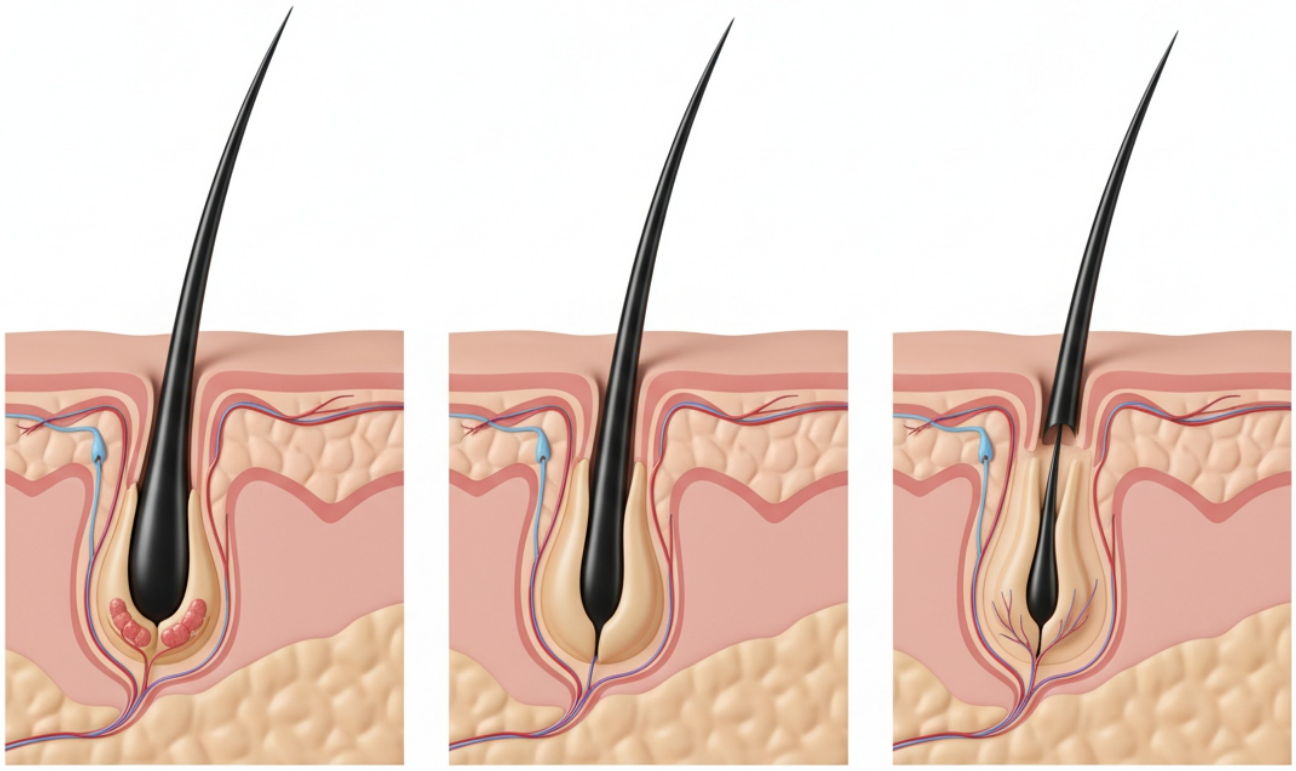
3. Strength comes from the inside

The **Cortex** creates the hair's strength. If your body doesn't have enough building blocks (protein and minerals) while the hair is forming in the root, the strand will be fragile from the moment it emerges.



#02. How Hair Grows

Hair does not grow continuously; it grows in a repeating cycle. Every hair on your head is at a different point in this process, which is why you don't lose all your hair at once.



