

NATURALLY RETURNING HAIR TO ITS ORIGINAL COLOUR

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IMPORTANT

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Common Supplements to Return Hair to Original Colour

The following supplements, taken together over a period of time, will turn grey and greying hair back to its original colour.

Vit B5 (pantothenic acid) - 50 mg daily
PABA (Para-aminobenzoicacid) - 30 mg daily

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Hair Loss/Tonic

To make a cell salt solution, put up to 10 tablets of each cell salt in a 16 ounce (473 ml) to 24-ounce bottle (710 ml); fill with spring water and swirl to dissolve tablets. Sip throughout the day.

Calc Phos (2)
Kali Sulph (7)
Nat Mur (9)
Silica (12)

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Supplement mix to fight/restore Grey Hair

The following mix is used in some commercial hair colour restoration products:

Catalase - 5000 iu
Copper - 1 mg
Zinc oxide - 10 mg
Saw Palmetto - 300 mg
Vitamin B-6 - 10 mg

Horsetail - 100 mg
Plant Sterols (Soy derivative) - 100 mg
Folic Acid - 400 mcg
Para-Aminobenzoic Acid (PABA) - 200 mg
Chlorophyll - 10 mg
Biotin - 300 mcg
L-Tyrosine - 200 mg
Fo Ti (a plant native to China that is also found in Japan and Taiwan)- 10 mg
Pantothenic Acid - 300 mg
Nettle Root Extract - 100 mg
Barley Grass* - 10 mg

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Amla

Mix amla (indian gooseberry) with coconut oil and apply it on your scalp on a daily basis. This will also moisturise the hair.

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Black Tea

Prepare a cup of black tea and add one tablespoon of salt. Allow it to cool down to a lukewarm temperature, and then massage your hair and scalp with the lukewarm tea. Let it stay on your hair for at least half an hour then rinse it off.

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Plain Yogurt

Mix one gram of black pepper or coffee powder with 100 grams of plain unsweetened yogurt and apply the mixture smoothly on your scalp and hair. Wash this off with tepid water and mild shampoo after an hour. Following this regimen once every week will provide results. While the curd will add shine to your hair and prevent dandruff, the black pepper will aid in making the hair black and coffee will retain your blond or brunette shade.

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Nails

According to Indian herbalists and Ayurveda specialists, rubbing nails together can be useful in gray hair treatment. In this remedy you have to fold your palms inwards, bring the two palms close and rub the nails on one hand with those on the other, in fast, recurring movements. This motion and nail rubbing will enhance blood circulation to the scalp and aid in making the hair roots stronger. This in turn helps retain blackness of hair. While this can be performed at any time, at any place, it takes only about half a year to enjoy the benefits.

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Natural Method for Restoring Hair Colour

Combining supplements will do more to support your body's ability to function properly than using just one. Use the following remedies for best results - your ability to heal will depend on the severity and length of time your symptoms have been present.

- 1** First, choose one or more of the herbs 
- 2** Then, add the Cell Salt Solution for mineral deficiencies 
- 3** Finally, add the Homeopathic remedy for your situation 

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1) Herbs for Greying Hair

Herbs are plants valued for their specific strengthening/tonifying properties.

Herb combinations:

Shen Men as a nutritional supplement which includes FoTi

Herb singles:

FoTi (*Polygonum multiflorum*, also known as Ho Shu Wu) has been used for centuries by the Chinese to darken hair and maintain natural hair colour.

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2) Cell Salts to Help with Greying Hair

To make a cell salt solution, put up to 10 tablets of each cell salt in a 16 ounce (473 ml) to 24-ounce bottle (710 ml); fill with spring water and swirl to dissolve tablets. Sip throughout the day.

Kali phos (6) - stress

Nat phos (10) - reduce acidity and toxicity, iron absorption

Silicea (1) - connective tissue support, retain natural hair colour

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3) Homeopathic Remedies for Greying Hair

Homeopathic remedies are non-toxic natural medicines safe for everyone including infants and pregnant or nursing women. 6X, 30X, 6C or 30C potencies may be used.

