

Chia Seeds For Hair Growth! A Small Package With HUGE Potential...



If your hair is beginning to thin, it's easy to feel discouraged about your appearance.

You start to slowly lose your self-confidence, and may feel as if nothing you do will stop your hair from falling out.

But DON'T DESPAIR! Because there are many effective ways you can treat your hair loss.

Among these, is the convenient and natural remedy of including chia seeds into your regular diet...

So follow along with me, and today, I'll tell YOU how to use chia seeds to promote healthy hair growth...

Chia Seeds: A Source Of Food For The Aztecs?

Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly

<http://promotehairgrowth.com>



To begin, chia seeds are small brown and white seeds that come from a flowering plant belonging to the mint family.

They're native to Central America and were used as a food source by the Aztecs even before Columbus made it to the Americas!

Today, they're commonly grown in Mexico, South America, and the Southwestern United States...

And they're becoming a popular option for helping people with weight loss, body building, and of course, maintaining healthy hair and skin.

Now, part of the reason chia seeds are so effective at promoting hair growth...

is because they're packed with several key nutrients that your body needs to properly function.

The Critical Nutrients Contained In Chia Seeds...

Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly

<http://promotehairgrowth.com>



As mentioned before, chia seeds are filled with nutrients that are beneficial to maintaining a healthy body...

And of all the nutrients found within chia seeds, those that are most effective when trying to grow healthy hair include the following...

- Proteins
- Several Minerals
- Vitamins
- Omega 3 Fatty Acids

A Plant-Based Source Of Protein...

Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly

<http://promotehairgrowth.com>



Even though they are plant based, chia seeds are an incredibly rich source of protein.

This is an extremely important characteristic because your hair is mostly made up of a protein called keratin.

Now, protein deficiency has been known to slow down hair growth and cause hair to thin...

But when your body receives the appropriate level of protein, your hair is able to grow in stronger and with greater density.

So, by helping you maintain a healthy level of protein, chia seeds can help you begin to regain your lost hair.

Chia Seeds Are Packed With Vitamins and Minerals....

Chia seeds contain a multitude of vitamins, minerals, and other nutrients that are critical to maintaining a healthy body...

And the following stand out as being incredibly beneficial when you're trying to promote hair growth...

- Copper
- Zinc
- Iron
- B Complex Vitamins

Copper: A Necessary Mineral To Maintain Healthy Hair...

Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly

<http://promotehairgrowth.com>



Deficiency in copper has been linked to certain forms of hair loss...

And by maintaining a healthy level of copper in your diet, you may be able to stop your hair from thinning.

Additionally, copper can help your hair keep its vibrant natural color and help to prevent it from turning gray.

You Need Zinc For a Healthy Scalp...

Zinc can also be beneficial when trying to regrow your hair.

If your scalp is dry or scaly, the hair follicles will not be healthy and can only produce thinning and weak hair...

However, zinc helps promote a healthy scalp by forming new hair cells...

And because of this, your hair follicles become stronger and allow healthy hair to start growing in.

Iron Deficiency Is Also A Problem...



Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly

<http://promotehairgrowth.com>

Iron is another critical mineral when trying to promote hair growth.

As with other minerals, deficiencies in iron have been known to cause hair loss...

and it's vital to consume this nutrient if you intend on having a healthy head of hair.

This is because iron allows a proper supply of oxygen to travel to your scalp.

And the hair follicles on your scalp need that oxygen to stay healthy and produce thick and strong hair.

Multiple B Complex Vitamins...

Several vitamins can be found within chia seeds, including many B Complex Vitamins.

Vitamins B1, B2, B3, and B9 are among these, and they're important for promoting proper cell and tissue development.

Now, hair follicles are obviously contained within your skin, and B vitamins promote healthy skin which in turn helps you grow healthy hair.

A Strong Source Of Omega 3 Fatty Acids...

Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly

<http://promotehairgrowth.com>



Omega 3 Fatty Acids are also beneficial to the health of your skin and hair.

But here's the problem...unlike with other fats, your body doesn't produce these fatty acids naturally on it's own.

That means you need to consume them within the foods your eat regularly.

Now, there are many people who eat a poor diet and are actually deficient in Omega 3 fatty acids.



Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly
<http://promotehairgrowth.com>

And a deficiency of fatty acids in your body, could easily cause you to start losing your hair...

However, eating chia seeds is a convenient way to make sure your body is receiving a healthy amount.

You see, fatty acids are able to help stop your hair from thinning because they rejuvenate the skin on your scalp and reduce inflammation.

In many cases, inflamed hair follicles are a primary cause of hair loss because over time they weaken and start to shrink...

but reducing that inflammation will simply allow your hair follicles to strengthen and produce thicker, healthier hair.

How To Use Chia Seeds For Hair Growth...

Chia seeds have become very popular in recent years, which means you should have no difficulty finding them at your local health food or grocery store.

And because chia seeds are tasteless, you can easily add them into your diet in a number of different ways.



Soaking Chia Seeds...

Soaking chia seeds in water or milk is perhaps the simplest method of eating them.

Start by letting them sit in the liquid for about 10 minutes.

As they take on water, they'll actually grow in size and form an interesting gel coating.

Promote Hair Growth Now!

We help YOU Eliminate Hair Loss Quickly

<http://promotehairgrowth.com>

Then, you simply eat them with a spoon as if they were a form of pudding.

Helpful Tip! Adding chopped fruits to your soaked chia seeds is an easy way to add healthy flavor.

Mixing Chia Seeds With Other Foods...

It's also very easy to mix chia seeds in to other foods...

For example, you can sprinkle them over a salad, yoghurt, cereal, or oatmeal.

You can also try mixing them into your pancakes or just mix them in to a daily smoothie with some of your favorite fruits and veggies.

If you get creative, there's really no limit to the ways you can incorporate these little seeds into your diet!

One Last Thing...

Understand ahead of time that eating chia seeds, while being effective, is a slow method of trying to regrow your hair...

It could literally be months before you start to see any results...

So, if you're looking for a solution that's a little more powerful and can work much faster...

then I highly recommend you look in to Provillus For Men.

It's an FDA approved solution that's clinically proven to regrow hair...

If you're interested, check out my full review by clicking the link below.

==> [Read Full Provillus Review Here](#)