

5 Steps To Faster Hair Growth

Long Hair Care Guide

MyNaturalBlackHair.com



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The myth that African style hair grows slower than straight hair is believed by too many. There are women out there who believe that Type 4 hair cannot grow past the shoulder at all. The myths are just that: myths.

Long Afro style hair can be achieved, though it may take more work than it would for those born with straight hair. The main struggle does not have to do with growing kinky hair but with retaining the length that you do achieve.

When you treat your hair right and use methods that suit your hair texture, you will have much less frustrations when dealing with your hair. Here are some tips that will help you to have the long hair that you want.

Step One - Eat Healthy

The first and most important way to grow your hair is to eat well. We all know the saying, you are what you eat! Good nutrition affects not only your general health, but the health and length of your hair, as well. The most important nutrient for your hair is protein.

Proteins are part of every single cell in your body and although your hair is essentially dead, it consists mainly of protein. A deficiency can cause your hair to become lifeless, dull, brittle and able to break even more easily than normal. It can also lead to your hair becoming too dry, which will ultimately stunt its growth.

You can give your hair protein treatments once a week or so but have enough in your diet, as well. Good sources of protein include lean meats, fresh fish, free-range eggs and poultry, nuts and seeds.

Other nutrients that are essential for hair health include vitamins A, B, C and E, and minerals iron, zinc and potassium. Omega 3 fatty acids cannot be produced by the body, so it's important to make sure you're getting enough.

Omega 3 fatty acids effect the hair by promoting a healthy scalp and decreasing breakage. However, instead of constantly worrying about getting the right alphabetical mix into your system, just eat a well balanced diet, and stay away from sugary, junky, fatty foods that will deplete nutrients from your body.

Also, remember to drink as much water as you need to keep yourself hydrated. If your hair is dry, brittle and breaking and you're otherwise healthy, dehydration could be the culprit.

Step Two – Take Vitamin Supplements

When you have your diet in order but you'd like to see even better results, it's time to consider supplementation. Biotin is a type of vitamin B and deficiency will lead to hair loss. Vitamin A, mentioned above, helps restore your hair and repair any damage that has been caused to it.

Vitamin A also produces serum, a natural body oil used to keep your scalp and hair sufficiently hydrated. Vitamin E is an antioxidant that protects your hair from free radicals, which can make your hair dry and brittle. Vitamin E helps

build capillaries in your body and stimulates hair follicles, which are responsible for growing hair.

MSM, or Methylsulfonylmethane, is known to lengthen the growth phase of hair. Hair has three cycles of life: growing, resting and shedding. MSM has the ability to lengthen the growing phase of your hair, which will result in longer hair. MSM provides the foundation needed to form proteins and connective tissues in the body, and is also crucial for longer, healthier hair.

Step Three – Protect Your Hair

To grow your hair long, you will need to learn how to handle it and give it what it needs. It's important not to be too manipulative with your hair. Manipulating it too much will lead to tangling, knots, lots of broken hair and frustration.

Protective styles like twists, braids, bantu knots, corn rows, flat twists and weaves, are the easiest way to retain length. When kinky hair is manipulated too much or left out in those, yes, very stylish puffs and afros, it breaks much more easily. You don't have to wear protective styles 100% of the time, but if you're serious about growing your hair out, you should consider this.

You can't leave these protective styles in for too long, though, because when you finally take them down, you'll have to deal with a mess of tangles and knots. When your hair is in a protective style, don't ignore your normal routine of keeping it conditioned and moist. By around two months, consider taking the style down for an arm-strengthening detangling session.

Speaking of breakage, don't ignore it! If you notice that you

have split ends, your hair is probably going to break off at the same rate that it grows, leaving you with hair that seems to not be growing at all. When this happens, you will need to trim your hair, though this may seem counter-intuitive.

Another way that Type 4 hair breaks easily is during detangling sessions. You've got to be very, very gentle when detangling your hair. You really don't need a wide-tooth comb at all. Use lots of conditioner and your fingers on damp hair, and then you can detangle it without experiencing as much breakage. Be very gentle and patient, and you'll see that you can reduce breakage to an absolute minimal.

Try to find the products and moisturizers that *your* hair likes. You'll definitely find online photo albums of women with long, beautiful type 4 hair, but even if your hair has exactly the same texture as those women you see, your hair may simply not respond to products in the same way. There is nothing wrong with experimenting, but if another person's regimen is clearly not working for you, it's time to give it up.

When it comes to regimens and products, try to keep it simple. You don't need to use a million different products on your head at one time. There is no one magic product that will make your hair grow inches overnight.

Step 4 – Avoid Damaging Your Hair

Consider not using heat on your hair for a while. Even slight heat may drastically effects the quality of your hair. If your hair is very fine and is inclined to break easily, as type 4 hair is prone to do, it will no doubt become damaged and dried out by heat over time.

Your hair may respond well to hot oil treatments, though; they are actually great for restoring damaged hair. Start with extra virgin olive oil and add some honey, shea butter or coconut oil and warm this in an oven for about a minute, then apply this to your wet hair for a very effective and nourishing treatment. Leave the hot oils in for at least 30 minutes before washing it out, then apply a leave-in conditioner to seal in all of the minerals and vitamins from the hot oil.

Step 5 – Have Patience

Perhaps this is cheating a bit, but the best way to achieve length is to have patience. If you treat your hair well, eat well and use products that are right for you, all you have to do is give your hair time to grow. Everyone's hair takes time to grow, whether it's curly, kinky or bone straight. Patience is the final ingredient to the sauce. You'll need patience when learning how to deal with your hair as well as when waiting for it to grow.

Other simple tips include drying your hair with a T-shirt instead of a towel to prevent breakage, spritzing your hair throughout the day with a bottle filled with water and jojoba or avocado oil to keep it moist and sleeping with a satin pillowcase at night, which will be much gentler on your hair than cotton.

Follow these tips and your hair will not only be long eventually, it will also be more healthy and full!