Lycopodium (#1) - early greying, associated with exhaustion from 4 to 8 pm, low self-esteem, gas, bloating and other digestive problems. Right-sided problems.

Arsenicum album - stressed, perfectionist people. Super-organizers, restless, over-achievers.

Kali iod - thyroid problems and also stress and restlessness.

Phosphoric acid - from shock or grief that leaves a person exhausted emotionally and physically.

Silicea - exhausted and cold. Timid or shy people. Thin and poor fingernails. Sunken eyes.

Sulphur - intellectual, arrogant, with skin problems. Feels hot.

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Miscellany of Anecdotal Hair Colour Restorer Cures

Natural treatments and home remedies for grey hair:

Home Remedies for Grey Hair include lots of foods rich in iron, minerals and vitamin A and B. Green vegetables, yellow fruits, tomatoes, cereals, cauliflower, yogurt are rich sources of these nutrients. Drinking plenty of water and having proper diet rich in vitamins and zinc with plenty of fruits and vegetables help in delaying premature graying of hair.

1) Most beneficial treatment is use of Amla (Indian gooseberry) which is valuable hair tonic for enriching hair growth & hair pigmentation. Massaging the scalp with a teaspoon of amla juice mixed

with almond oil is beneficial or Boil dried Amla in coconut oil till it turns black. Apply this oil on the scalp every day. This is a very effective home remedy for turning grey hair into black.

2) The butter made from cow's milk has the property to prevent premature greying of hair. This can be massaged into the hair roots twice a week.

3) Daily morning intake of a few black raisins with same amount of black pepper with hot milk is also beneficial for treating grey hair.

4) Foods rich in iodine like banana, carrots and fish should be included in the regular diet. Drinking butter milk with 2 teaspoons each of yeast and wheat germ is a great home remedy for grey hair. Protein rich foods such as sprouts of whole grains are also useful to fight greying of hair.

5) Massage regularly with almond oil to prevent greying of hair. Daily massage of the scalp with a mixture of coconut oil and lemon juice is a good home remedy for grey hair.

7) Soak grated fresh ginger in honey and store in a jar. Take a spoonful of this mixture everyday for curing grey hair.

8) Consume the juice of fresh capsicum, lettuce, carrot and alfalfa to cure copper deficiency and prevent greying.

9) Consuming yogurt with yeast is a good home remedy for premature greying of hair.

10) Massaging hair with ghee made from cow's milk yields good results in grey hair.

11) Boil curry leaves in coconut oil and apply this on the scalp daily.

12) Use a paste made with henna powder, yogurt and fenugreek powder, coffee powder, the juice of mint and basil leaves and apply on the hair. Leave for 3 hours and wash off with mild shampoo. This gives a natural blackness and shine to the hair.

13) Fresh juice of amaranth leaves should be applied on the hair regularly as it has properties to prevent premature greying of hair.

14) Boil ribbed gourd in coconut oil and use this for daily to prevent premature greying. Always keep the scalp and hair clean

15) Combing hair regularly is a good habit, as this is another way to massage hair tissues and enhance hair growth. In addition, combing with a wide-toothed brush separates tangles and prevents hair fall and damage.

Moreover, hair is weakest when wet so, soak it dry with a towel before combing. Similarly, combing entirely dry hair is as harmful as combing wet hair. Use a comb which has soft bristles also make sure that you use it regularly as improper use of comb may also damage your hair at times.

16) Regular conditioning of hair is essential these days as hair is most exposed to pollutants, dirt, sun, wind and rain, and harsh chemicals. Covering up your hair on a sunny day will reduce browning and drying of hair. Regular conditioning will improve and strengthen the look of your hair. Hair conditioners are of two types: Natural and synthetic.

Natural and organic conditioners are less harmful and can give an additional glow to your hair.

Synthetic may be pathetic, yes it may cause some damages to your hair due to the chemicals present in it.

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