

## The Beauty of Vitamin C



Time and time again, we hear experts sing the praises of vitamin C. Maybe the superfood we need to be more concerned about eating is a run of the mill, breakfast juice, or perhaps the staple orange. Given, it's not as exotic as, say, kale, or chia seeds, but it tastes better.

So why is vitamin C so incredibly essential? Well, it's responsible for creating and maintaining collagen—i.e., the “glue that holds the body together.” From strengthening blood vessels and giving skin its elasticity and strength, Vitamin C is an antioxidant our bodies need.

However, because Vitamin C is water-soluble, our bodies don't store it or accumulate too much of it in our systems, which is why daily intake is highly important. But, in case you're still not convinced, here's what getting your C in daily can do for your hair, nails, and skin.

### **For Hair**

Vitamin C is one of the most effective nutrients to help grow and strengthen hair, says Guy Parsons. “Vitamin C helps build collagen, which is highly important for hair growth, but maintaining the strength of hair is just as crucial,” Guy says. “Vitamin C plays a necessary role in absorbing iron, which keeps our locks strong and healthy.” “Women lose

iron through blood loss during the menstrual cycle and women tend to eat less red meat which is a great source of iron.

Iron is essential not just for our hair, but our overall beauty and well being. “When you deplete your iron stores, you can develop anemia and experience fatigue and weakness,” he says. “That certainly won’t help you look and feel vibrant or energized.”



To give your hair a vital dose of Vitamin C, try this for a hair cocktail: blend a pre-boiled, but not fully cooked, sweet potato, a half cup of gooseberries, three strawberries and half of a small red pepper until you get a creamy smooth mixture, then apply to scalp and hair. Leave the mask on for 15-to-25 minutes, then rinse off with warm water.

“Vitamin C helps maintain the integrity of our nails by strengthening our skin, connective tissue, bones, and blood vessel walls,” Guy Parsons says.

” Because vitamin C strengthens and helps nails grow, it also prevents hang nails by aiding collagen formation, making this nagging issue a non-issue. Ingesting Vitamin C is the best route for optimal nail health, so be sure to take a supplement or eat citrus fruits often.

## **For Skin**

Vitamin C maintains healthy skin by creating and promoting the expansion of collagen as well as the creation of ligaments and scar tissue,.

By slowing the rate of free radicals, it also appears to slow the aging process by keeping wrinkles, dryness and fine lines at bay.

## **Vitamin C Benefits For Hair:**



In order to get a healthy mane, we need to eat healthy food. A healthy diet reflects in our skin and hair. Vitamin C is more than an antioxidant and plays an important role in improving the health of our skin and hair. Vitamin C provides many benefits for the hair.

## **Improves Hair Growth:**

Low intake of Vitamin C may be a root cause for a number of hair-related problems that affect our hair growth. Vitamin C deficiency may result in dry hair and split ends. These conditions are unfavourable for the regular growth of hair.

When our body turns food that we consume into glucose for energy production, free radicals are naturally formed. These free radicals damage our hair by making it weak, brittle and thin. These conditions interrupt hair growth. Vitamin C's antioxidant properties reduce the formation of free radicals and minimises their effect on our body. Having an adequate supply of Vitamin C in our diet is essential for antioxidant protection against free radicals.

People who take huge amount of Vitamin C have healthy, strong and thick hair.

## **Fights Dandruff:**

Our hair follicles often get clogged due to dandruff and dry, flaky skin. This can damage the hair follicles if not treated, and also inhibit the hair growth. Vitamin C helps fight the bacteria on the scalp. It wards off dandruff and helps to get rid of the follicles' debris and encourages the growth of new hair. It also helps with dry and itchy scalps because of its antiviral properties.

## **Stops Hair Loss:**

It is used to reverse adrenal gland fatigue. This is crucial for stopping hair loss and encourages more hair growth since the adrenal glands are the key to maintain proper hormonal balance.

## **Thicker Hair:**

It also helps improve the blood circulation and strengthens and repairs the capillaries too. This is particularly important for getting stronger, thicker hair.

## **Fights Hair Disorders:**

Vitamin C is an essential nutrient for damaged hair and thus, treats and prevents a variety of hair disorders which can damage the hair follicles and affect the normal growth of hair. A diet containing significant levels of Vitamin C can help combat alopecia and baldness in men.

## **Prevents Greying Of Hair:**



Vitamin C not only helps combat hair loss but also helps retain the natural color by preventing the premature aging of the hair.

