

ask jacquie

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HAIR

Does my diet affect my hair?

What you put in your body is very important to the appearance of your hair! Your hair is a direct reflection of your overall health and is vulnerable to the stresses of everyday life. If you are not eating a healthful diet or living a healthy lifestyle, your hair will lose its bounce and shine, and will take on a dull, unhealthy appearance. Eating a healthful, well-balanced diet, including your Herbalife® Formula 1 Shakes, taking your daily supplements, and using the Herbal Aloe hair care products are all important in achieving the healthiest hair.

Is there anything I can do about my “puffy” hair?

Try rinsing your hair with cool or – if you can bear it – cold water the next time you shampoo. This helps the cuticle of the hair to lie flat, giving your hair a much smoother appearance. A good conditioner is also very important! Always remember to condition your hair with Herbalife® Herbal Aloe Strengthening Conditioner. Be sure to squeeze a good amount of water out from your hair before applying, as water dilutes the conditioner.

I was told I should brush my hair 100 times a day to keep it healthy. Is this true?

Brushing your hair 100 times a day was at one time a very common and useful practice. This was primarily because good hair conditioners were unavailable. Daily brushing helped to distribute the natural oils throughout the length of the hair, providing it with a natural conditioning agent. Today, many people have hair that has been colored or chemically treated, or hair that suffers from excess heating from blow-dryers, curling irons,

hot rollers, etc. In these cases, brushing excessively is not recommended as it can break hairs and cause split ends. If your hair is exposed to any of the above, you should shampoo and condition with the Herbal Aloe Strengthening Shampoo and Strengthening Conditioner.

Can split ends be repaired?

Oh how I wish! Unfortunately, the only way to really get rid of split ends is to cut them off. To keep them at bay, have your ends trimmed on a regular basis. You can't ignore split ends as they will continue to split up the shaft of the hair if they aren't trimmed. The longer you leave them the shorter your new hairstyle will be as a result. Use a good, moisturizing conditioner like the Herbal Aloe Strengthening Conditioner, don't over brush your hair and put down all of those heating devices. These easy steps will definitely make a difference on the condition of your hair.

If you have questions, please email me at: askjacquie@herbalife.com

