LAUREL'S PERSONAL REGIMEN
FOR
HEALTHY HAIR
AT 50-PLUS

By
Laurel Cain Haws

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Figure 1: November 9, 2008--Flip-Side of the Cover Photo--Hello!

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INTRODUCTION

As the title of this booklet indicates, this is my own personal hair-care regimen. After reading this, you may choose to use all of it, only some of it, or none of it at all. This is simply what has worked for me for many years. The homemade hair-rinse recipe contained in this booklet is one that I created with a little experimentation and have been making and using myself since I retired from my health food stores in July of 2003. It is only one of several steps I take in caring for my hair, but I believe that it is unique, and I enjoy the results I get using it on my own hair.

For people with short hair, naturally oily hair, or men who don't like fussing with multiple products, applying this rinse may be the only step needed or desired following shampooing. It is clean rinsing and will remove the last of the drying shampoo from the hair, will reacidify the scalp protecting it from bacteria and fungus, and will leave the hair shiny, strong, and soft.

While I was caring for my late husband, Dr. Gary Haws, during the last two years of his life, I kept my hair very short, because he was more important to me than my hair was. The photos on the cover of this booklet and within it were taken in 2008, and they show growth from late 2002 after my Gary passed away. With this regimen, which I follow without fail, I never have split ends, and I only have it trimmed once a year to even it up. My former barber, Pat Miller, who owns Hair Masters in my previous home town of Murray, Kentucky, called my hair my "pelt" when she trimmed it.

This information is a result of both experience and study. A large part of it I learned during the twenty years that I owned two health food stores in the cities of Murray and Paducah in southwestern Kentucky. I don't make specific recommendations for brands of hair care products other than to mention those I am familiar with and have used myself. When I owned my health food stores and had access to those wonderful resources, I used only natural and organic products, and I loved them. My favorite natural hair

and skin care line is Aubrey Organics by Aubrey Hampton out of Florida. Aubrey's cosmetic line started out in his mother's kitchen. Since retiring, however, I do my shopping for hair-care products on eBay and Amazon to get the best quality at the best prices. If you choose to follow these steps, I think that you can get great results with whatever brands of products you enjoy using. Frankly, I don't like to use the same products all the time. I like a varied "diet" of ingredients, scents, and colors.

So, this is what I do…and don't do….

DIET SUGGESTIONS

I think that everyone has enough helpful information available regarding healthy eating habits, so I am only going to discuss a few of my concerns which are sometimes overlooked. Basically, if you are making healthier choices by cutting down or cutting out refined sugars, eating lots of fruits and vegetables with high fiber content, switching to the complex carbohydrates by choosing whole rather than white grains, cereals, and breads, and are adding good quality non-meat sources of protein like dried beans to your diet, then you should live a long healthy life with plenty of energy, and that will show in your skin and hair. Here are my additional concerns which I feel warrant mentioning.

Water: If you don't drink enough water, your body will recycle its old dirty supply of it, and your skin and hair will suffer as well as every other system in your body. Elderly people, especially, don't feel thirst the way younger people do and will sometimes become dehydrated as a result. I would suggest that you measure out at least a quart of plain water to drink, without anything dissolved in it, and simply make sure it is gone by the end of the day.

If you want to know exactly why water is so important to your health, I would suggest that you read Your Body's Many Cries for Water by Dr. Fereydoon Batmanghelidj. This medical doctor was imprisoned for many years in the Middle East for political reasons. While incarcerated, the only readily available medicine he had to treat other sick prisoners with was water. He used it alone with miraculous results to treat every illness he encountered in the prison. He shocked everyone when he was eventually offered freedom and begged instead to stay in the prison and continue his research into the use of water both in the treatment and prevention of disease.

Yogurt: I make my own yogurt, but it is readily available in every grocery store and health food store. When you purchase it, be sure to check the label to confirm that it does contain "active" yogurt cultures. My favorite brands are Stonyfield Farms, Alta-Dena, Yoplait, and Dannon, in that order. The active cultures contained in yogurt are "good" bacteria which serve as your army of defense against harmful bacteria inside your body. The waste products produced by these little "good guys" are B-complex vitamins. So, the "good guys" gobble up our "bad guys," and we need the B-complex vitamins they get rid of for good skin, healthy hair, and an happy mood. It is a symbiotic relationship which is very beneficial. It is especially important to consume yogurt following a round of antibiotics. Antibiotics kill off both the bad and the good bacteria, so you are left vulnerable to re-infection if you don't replace your army of good bacteria.

