

ORI LIFESTYLE

CAN PROTEINS MAKE THE HAIR LOOK THICKER AND FULLER?

The hair shaft is 80-90% keratin, this is a fibrous, hard form of protein and the rest of the hair is moisture.

UV light, hair dye chemicals and heat cause loss of this protein and this loss makes it harder for the hair to retain moisture.

It's worth noting that you actually get the protein loss a long time before you start to feel the cosmetic damage in your hair. For this reason, protein intake both internally and externally can help to strengthen your hair.

Many products are marketed as containing protein or keratin, however these proteins have usually been 'Hydrolysed' which means they have been broken down by a chemical reaction with water to give free poly-peptides and amino acids and these are essentially the building blocks of protein.

These bind with the existing amino acids in the keratin of the cuticle and act as a filler to any holes or cracks in the hair strands, they can also bind to each side of a split end and join it back together. This reconstructing of the protein layer helps the hair retain moisture and can reduce tangling as damaged cuticles can interlock with each other.

Therefore, protein binds to hair, hiding cuticle damage and split ends. This helps increase the thickness of your hair and give the appearance of greater fullness.

Protein in hair products therefore is perfect if your hair is damaged and can help thicken up the strands of fine hair too.

However, if you have strong hair to begin with then overuse of protein could cause your hair to become stiff, tough brittle and dull.

Keratin is believed to add strength; therefore, this is best for weak, breaking hair.

Silk protein is thought to be best for adding and retaining moisture so best for dry hair.

Biotin is not actually a protein but a B vitamin, but it can help with protein building, it's thought that it helps strengthen hair and encourage growth. I believe in a rinse off product such as a shampoo or conditioner it would have a limited effect on hair growth therefore this could be taken internally in the form of a supplement instead. However, Biotin is not the B all and end of

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supplements by any means and whilst important it is overrated and a good quality multi vitamin would be much better than just Biotin alone.

Hydrolysed wheat proteins are best for fine hair to add thickness to your individual strands also for damaged, coloured hair to repair and strengthen.

If you have thinning hair at the scalp i.e., wider parting or not growing as fast or as long as you wish then your best course of action would be treating from the inside out.

Nutrition is of paramount importance and in particular as the hair shaft is approx 80-90 % protein, to have good strong hair, you must eat good quality protein at each mealtime. Vegans need to make sure they are food combining properly i.e., grains & pulses together to get the full quota of amino acids which are the building blocks of protein.

Nutrients are carried in the blood vessels to feed your body and also to your hair follicles. These nutrients are essential for cell growth and protein structures that form your hair. If your diet is not getting enough essential nutrients your body will use them for your vital organs rather than your hair which has the lowest priority in terms of function.

Therefore, this can result in weaker quality and growth of hair and is an early indicator that there are issues in the body that need addressing. On the other side of the spectrum if you get optimum nutrition you can get such beneficial effects not only with your hair, but you can change your gene expression positively and can even reverse ageing and disease. I highly recommend foods which contain powerful antioxidants that can help repair & support protein structures including collagen.

Collagen is the most abundant protein in the body and forms connective fibres in tissues such as skin/scalp, ligaments, cartilage, muscles and capillaries. If you struggle with thinning hair, hair loss, or just want to improve the quality or growth of your hair, then I highly recommend you join the Online hair health and length course.



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