ANAGEN
Growing phase

CATAGEN
Transition phase

TELOGEN
Resting Phase

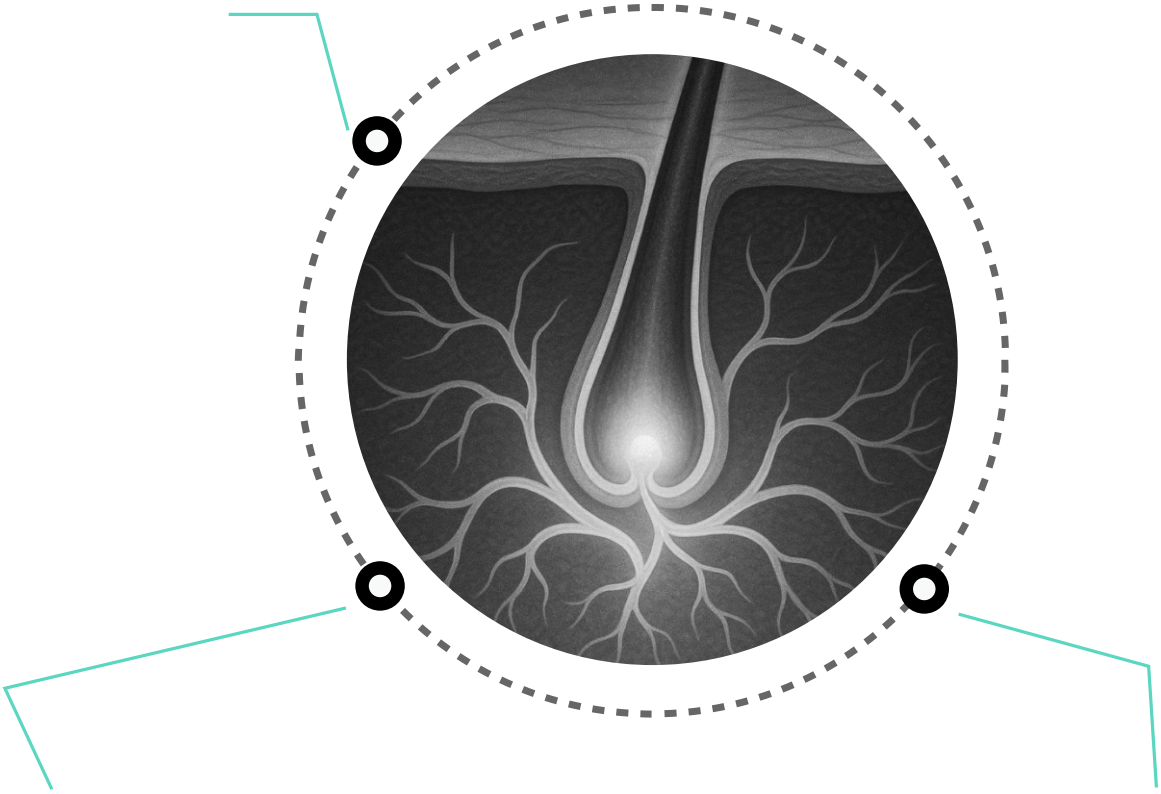
This cycle includes growth, transition, and resting phases that regulate hair renewal.Balanced progression through these phases helps maintain normal hair density and strength.

Phase 1: Growing (Anagen)

What happens: This is the active growth stage. The hair bulb produces new cells, and the hair strand grows steadily from the scalp. Hair strength and thickness are built during this phase.

How long: Lasts **3 to 7 years.**

Status: About **85–90%** of hair is normally in this phase. Good nutrition helps keep hair in this stage longer.



Phase 2: Transition (Catagen)

What happens: Hair growth stops, and the hair detaches from its blood supply. The follicle begins to shrink.

How long: lasts **2 to 3 weeks.**

Status: This phase prepares the hair for resting.

Phase 3: Resting & Shedding (Telogen)

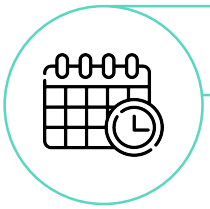
What happens: The hair rests inside the follicle without growing. Toward the end, the old hair falls out so a new one can grow.

How long: Lasts about **3 months.**

Note: Shedding in this phase is normal and part of healthy hair renewal.