Good Fats versus "Plastic" Fats: Hydrogenated oils are harmful "plastic" fats in my book and shouldn't be used for anything except perhaps greasing squeaky hinges. Hydrogenated oils have been artificially chemically saturated to be solid at room temperature, and your liver will be overworked trying to break them down and digest them. So, if you are eating margarine, shortening, or most commercial peanut butters, STOP IT! I would suggest that you replace these with good fats that your body can easily recognize and handle. Replace the margarine with real butter. Replace the shortening with either real butter or coconut oil. If you are concerned about the cholesterol in butter, melt equal amounts of butter with olive oil, and then blend them thoroughly before refrigerating the mixture. That will give you a soft spread with half of the cholesterol. If you are too busy to accomplish that, Land-O-Lakes now makes a little tub of butter premixed with olive oil. For cooking and frying, I would suggest that you use olive oil or coconut oil. These fats and oils are healthier choices, and they remain stable at higher temperatures.

You can find natural peanut butter in any health food store, and both

Shedds and Adams make natural peanut butter that is sold in the mainstream supermarkets. It is simply ground up peanuts with or without salt, and you do have to stir the peanut oil into the peanut butter when you open it to use it. The peanut oil is lighter and will rise to the top of the jar. If you don't want to stir it up every time you use it, simply stick it in the refrigerator after thoroughly stirring it up clear to the bottom of the jar, and the oil will then "freeze" so you won't have to stir it up again. Talk about "peanuttier"! There is no comparison between natural peanut butter and the ones with the excess sugar and the "plastic" oil in them.

SUPPLEMENTS FOR HEALTHY HAIR

Once again, I am only going to mention a few supplements that I feel make a significant difference in hair growth and health. There are many individual nutrients and formulae available specifically for the hair. It should be noted that although my hair is extremely healthy, other parts of me are not. I suffer from a number of medical conditions caused by thirty-plus years of extreme stress. However, I am treating those conditions myself with supplements and diet, so I am not taking any prescription medications, only the occasional over-the-counter pain killer. The reason I mention that is because some prescription medications can adversely affect hair growth and health. Although this booklet may be helpful to you if you are taking prescription medications, by helping you to correct hair loss or damage, it would be wise to consult your doctor or pharmacist (who is often more knowledgeable about prescription contraindications and nutritional supplements than your doctor is) before adding supplements to your diet.

Nutritional Yeast: This flaked or powdered food supplement can be obtained in any health food store, online, and even on eBay. My favorite source of it is Bulk Foods online at: http://www.bulkfoods.com/search.asp. Here in Idaho, I have also found it at a great price in the bulk section of our Winco Grocery Store. It is a high quality food rich in protein, B-complex, and even RNA/DNA. It is very good for hair growth, energy, and your emotional well-being. The microscopic yeast plants are primary grown on molasses or beets. It is not a bi-product of beer-making like brewer's yeast is, so nutritional yeast is milder in flavor and more nutritious. I would suggest starting out with only a teaspoon of it once a day and working up to what I take, which is about one-eighth cup (four tablespoons) once a day. You have to develop a taste for it. Since I have been taking it for years, I love it and can't bear being without it, because it makes me feel so good. I

like to mix it into a cup of prune juice, but I have had sluggish intestines my entire life. It can be stirred into any juice you like or mixed with foods. People who suffer with athlete's foot or nail fungus often discover that those infections clear up after a couple of weeks of consuming nutritional yeast. I never suffer with either athlete's foot or nail fungus. You also won't be as tasty to fleas and ticks during the summer. I buy Iams Cat food for our two cats because it contains nutritious brewer's yeast and their coats are very luxurious as a result. You can also sprinkle your nutritional yeast on your animal's food.

Hair Nutrient Multiple: I would suggest visiting your health food store or the supplement section of your grocery store or pharmacy to find a multiple specifically for the hair if you are having problems with hair growth or health. If you aren't, then whatever multiple you are taking is probably fine. For those who are bound to ask, if you decide to add a specific hair multiple to your supplements, I would not suggest myself that you stop taking your regular multiple, especially if it is a targeted multiple you are taking for another specific purpose. In my opinion, the worst that could happen is that you might spend a little more money than is necessary on supplements, but they won't hurt you. My favorite multiples for the hair are Enzymatic Therapy's "Hair and Skin Nutrition" and Futurebiotics' "Hair, Skin, & Nails" in that order.

