



the  
**GORGEIOUS**  
**HAIR**

grocery list

the fuddhist



# IRON

BATTLE HAIR LOSS

## LEAFY GREENS

KALE, SPINACH, AND BROCCOLI ALL HELP THE BODY PRODUCE NATURAL OILS LIKE SEBUM, WHICH ACTS LIKE A NATURAL CONDITIONER

## GRASS FED BEEF

LOADED WITH ABSORBABLE HEME IRON WHICH IS VITAL FOR OVERALL HAIR HEALTH

## RAW CACAO

YOU CAN GET DARK CHOCOLATE BUT MAKE SURE IT IS AT LEAST 70% CACAO, ORGANIC & NONGMO

## LENTILS

RICH IN FOLIC ACID LENTILS PROVIDE OXYGEN TO YOUR SCALP AND SKIN, WHICH HELPS PROMOTE HAIR GROWTH AND CELL RENEWAL.

## PRUNES

HELP PREVENT HAIR LOSS, DULL HAIR, THIN HAIR, AS WELL AS DISCOLORATION OF YOUR HAIR

## FIGS

IMPROVES CIRCULATION AND STIMULATES HAIR REGROWTH



# ZINC

BATTLE A DRY FLAKY SCALP

## SEEDS

PUMPKIN,  
SESAME,  
SUNFLOWER,  
HEMP AND  
FENUGREEK ALL  
HELP SCALP  
HEALTH AND  
HAIR GROWTH

## OYSTERS

HELP FIGHT  
AGAINST HAIR  
FALL AND  
DANDRUFF, AS  
WELL RETAIN  
SHINE AND  
HEALTH

## LEGUMES

CHICKPEAS, BLACK,  
PINTO, KIDNEY OR  
NAVY ARE ALL  
GREAT SOURCES OF  
ZINC THAT HELP  
FORTIFY BRITTLE  
HAIR

## LAMB

NURTURE YOUR  
HAIR FOLLICLES  
AND HELP  
PREVENT HAIR  
THINING AND  
LOSS

## TURKEY

PROMOTES GOOD  
BLOOD FLOW AND  
SCALP CONDITION  
VITAL FOR HEALTHY  
HAIR GROWTH

## CASHEWS

ENHANCE HAIR  
COLOR AND HELP  
PROVIDE A  
SILKY-SMOOTH  
TEXTURE



# SILICON

BATTLE DAMAGED HAIR FOLLICLES

## **GREEN BEANS**

WILL HELP STRENGTHEN HAIR BY BOOSTING THE FORMATION OF CONNECTIVE TISSUE

## **BANANAS**

PROVIDE NOURISHMENT TO OUR HAIR AS WELL AS KEEP OUR HAIR SMOOTH, SHINY AND HYDRATED

## **MINERAL WATER**

VOLCANIC WATER HELPS STIMULATE HAIR GROWTH

## **WHOLE GRAINS**

OATS, BARLEY, BUCKWHEAT AND BROWN RICE ALL HELP HAIR GROW THICKER AND STRONGER

## **BEER**

BEER IS PACKED WITH SILICA WHICH HELPS STRENGTHEN HAIR FOLLICLES, BUT DON'T GO OVERBOARD

## **CARROTS**

HELP STRENGTHEN BLOOD VESSELS AND PREVENT HAIR LOSS



# VITAMINS A+E+C

BATTLE DAMAGED HAIR

## **BERRIES**

**HELP PROTECT  
THE HAIR FOLLICLES  
AGAINST FREE-  
RADICAL DAMAGE  
WHILE AIDING IN  
COLLAGEN  
PRODUCTION-GO  
FOR ALL THE BERRIES**

## **BEETS**

**HELP MAINTAIN  
HAIR FOLLICLES'  
ABSORPTION OF  
NUTRIENTS,  
PREVENTING  
HAIR BREAKAGE  
AND HAIR LOSS**

## **POMEGRANATE**

**MAKES HAIR FOLLICLES  
STRONGER, AND  
IMPROVES BLOOD  
CIRCULATION  
IN THE SCALP WHICH  
HELP STIMULATE  
HAIR GROWTH**