Why This Matters for Your Recovery

Poor nutrition or stress can push many hair from the growing phase into resting or shedding phases at once, causing noticeable hair fall. Good nutrition and low stress keep more hair in the growth phase.



Delayed Hair Fall

Hair shedding often appears **2 to 3 months** after stress, illness, or sudden weight loss, not immediately.

Nutrition Controls the Cycle

When protein or iron is low, the body shifts hair early into the resting phase, leading to increased shedding.

The "Wait and See" Period

New nutrition supports hair forming under the scalp. Visible improvement usually takes **3 to 6 months** of consistency.

Normal Shedding Is Healthy

Losing 50–100 hairs per day is normal and shows the cycle is working properly.

#03. Why Hair Falls Clear & Real Reasons

Hair loss usually comes from **internal causes (diet, hormones, stress),** not regular grooming.

Common causes

Low protein intake (very common):

Hair is made of protein. If you don't eat enough, the body prioritizes **vital organs** and reduces resources for hair leading to thinning and shedding. Sudden weight loss or low-protein diets often trigger hair shedding.

Nutrient deficiencies:

Lack of **iron, zinc, biotin, folic acid** and other nutrients weakens follicles and increases shedding.

Stress, illness, and hormones:

Major stress, severe illness (including COVID), surgery, or hormone shifts (thyroid problems, changes in sex hormones) can cause a big wave of hair to enter the resting phase and then fall out.

Post-pregnancy hair fall:

After childbirth, hormonal shifts and nutrient depletion commonly cause temporary heavy shedding.

Poor digestion / malabsorption:

Even a good diet won't help if your gut can't absorb nutrients (e.g., celiac disease, IBS). Malabsorption can lead to dry hair and hair loss.

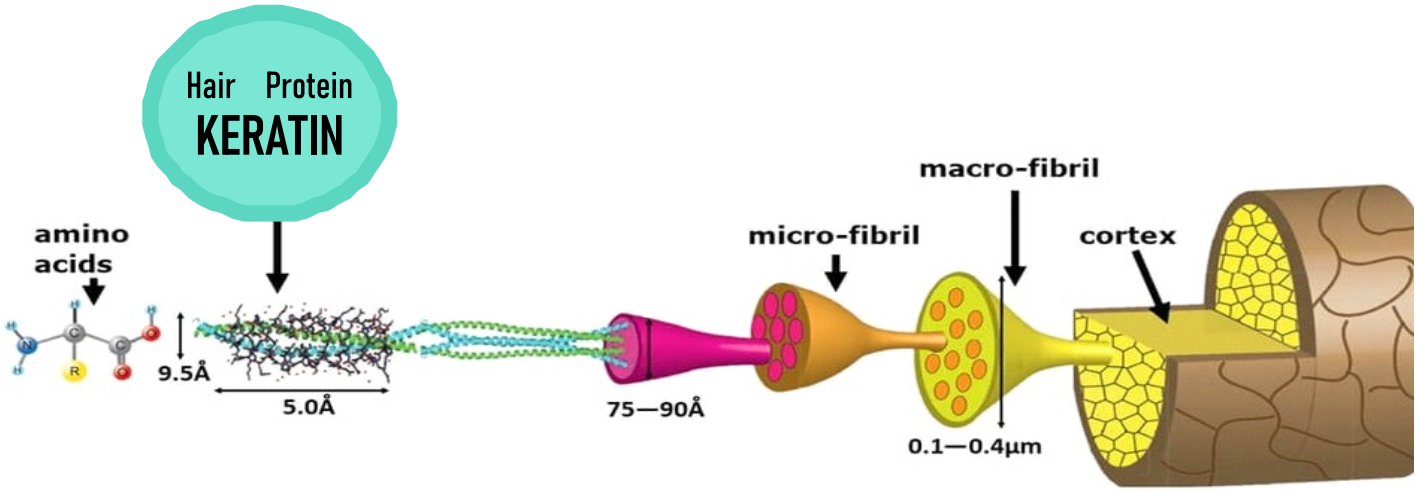
Aging & early greying:

As you age, follicles slow down. Low levels of trace minerals (like copper) and antioxidants can contribute to premature greying and thinning.