Biotin: This single B-complex vitamin is essential for healthy hair growth. It is contained in any good hair multiple, and it is very cheap to purchase by itself if you don't buy an hair multiple. It is also among the B-complex vitamins contained in nutritional yeast. If you have suffered hair loss as a result of extreme dieting or because of some prescription medications, this nutrient alone is often enough to correct the problem and restore hair growth.

B-6: This B-complex vitamin serves many purposes in the body. For the scalp, it can be effective in stopping dandruff. If you suffer with dandruff, try adding a 50 mg B-6 tablet each day for two weeks, and if that hasn't cleared it up, gradually add an extra 50 mg every two weeks up to a maximum of 200 mg daily. I take 100 mg twice daily, and I never suffer with dandruff. However, it should be noted that the other reason that I continue to take that high dose is because I am also treating a serious insomnia problem, and I sleep much better with the extra B-6.

WHAT I NEVER DO!

These are things which I personally never do. With your lifestyle, time restraints, or needs, you may have to do some of them.

I never dye my hair! I am comfortable with my age and with my silver hair. But, if you don't feel properly dressed without dyeing your hair, then I would suggest using NaturTint. You can find it using any Internet search engine. During the twenty years that I owned my health food stores, this was the only hair dye I chose to carry. It does a very good job of coloring, and it is very gentle with its natural ingredients. Henna is also fine except for anyone with gray, white, or colorless hair. In that case the henna herb will turn your hair green. For people with naturally colored hair, though, who simply want a color change, henna adds strength and shine to hair.

I never use a brush on my hair! I always use a comb.

I never use an hair-dryer! I let my hair air-dry combing it occasionally as it dries.

I never use hot curlers or a curling iron! To achieve the curls I am wearing in my photo on my website, which is Photo #3 at the end of this booklet, I rolled my hair up, just slightly damp after washing it, on soft foam curlers, spraying each strand with a little soft hairspray before rolling it. Then, I slept overnight on them.

HAIR WASHING ROUTINE

Depending on the condition and length of your hair, you may or may not need to take all of these steps when you wash your hair. I use all of them every time I wash my hair, but my darling husband and I are both retired and so, I have time to do so. However, I also don't spend time at beauty parlors, dyeing my hair, blow-drying my hair, or using hot rollers or a curling iron. So, if you choose to follow all of my recommendations, you may end up with extra time to take all of these steps. It should also be noted that at my age, with my hair less oily than it was when I was younger, I only need to wash it two to three times per week now.

I recommend massaging the scalp with each step. When you massage your scalp, always use your fingertips, never your fingernails. Also, at least once during the process, take a firm grip on your whole scalp and gently move it a little over your skull. That will greatly improve your scalp's circulation and stimulate hair growth.

Step 1: Apply Vegetable oil: Before getting ready to take my shower, I rub a small amount of vegetable oil into my scalp and throughout my hair all the way to the ends. I don't bother heating it, but you might prefer to. With every step I massage my scalp. Then, I comb it through my hair. The best oil for this purpose is jojoba oil which can be obtained at any health food store and which I buy on eBay from Wholesale Essential Oil. Their seller ID is wholesale_essential_oil. Because I found a bargain supply of carrot oil on eBay, I am currently using a mixture of two ounces of carrot oil to sixteen ounces of jojoba oil. You can also use olive oil with great results for this step. I let it stay on my hair while I am laying out clothes and getting ready for my shower—ten to twenty minutes.

Step 2: Shampoo: Simply shampoo thoroughly, massaging the scalp, and rinse.

Step 3: Shampoo again: This time comb the shampoo through the hair and rinse thoroughly.

Step 4: Apply hair rinse: If you use my formula, shake the bottle of hair rinse before each use. As with other hair-care products, avoid getting any in your eyes, and flush them with warm water if you do. Finger the hair rinse throughout the hair, massaging the scalp, comb it through, and then rinse thoroughly. If you do use the hair-rinse that I make, which you can make from the recipe which follows, it will shine, strengthen, and protect your hair.

