

## **November 2022 Blog**

There is more to great hair than just hair products!

If you are a regular blog reader you will have read previous blogs over the years about nutrition. I qualified in nutritional therapy about 10 years ago, initially it was to best help navigate my own journey through health and allergies.

It has become a great conversation point when I'm behind the chair in work at the salon.

I don't have time these days to do consultation and nutrition advice clinics like I used to but if you have met me in salon, I'm sure you have heard me trying to educate anyone with a listening ear about eating well.

I always say there is more to great hair than just products and it's true.

You are what you eat and so the more you can aim to eat food in its natural form the better for digestion, absorption and elimination (never a pleasant topic).

There is no need to get fixated but you can if you wish, I say try to make healthy choices and eat a wide variety of vegetables, fruit, pulses legumes. I personally am a pescatarian, so I eat some fish but no meat.

For me my body operates better. You can test and try what works for you.

### **A Mediterranean Diet**

Known for living long lives, the Mediterranean's eat well. Their diet has been noted as being one of the healthiest to live by.

My own Nonna (Nan) was 105 when she passed.

A typical Mediterranean diet includes lots of vegetables, fruits, beans, cereals and cereal products, for example wholegrain bread, pasta and brown rice. It also contains moderate amounts of fish, meat but often white meat and some dairy.



It's the combination of all these elements that seems to bring health benefits. A big part of a Mediterranean diet is the use of healthy fats. Olive oil, which is a monounsaturated fat, is most commonly associated with the Mediterranean diet, but polyunsaturated fats are also present in nuts, seeds and oily fish.

Research into the traditional Mediterranean diet has shown it may reduce our risk of developing conditions like type 2 diabetes, high blood pressure and high cholesterol, which are all risk factors for heart disease. Researchers have also found that people who closely follow a Mediterranean diet may live a long life.

Then there is the hair, you can wonder around in any Italian City and you will see great hair everywhere. From thick glossy dark blondes to dark or jet black but always bursting with shine and swagger, just like their fashion sense.



Take some time now that we are into the winter months to really focus on good all-round habits, what you eat, what you drink, just generally a bit of self TLC.

Your body and your hair will thank you for it!

Wrap up and keep getting your steps in, if nothing else, it will help you keep warm - Anna x