When the body is under nutritional stress, hair thins or falls. Fixing diet and nutrient gaps is the first step to stopping hair fall.

#04. Why Protein Is Important for Strong Hair

Protein is the main material hair is made from. Meeting daily protein needs gives follicles what they need to produce healthy strands.



With enough protein:

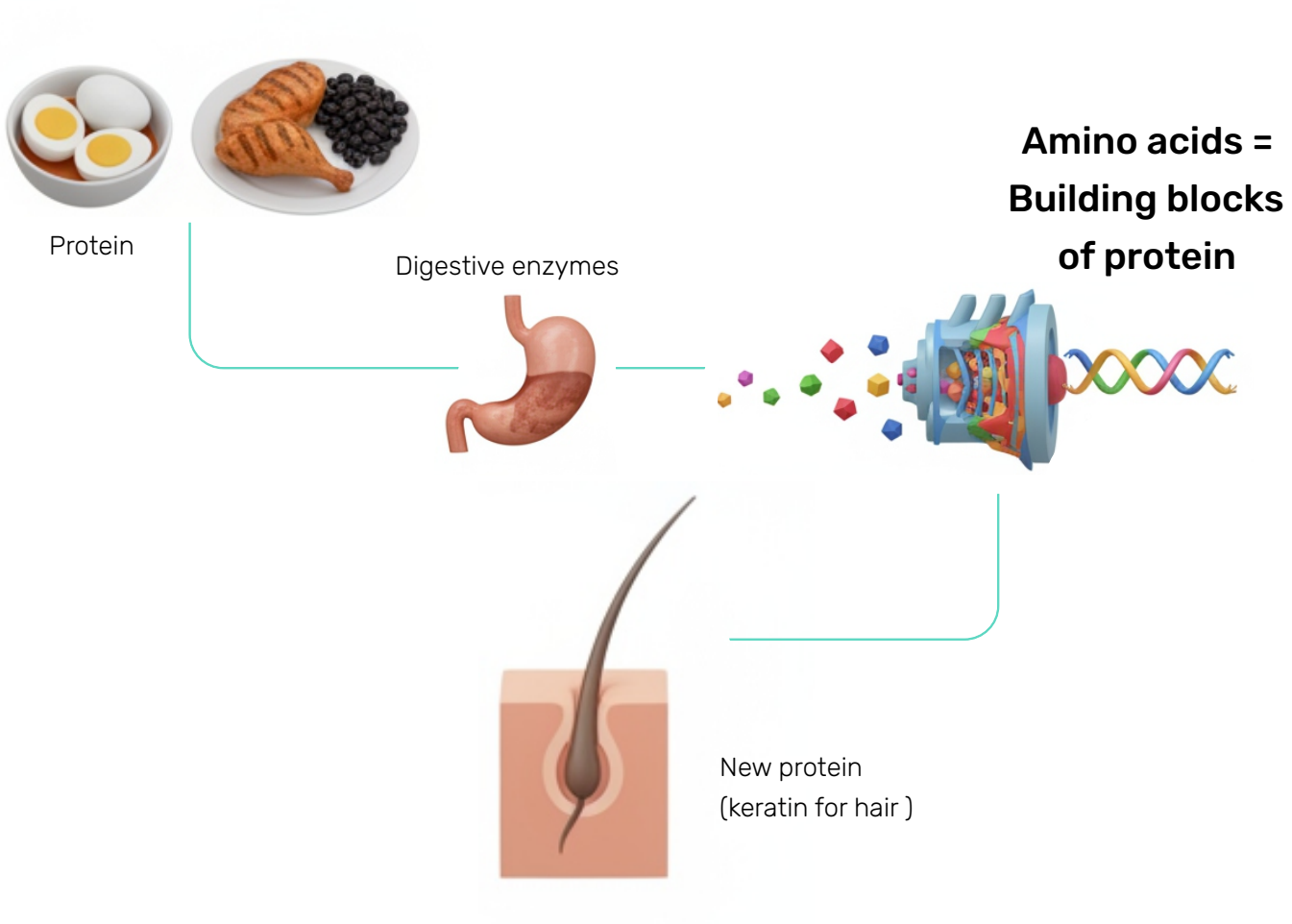
- Hair stays in the growth (anagen) phase longer and grows better.
- Strands are thicker, stronger, and less prone to breakage.
- Hair looks shinier and healthier.