Step 5: Apply conditioner: Finger the conditioner throughout the hair, massaging the scalp, comb it through, and then rinse thoroughly.

Step 6: Apply leave-in conditioner: Finger a small amount throughout the hair, leave it in, but don't comb yet. My favorite leave-in conditioner is by Aubrey Organics, but I am also very happy with the commercial brands Infusium-23 and "Sleek & Shine" by Garnier Fructis, both of which you can find in almost any discount department store.

Step 7: Apply hair gel: Finger a tiny amount of gel throughout the hair, and then comb the leave-in conditioner and the hair gel completely through to the ends. Wrap your hair up in a towel.

UPDATED ADDITIONAL STEPS: Originally in this booklet, my final suggested step was to use a soft-hold hairspray before combing out your hair. However, in June of 2009 a wonderful widower, Arthur Dearing II, found me and rescued me from my isolated seclusion. He married me and moved me to his home in Sugar City, Idaho. There, I found the climate to be much dryer than it was at my former home in Murray, Kentucky where I had lived for twenty-six years. So, I found it necessary to add some steps. Depending on the humidity where you live, you may not need to do these.

In "Step 8" I recommend using Moroccan argan kernel oil on your hair. There is a lot of information online about the marvelous benefits of applying this oil to the hair. I have also found that it is just as wonderful as a quick facial moisturizer. If I'm in a hurry and don't have time to fool around with my eye and skin creams, I just quickly dab some witch hazel on my face and neck with a cotton ball as an astringent after cleansing my face. Then, I quickly apply a little of the argan oil to my face and neck. It is quickly absorbed, doesn't irritate the eyes, and is wonderfully moisturizing without feeling greasy. That is also its great advantage as an after-shampoo application for the hair. It shines the hair without leaving an oily residue, and your hair doesn't feel greasy at all, just marvelously soft. The three brands that I am familiar with and have used myself are; Marrakesh Oil which combines argan oil with hemp oil and smells lovely, which I bought on the US Amazon site, Fushi Organic Argan Oil which is pure argan oil and has no scent, which I purchased on the UK Amazon site, and Moroccan Gold Shimmer Shine spray, which my beautician uses on my hair after she trims it. All three of those I can confidently tell you are very effective.

Step 8: Use argan oil: When you remove the towel, finger a small amount of Moroccan argan kernel oil throughout your hair or spray it throughout if you are using a spray formula. If you choose to use a soft mousse instead of soft hairspray suggested in the next step, you can just mix the oil with the mousse in the palm of your hand and then apply it throughout your hair.

Step 9: Spray with soft-hold hairspray: When you remove the towel, if you haven't already used a mousse in the previous step, spray the length of your hair lightly with a soft-hold gentle hairspray.

Step 10: Use a moisturizing detangling spray: Once again, due to the dry climate here in Idaho, I have found it helpful to add this final step. I spray my hair all the way to the ends with some kind of moisturizing spray. Aubrey Organics makes a wonderful product for this purpose called "Primrose Tangle-Go." I have also had good results with a spray from the John Frieda Collection called "Frizz-Ease" which is a leave-in conditioning spray. Then comb thoroughly. Comb your hair occasionally as it is drying.

LAUREL'S SOFT & SHINY CONDITIONING HAIR-RINSE RECIPE

For a chart which shows you how to convert my US measurements into the metric system visit:

http://gosouthamerica.about.com/cs/traveltips/l/blmetric_volume.htm

Ingredients

1 raw egg
(strengthens the hair with protein)
2 tablespoons of melted coconut oil
(moisturizes and protects)
1/8 cup (4 tablespoons) of sour cream
(softens and strengthens)
1 cup of apple cider vinegar
(an astringent which replaces the natural acid mantle of both the scalp and hair for protection and shine)
1-1/2 cups of any conditioner you like
(besides the obvious it thickens the formula)
2-2/3 cups chamomile tea infused from 2 teaspoons or tea bags of chamomile flowers
(brings out natural highlights)

