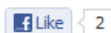


## Signs You Have Unhealthy Hair (And What You Can Do About It)



By Aly Walansky  
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“ Acckkkk... summer has had its way with [your skin](#), and now... your hair?

### Recognize the Signs

The sun, the heat, the humidity, the chlorine – that's just a start when it comes to reasons to worry when it comes to hair damage and unhealthy hair. "Some major signs of unhealthy hair are frizz, breakage, split ends and a dull appearance," says Douglas David, managing partner of [Douglas Carroll Salon](#). "A quick trick is to take a few pieces of hair and pull... the longer it takes to break, the healthier the hair—don't get too carried away, though. Ripping out your hair will not help make hair any healthier!"



### You Are What You Eat

Holistic Nutritionist and author [Sally Kravich](#), agrees – diets, hormones, stress, lack of nutrients, over usage of hair-coloring products all affect the quality of your hair. She suggests as a rule, we avoid foods that contain artificial colors and dyes, artificial sweeteners, and all preservatives. Avoid most packaged "fake foods" and do not drink sodas of any kind (even diet is bad!). Restrict your intake of caffeine and eat a plentiful array of vegetables and fruit. "Do not be afraid of healthy fats. Make sure your diet includes avocado, olive oil, coconut, fish, eggs, raw nuts and seeds, and include supplements such as Omega-3, B100 Complex, Biotin, Seaweed, and Silica or Horsetail. Zinc, Iron, and protein are also necessary building blocks for a shiny, rich mane," states Kravich.

### Get to the Salon

"A good trim is also a smart strategy you can utilize to reverse hair damage," says celebrity stylist [Naz Kupelian](#). "A heat protector is a must when using heat-[styling products](#). Proper brushes, depending on your hair type, are also key and deep conditioners containing argon oil can really condition and reverse the damage. These strategies can make a huge difference in the process of reversing the damage and drastically change the way your hair looks and feels."

Now that you are back on track to a healthier head of hair, be sure to seal the deal by committing to the five habits of people with beautiful hair [here](#).