Without enough protein:

The body “rations” protein for vital organs, leaving hair weak. Protein malnutrition often leads to sudden, noticeable hair shedding.

#05. What Are Amino Acids?

Amino acids are the small molecules that join to form proteins. Think of them like letters that spell out proteins. When you eat protein (eggs, beans, meat, etc.), your body breaks it into amino acids and then rebuilds them into new proteins like keratin for hair.



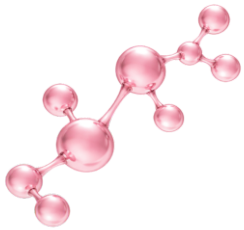
Your body uses amino acids for **hair, skin, nails, muscles, enzymes, and hormones.** If amino acids are in short supply, your body can't make strong keratin, so hair growth slows and strands become fragile. This is why steady intake of protein (and the amino acids inside it) is important for hair.

#06. What Are Essential Amino Acids?

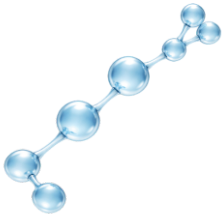
There are **20 amino acids** your body uses to build proteins. **Nine of them are essential** meaning your body can't make them and you must eat them:

histidine

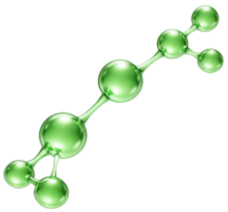
isoleucine



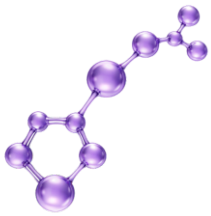
leucine



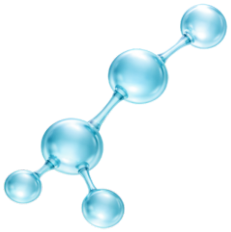
lysine



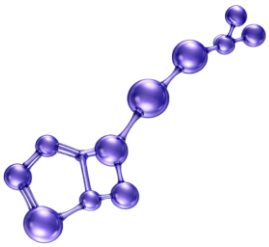
methionine



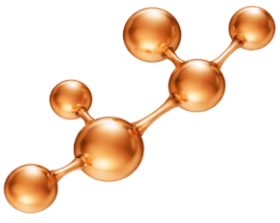
phenylalanine



threonine



tryptophan



valine

Why they matter for hair

- EAAs must come from food or supplements every day. All EAAs are needed to build keratin and support follicle cell growth and repair.
- **Sulfur-containing EAAs (Methionine, Cysteine)** are especially important for keratin strengt.
- A supplement that includes all nine EAAs helps ensure your body has all the pieces to build healthy hair.

#07. Amino Acids Your Hair Needs the Most

Some amino acids are especially helpful for hair strength:

Cysteine

Sulfur-rich and a major component of keratin. Forms bonds that give hair strength and elasticity.

Methionine

Another sulfur amino acid that supports hair formation and density.

Lysine

Helps the body absorb iron and zinc, both vital for hair; improving these helps reduce shedding.