## **AVOCADO**

**SEALS CUTICLE  
CELLS, WHICH  
HELP HAIR  
LOOK SMOOTH  
AND SHINY AND  
PREVENT IT  
FROM BREAKING**

## **GRAPEFRUIT**

**COMBATS  
EXCESS HAIR OIL  
PRODUCTION AND  
PUTS A STOP  
TO DANDRUFF**

## **CABBAGE**

**PRODUCES  
KERATIN -  
THE PROTEIN FOR  
STRONG +  
HEALTHY HAIR**



# CYSTEINE

BATTLE WEAK HAIR STRANDS

## **ORGANIC POULTRY**

**ENCOURAGES  
HAIR GROWTH  
AS WELL AS  
CURBS HAIR  
FALL AND  
BREAKAGE**

## **RED PEPPER**

**IMPROVES  
BLOOD FLOW TO  
STIMULATE HAIR  
GROWTH AND  
PROTECTS  
THE HAIR  
FOLLICLES**

## **GARLIC**

**HELPS CLEANSE  
HAIR FOLLICLES,  
STRENGTHENS THEM  
AND PREVENTS  
CLOGGING, FURTHER  
CURBING HAIR LOSS**

## **YOGURT**

**NOURISHES AND  
CLEANSES THE  
SCALP WHILE  
CLEARING AWAYS  
DEAD SKIN CELLS  
HELPING HAIR  
GROW PROPERLY**

## **DATES**

**IMPROVES BLOOD  
CIRCULATION TO THE  
SCALP WHICH  
HELPS IN FASTER  
HAIR GROWTH**

## **GINSENG**

**STRENGTHENS  
THE FOLLICLES  
+ ROOTS AND  
ALSO PREVENTS  
THINNING**



# OMEGA

BATTLE THINNING AND DULL HAIR

## CHIA SEEDS

IMPROVE THE INTEGRITY OF ELASTIN AND KERATIN, CREATING THICK, VOLUMINOUS HAIR

## WALNUTS

WALNUTS PREVENT HAIR LOSS, HALT DANDRUFF AND HELP KEEP YOUR HAIR LUSTROUS AND RICH IN COLOR

## SARDINES

AN OMEGA POWERHOUSE THAT HELP KEEP YOUR SCALP AND HAIR HYDRATED AND STRONG

## SALMON

DELIVERS THE PROTEIN TO KEEP YOUR STRANDS STRONG, AND THE FAT TO KEEP YOUR SCALP NOURISHED.

## BRUSSEL SPROUTS

HELP PROVIDE A SERIOUS BOOST TO HAIR GROWTH

## ALGAE

REACH FOR THE SEAWEED, NORI, SPIRULINA & CHLORELLA TO STOP HAIR LOSS



# BIOTIN

BATTLE DULLNESS AND DRYNESS

## EGGS

ESSENTIAL FOR SCALP HEALTH AND HAIR GROWTH, AND ALSO KEEP YOUR HAIR SHINY, LUSTROUS AND STRONG

## ALMONDS

HELP ENHANCE HAIR THICKNESS AND TENSILE STRENGTH AS WELL AS PREVENT DANDRUFF AND GRAYING

## SWEET POTATO

PREVENTS A DULL SCALP AND HAIR AND PROMOTES CIRCULATION OF OXYGEN TO THE HAIR FOLLICLES

## CAULIFLOWER

PREVENTS HAIR BREAKAGE AND THINNING HAIR, WHILE ALSO ENCOURAGING REGROWTH IN THIN AREAS OF THE SCALP

## ONIONS

STIMULATES CIRCULATION + COLLAGEN, AND REDUCES INFLAMMATION

## MUSHROOMS

REISHI MUSHROOMS IN PARTICULAR CAN PREVENT HAIR LOSS AND KEEP YOUR SCALP HEALTHY.





# EXOTIC

SUPERFOODS + HERBS FOR THE WIN

## SEDR

SEDR IS A SPECIAL LOTUS POWDER MADE FROM THE PLANT ZIZIPHUS— A SPINY SHRUB HAILING FROM THE BUCKTHORN FAMILY

## AMLA

AKA INDIAN GOOSEBERRY— IS THE ONE WUNDERKIND SUPERFOOD BERRY YOU HAVEN'T YET HEARD OF

## CHINESE HIBISCUS

PROMOTES HAIR GROWTH, HELPS THICKEN HAIR, GETS RID OF DANDRUFF, HEALS SPLIT ENDS AND PREVENTS PREMATURE GRAYING

## SAFFRON

ONE OF THE MOST EXPENSIVE SPICES IN THE WORLD HELPS TO STRENGTHEN HAIR STRANDS AND EVEN PREVENTS HAIR LOSS

## GOTU KOLA

AKA INDIAN PENNYWORT - HELPS RESOLVE HAIR LOSS, INCREASES LENGTH + VOLUME

## BHRINGRAJ

AYURVERDIC HERB THAT IMPROVES BLOOD CIRCULATION AND PREVENTS PREMATURE GREYING