

Healthy Hair Secrets: A Guide to Growing Healthy Long African American Hair

When you research the topic of transitioning from relaxed to natural hair there is a ton of information available concerning how to care for your hair and different products to use. However, the secret to growing long healthy African-American hair is relatively simple. Follow this checklist and you will see results.

Healthy Hair Checklist

1. **Knowledge is power:** Find out your hair type and seek out advice from others with a similar hair type.
2. **Moisturize:** Kinky/Curly hair loves moisture. If you keep it watered and fed, it will grow like a healthy plant.
3. **Always deep condition:** Going along with the point about moisturizing, regular deep conditioning penetrates into your hair shaft and strengthens hair from the inside out.
4. **Nourish:** Keep your hair and scalp healthy with this basic 3 step nourishment:
 - Water: Wet your hair as often as possible.
 - Moisture: Moisturize daily
 - Seal Moisture: Use essential oils to seal moisture.
5. **Stimulate:** Massage your scalp on a regular basis to stimulate and remove dry skin. You can do this daily with a gentle fingertip massage.

6. **Protect:** Do all you can to keep your hair from becoming dry or from breaking off.

- Stay away from products with unnatural ingredients.
- Avoid using heat such as flat ironing or blow drying.
- Manipulate your hair as little as possible.
- Wear “protective” hair styles then leave it alone.
- Sleep with a satin hair scarf, hair bonnet or on satin pillow cases.
- Avoid tight braids and twists and elastic hair bands. Pipe-cleaners make a good substitute.
- If you need to comb through your hair and when you detangle, be gentle. Always comb from root to tip. Avoid brushing and use a very wide tooth comb.

7. **Maintain:** Have your ends trimmed on a regular basis or trim them yourself.

8. **Products:** Believe it or not, you only need about 4 good products to keep your hair healthy.

Note that shampoo is not on this list.

- Deep conditioner
- Leave in conditioner
- Moisturizer
- Sealant or hair oil

9. **Nutrition:** What you put into your body will have a great effect on your hair.

- **Eat Green Leafy Veggies**

Green leafies such as spinach, kale, all greens, cabbage and broccoli are packed with the vitamins and minerals which help to strengthen hair and nails from the inside of your body.

- **Drink Lots of Water**

- **Take Supplements or drink vitamin packed juices.**

There are tons of these products out there. Go to the health food store and browse or ask about which vitamins can help hair and nails.

Follow these guidelines and you should experience a smooth transition from relaxed to natural hair.

We would love to hear from you! Please return to the website to provide comments on your experience with transitioning, your own tips and advice, or feedback on the site or this free guide. Thank you!

<http://naturalhaircaretipsforum.com/>