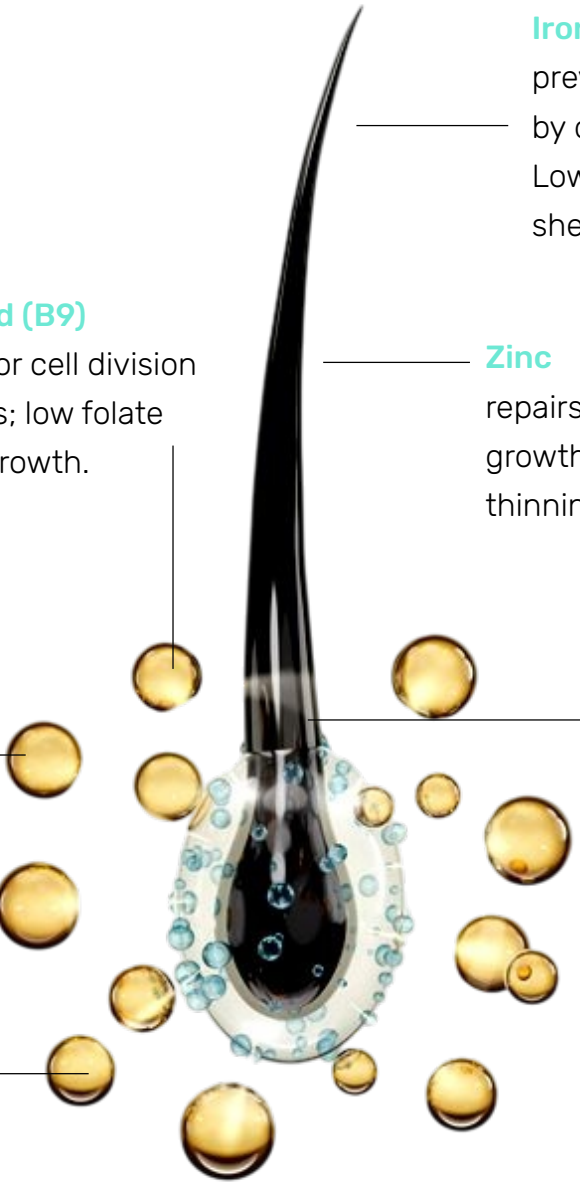
Arginine

A precursor to nitric oxide, which widens blood vessels and improves scalp blood flow so follicles get more oxygen and nutrients.

Low levels of these make hair thin and slow-growing. Ensuring enough cysteine, methionine, lysine, and arginine helps hair grow stronger and fuller.

#08. Vitamins & Minerals Needed for Hair Growth

Beyond protein and amino acids, hair needs specific vitamins and minerals daily:



Iron
prevents anemia-related hair loss by delivering oxygen to follicles. Low ferritin is linked to excess shedding.

Folic Acid (B9)
needed for cell division in follicles; low folate impairs growth.

Zinc
repairs follicles and supports new growth. Zinc deficiency causes thinning.

Biotin (B7)
part of keratin structure; severe deficiency can cause thinning (rare).

Copper & Selenium
trace minerals that act as antioxidants and help pigment and scalp health. Low copper can be linked to early greying.

Vitamin C
needed for collagen and helps iron absorption.

Even one missing nutrient can affect hair. Supplements or foods rich in these vitamins and minerals help keep hair healthy.

Your Roadmap to Results

Healthy hair is a reflection of your internal health. If you give your body a surplus of nutrients, it will have exactly what it needs to produce strong, vibrant hair.

Four Keys to Remember

Feed the Root:
You cannot "repair" a hair strand once it has grown out. You must focus on nourishing the new hair forming under your skin.

The 3-Month Rule:
Hair grows slowly. Because of the natural resting phase, it usually takes **90 to 180 days** of consistent nutrition before you see a visible change in thickness or reduced shedding.

Protein is Priority:
Since hair is almost **90%** protein (Keratin), hitting your daily protein and amino acid goals is the most important step to stopping hair fall.

External vs. Internal:
Shampoos and conditioners act like a "coat" for your hair they keep the surface smooth. But only your blood supply can bring the "fuel" needed for actual growth.

By filling your nutritional gaps today, you are building the thick, healthy hair you will see in the months to come. Consistency is the secret to success!

“Healthy hair begins with nutrition.”

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