Instructions

1. Steep the chamomile tea for at least 10 minutes by pouring 2-3/4 cups (that should net 2-2/3 cups) of boiling water over 2 teaspoons or 2 tea bags of chamomile flowers and then covering it, or make it in a tea maker like I do. If you use loose flowers rather than tea bags and aren't using a tea maker with a filter, you will need to pour the resulting tea through a strainer.
2. Beat the egg with a fork in a large bowl with a pouring lip.
3. Add the apple cider vinegar and beat thoroughly with your fork by hand. (I don't bother with a blender, but you might like to use one.)
4. Add the sour cream (I like Daisy whole milk sour cream) and beat.
5. Add the conditioner and stir thoroughly.
6. Pour into a ½ gallon or larger bottle.
7. Add the coconut oil to the hot tea to melt.
8. Add the chamomile tea with coconut oil to the bottle of other ingredients and shake thoroughly.
9. Pour into whatever size bottles you feel comfortable using in the bathroom.
10. Put the bottles into the freezer for about an hour or until very cold.
11. Shake thoroughly again, and it is ready to use.

This recipe makes three 16-ounce bottles of hair rinse plus a little. I have kept it for months in my bathroom, and it has stayed as fresh as when I made it. Between the apple cider vinegar and the preservatives in the conditioner, it shouldn't spoil. If you are concerned about how long it might last, just use smaller bottles, and keep your extra refills in the refrigerator.

THIS NATURAL FORMULA WILL SEPARATE (LIKE NATURAL PEANUT BUTTER DOES) SO, SHAKE HAIR RINSE THOROUGHLY BEFORE EACH USE!

Figure 2: Hair Rinse Bottled & Ready to Use

PHOTOS

In the photos which follow, you can see what my hair looks like from following this regimen. I am hoping that this information will be useful to you, so you can also enjoy shining healthy hair. Be well and be happy!

Laurel

Figure 3: June 28, 2008 Before Katherine's Wedding

Cover photo: My son, David, took that one featuring only my hair on December 9, 2008 for the cover of this booklet.

Photo #1: The photo following my title page is the flip-side of the cover photo also taken on December 9, 2008.

Photo #2: I took the photo on the previous page for my ad on eBay.

Photo #3: The photo on this page was taken on June 28, 2008 and shows the results of rolling my hair up using soft foam rollers the night before. I was all dressed up to attend my daughter, Katherine's, wedding.

Photo #4: The photo on the next page was taken by my British friend, Leanne Wilkins, on November 1, 2008 in England when she and I (pictured to the left) attended the Caves and Candles Beauty and the Beast Convention. That was a cold, rainy, nasty, windy day in the city of Bath, and my hair still looks good. If you have seen my many grateful references to my hero, defender, and protector—in short, my dear friend, Philip Ward, on my website, then you will be happy to get a peek at him in this photo. He is the very tall handsome man with the great smile and was our guide and driver for the Convention.

Photo #5: That photo was taken on March 13, 2008. If you have read my Beauty and the Beast sequel novel, Love's Journey to Awakening, and have seen my photo in it, you may recognize that this one is an alternate sitting from the same photo session. My editor, Dr. Anderson, thought that I looked a little more relaxed in the picture that is in my book.

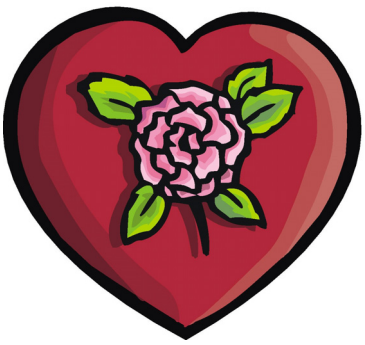
Photo #6: In that photo, taken December 9, 2008, I had pulled my hair up very loosely to get it out of my way while I worked on this booklet! It looks pretty sloppy, but it does show its healthy shine. I caught it up in a ponytail, and then wound it up with a device called "Hairagami," which uses the same type of snapping inner board that was used in the once popular wrist snap-bracelets. When I took it down, it left my hair with the soft waves shown in the last photo and in my cover photo.

Photo #7: My son, David, took that photo on December 9, 2008 after I took my hair down at the end of my work day.

Figure 4: November 1, 2008 in England with Philip Ward and Our Convention Group (Photo by Leanne Wilkins)

Figure 5: March 13, 2008 at sitting for Love's Journey to Awakening photo

Figure 6: December 9, 2008--Out of the Way While I Worked on This Booklet!

Figure 7: December 9, 2008--Hair Taken Down Following Work
(Ignore the date-stamp--I'm a ditz with a camera!)

THE JOY-FILLED END!