

## HAIR GROWTH AND STRENGTH FORMULAS

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### ROSEMARY AND CLOVE WATER

Rosemary stimulates hair growth, improves circulation to the scalp, reduces inflammation, and shows results with alopecia. Cloves promote hair growth and reduce hair loss.

#### Ingredients

- 2 cups water (approximately)
- 2-3 sprigs of rosemary (fresh is best)
- 1 tsp-1 tbsp whole cloves

#### Directions

Heat water to a slow boil and add sprigs of rosemary and cloves. Gently simmer for 10-15 minutes. Let the mixture cool, strain, and place in a glass squirt bottle(s). Spray and massage the solution into hair and scalp 3 times a week or more. Keep in a cool place or the refrigerator for up to two weeks. Use this formula for at least three months.

**NOTE:** *if you have light colored hair, reduce the cloves to ½-1 teaspoon only, as it will darken the hair.*

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### TRADITIONAL HAIR GROWTH APPLICATION

The Good Living Guide to Natural and Herbal Remedies by Katolen Yardley p58

#### Ingredients

- 1 cup cabbage, chopped and boiled (OR 1 cup cabbage juice)
- Juice of 1 lemon
- 2-3 drops Rosemary Essential Oil

#### Directions

Boil or juice cabbage, remove from heat, and add the juice of one freshly squeezed lemon and rosemary essential oil. Place in a blender to form a thick past. Massage into scalp and roots and let stand for 30 minutes. Rinse out and shampoo and condition hair, using organic or pure natural products.

Repeat 2-3 times per week to stimulate scalp circulation and promote hair growth.

## INDIAN HAIR RECIPE

### Ingredients

- 1 egg
- 2 tbsp coffee grounds
- 2 tbsp Olive Oil
- 5 tbsp Coconut Milk

### Directions

Crack egg into a bowl and mix all ingredients. Apply to hair, comb through, and wrap hair. Leave on for 45 minutes and wash out.

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## CASTOR OIL OVERNIGHT MOISTURE TREATMENTS

### TREATMENT #1

#### Ingredients

- 2 tbsp organic coconut oil
- 2 tbsp sweet almond oil
- 1 tbsp castor oil
- 2 drops rosemary oil

#### Directions

Mix the ingredients and massage the mixture into the scalp, from the roots to the tips of your hair. Cover your head and hair with a scarf or hat. Protect your pillow, as the oil may leak onto your pillowcase.

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### TREATMENT #2

#### Ingredients

- 1/4 cup Castor Oil
- 4 tsp. Olive Oil
- 3/4-1 tsp Emu Oil
- 4 drops Lavender Essential Oil
- 4 drops Peppermint Essential oil

## Directions

Between washes. Apply to the areas of concern such as edges of hairline, top, etc. Can be applied to the entire scalp.

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## TREATMENT #3

### Ingredients

Fill ½ of bottle with Jamaican Black Castor Oil- JBCO

Fill ¼ of bottle with Castor Oil

Fill ¼ bottle with Avocado Oil

10 drops of Lavender Oil

10 drops of Rosemary Oil

**NOTE:** *if you do not have JBCO, use Castor Oil*

### Directions

Mix the ingredients and massage the mixture into the scalp, from the roots to the tips of your hair. Cover your head / hair with a scarf or hat. Protect your pillow, as the oil may leak onto your pillowcase. If you cannot do an overnight treatment, 1-2 hours will work.

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## TIPS AND HINTS

- To stimulate hair growth: juice an onion and rub into the scalp
  - Traditional Chinese Medicine: Main cause of hair loss is blood deficiency. Blood is governed by the spleen and liver.
  - Kidneys govern the essence of the body, which is needed to keep one's hair black. Weakened kidney 'qi' or diminished essence contributes to grey hair.
  - Nourish the blood and kidney essence, use foods such as black sesame seeds and walnuts. A balanced diet, according to TCM principles, is critical for maintaining healthy hair and preventing hair loss.
  - Reduce stress – add meditation
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## FOOD SUGGESTIONS

**B Vitamin-Rich Foods** - B vitamins, especially B12, are essential for red blood cell production and oxygen delivery to the scalp.

- **Fortified Plant Milks:** Often enriched with B12 and other nutrients
- **Nutritional Yeast:** B12
- **Whole Grains:** B vitamins and fiber

**Biotin (Vitamin B7) – Foods** - Strengthens hair and prevents thinning or hair loss.

- **Almonds and Walnuts:** Biotin, protein, and healthy fats
- **Sweet Potatoes:** Biotin and beta-carotene (precursor to vitamin A)
- **Avocado:** Biotin and healthy monounsaturated fats
- **Nutritional Yeast:** Biotin and B vitamins

### Hydration

- **Water-Rich Foods:** Cucumbers, watermelon, and celery
- **Coconut Water**

**Iron-Rich Foods** Promotes oxygen delivery to hair follicles.

- **Spinach:** Iron, vitamin C (for absorption), and folate
- **Kale:** Iron and antioxidants
- **Lentils:** Best plant-based sources of iron
- **Pumpkin Seeds:** Iron, zinc, and magnesium

**Omega-3 Fatty Acids** - Nourishes scalp and maintains healthy hair follicles

- **Chia Seeds:** Omega-3s, protein, and fiber
- **Flaxseeds:** Ground, a good source of omega-3s
- **Walnuts:** Omega-3s, biotin, and vitamin E
- **Hemp Seeds:** Omega-3s, omega-6s, and protein

**Protein-Rich Foods** - Hair is primarily made of keratin, a protein, so consuming enough protein is vital for hair growth.

- **Lentils:** High in protein and iron
- **Chickpeas and Beans:** Protein, zinc, and biotin
- **Tofu and Tempeh:** Excellent plant-based protein, rich in iron and calcium
- **Quinoa, Millet:** A complete protein, high amino acid

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**Vitamin A-Rich Foods** – Beta-Carotene promotes scalp health by encouraging sebum production and supporting cell growth.

- **Sweet Potatoes:** Beta-carotene
- **Carrots**
- **Pumpkin:** Beta-carotene and zinc
- **Butternut Squash**

**Vitamin C-Rich Foods** - Aids in collagen production (important for hair strength) and helps absorb iron.

- **Citrus Fruits:** Oranges, lemons, and grapefruits
- **Berries:** Strawberries, blueberries, and raspberries.
- **Bell Peppers:** Particularly red and yellow ones.
- **Kiwi:** High in vitamin C and other antioxidants.

**Vitamin E-Rich Foods** - Protects hair follicles from oxidative stress and promotes circulation.

- **Sunflower Seeds:** Vitamin E and zinc
- **Almonds:** Vitamin E, protein, and magnesium
- **Avocados:** Vitamin E and healthy fats
- **Spinach:** High vitamin E and iron

**Zinc-Rich Foods** - Supports the repair of hair tissue and keeps oil glands around hair follicles functioning properly.

- **Pumpkin Seeds:** Zinc and other hair-friendly nutrients
- **Cashews:** Zinc, copper, and healthy fats
- **Chickpeas:** Zinc
- **Sunflower Seeds:** Zinc, vitamin E for scalp health

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### **Supplements** (If necessary)

- **Vitamin B12** – eggs, Nutritional Yeast, organ meats
- **Vitamin D3**
- **Omega-3 (DHA/EPA):** From algae-based supplements or fish oil
- **Vitamin E**