



DR SPICE NUTRITIONAL HAIR HEALING PLAN FOR EMILY

Focus: Post-shave hair renewal | Shine | Thickness | Strength

Understanding Hair Loss, Alopecia & Hairline Recession

- **Hair Loss (General Term)**


A broad phrase that includes any type of hair fall — temporary or permanent. It can be from stress, hormonal changes, illness, poor nutrition, or toxin buildup.

- **Alopecia (Autoimmune or Pattern-Based)**

This refers to medically defined hair loss — e.g., **Alopecia Areata** (patchy loss from autoimmune response) or **Androgenetic Alopecia** (genetic pattern baldness, usually in men but can affect women too). It may be chronic or episodic.

- **Hairline Recession (Frontal Hair Loss)**

A specific pattern of hair loss where the front hairline moves backward. Often due to **hormonal imbalances, tight hairstyles (traction alopecia), DHT sensitivity, or aging.**

 In short:

- **All alopecia is hair loss, but not all hair loss is alopecia.**
 - **Hairline recession** is often a sign of early patterned loss, stress, or poor circulation in the scalp front.
-



Key Hair-Reviving Nutrients (Expanded)

Nutrient	Role in Hair Health	Rich Sources
Biotin (B7)	Builds keratin, enhances growth & thickness	Eggs, almonds, sweet potatoes
Silica	Strengthens hair strands, reduces breakage	Horsetail, bamboo shoots, cucumbers
Sulfur	Supports collagen & keratin bonds ("beauty mineral")	Garlic, onions, cabbage
Vitamin A	Nourishes scalp and roots	Carrots, spinach, pumpkin
Vitamin C	Stimulates collagen & fights free radicals	Berries, kiwi, amla
Vitamin E	Improves scalp blood flow	Avocados, sunflower seeds, almonds
Vitamin D3	Reactivates dormant follicles	Sunlight, mushrooms, ghee
Zinc	Repairs tissues, regulates scalp oil	Pumpkin seeds, sesame seeds, lentils
Iron	Supplies oxygen to follicles	Beets, molasses, dates, leafy greens
Protein (Amino Acids)	Hair is made of keratin — a protein!	Lentils, nuts, quinoa, tofu
Omega-3 Fatty Acids	Adds shine & reduces inflammation	Flaxseed, chia, fish
Magnesium	Calms scalp tension, aids nutrient absorption	Dark leafy greens, cashews
Selenium	Supports scalp immunity & hair pigment	Brazil nuts, whole grains
Copper	Boosts melanin (natural hair color), supports follicles	Sesame seeds, mushrooms, organ meats
Collagen	Structural support for new growth	Bone broth, spirulina, citrus with protein



Daily Herbal Tea for Hair Growth & Detox

Hair & Scalp Nourish-Tea (1 cup daily)

- 1 tsp **nettles** (iron + circulation)
 - 1 tsp **horsetail** (silica)
 - 1 tsp **rosemary** (follicle stimulator)
 - Optional: fresh ginger slices (stimulates & detoxifies)
- Steep for 10–15 minutes. Can sweeten with raw honey or drink plain.
-

Daily Hair-Health Meal Plan

Morning Ritual

- Warm lemon water with turmeric
- Smoothie: spinach, banana, chia/flaxseed, almond milk, 1 tsp amla powder

Mid-morning Snack

- Handful of soaked almonds & pumpkin seeds

Lunch

- Millet or quinoa bowl + sautéed greens + lentils + avocado drizzle
- Fresh carrot-beet salad with olive oil + lemon

Afternoon

- Hair Tea (above) + 2 dates or sesame balls

Dinner



- Grilled tofu/fish, sweet potatoes, steamed broccoli
 - Optional: Bone broth or lentil soup with turmeric & black pepper
-

DR SPICE Rituals for Hair Glow

- **Hydrate:** 2.5–3 litres of water daily
- **Sleep:** 8 hours of deep rest — hair regenerates at night
- **Daily Massage:** 5–10 mins of gentle scalp massage with **ginger + batana oil**
- **Weekly Ritual:**
 - Warm towel wrap after oiling
 - Follow with mild herbal wash (shikakai, reetha, hibiscus mix)