Grey Hair: Causes and Prevention

by Pariswilliams

Article published on April 30th 2012 | Fitness

Grey hair is a cause for concern, whatever your age. The first appearance of grey in the locks throws almost everybody in a state of panic. While hair color products camouflage the grey to some extent, these products are not cheap. If you are using them on a regular basis, you will have to scale up your hair-care budget significantly.

Why Hair Turns Grey

There is not much you can do about genetics. If your grey hair is the result of aging, you will have to color your hair, or accept the greying. However, a lot of people suffer premature greying, and there could be many underlying causes for this.

Illnesses often cause hair to start greying when you are still in your prime. Thyroid problems and typhoid are just two of the many physical disorders that can affect the quality and color of your hair. Deficiency of certain nutrients may impact the production of melanin, the pigment responsible for the dark color of hair.

There have been claims of products that can restore natural hair color and even prevent further greying. These claims are yet to be substantiated. What you can do to minimize greying of hair is to switch to a healthy lifestyle. Get yourself checked for health problems. If you are not suffering from serious illnesses, look at other possible causes of greying. Do you smoke a lot? Are you always eating high-fat, salty foods? What you eat could affect the health of your hair in a major way. Nutrient-poor diets and high intake of salts and fats could affect your overall health, and this in turn, impacts the quality of hair.

Other Hair Issues

Greying is not the only problem you face when you have an unhealthy lifestyle. You could experience thinning of hair, dryness, brittleness, split ends, frizz, limpness, and any number of hair problems if you have certain bad habits:

â€¢ Not protecting hair against sun damage

â€¢ Excess use of styling products such as heating irons

â€¢ Using wrong shampoos and other hair products

â€¢ Faulty diet

â€¢ Brushing hair the wrong way

â€¢ Braiding hair too tight

Good quality hair regrowth products can work wonders for your hair. They may not be able to combat greying, but they can give you thicker, fuller hair that is shiny, healthy, and makes you look younger. Keranique hair restoration system is one such product. Keranique is actually a kit containing five different products, each offering some beneficial quality that helps restore and rejuvenate hair. Keranique shampoo nourishes and cleans hair, while the conditioner makes hair softer and protects it from heat damage. The hair regrowth formula contains an FDA approved

compound for treating hair loss. The kit also contains a mousse that makes hair more manageable and easier to style.

Using these products, you can achieve better looking hair, no matter what your age. Healthier, bouncier, shinier hair boosts confidence and helps you put your best foot forward for the world.

Article Source:
http://www.articleside.com/fitness-articles/grey-hair-causes-and-prevention.htm - Article Side

Pariswilliams - About Author:
a Keranique hair restoration system contains five a hair regrowth products that have been specifically developed to treat hair loss problems in women. The minoxidil solution, included in the a keranique for hair care kit, is the only FDA approved hair loss solution.

Article Keywords:
Keranique hair restoration, hair regrowth products, keranique for hair care

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!