DISCLAIMER:
The information contained in this ebook is not intended to be prescriptive. Any advice, dietary suggestions, and diagnosis should come under the direction of a qualified physician, stylist or health care professional. This ebook provides options and provides information for the reader.

Don’t forget your health and your body is your responsibility. Listen to your hair and your body. Respect it, take care of it, nourish it, and you will enjoy it for a long time. Love your body and it will love you back!

Feel free to pass along this ebook to your friends and family

http://www.janecartersolution.com
The Jane Carter Solution
Natural based hair care with a conscience.

Our Philosophy
Above all, we believe that “hair is hair,” and that segmenting hair care by ethnicity does not encourage diversity, love and multicultural coexistence. We also believe that what you put on and in your body should promote wellness, and also be kind to the earth. Finally, as a company, Jane Carter Solution supports grassroots initiatives that contribute to the protection, growth and development of our global communities in need.

As a hair stylist, I am often asked “How do I grow strong and beautiful hair?”

My answer? The three secrets to growing great hair are maintaining:

- A healthy scalp
- An effective hair care regimen
- A healthy body

The Basics of a Healthy Scalp

Exfoliating + Deep Cleansing + Nourishment = A Healthy Scalp!

Some Quick Facts

The skin on your scalp is the same as the skin on your face, so imagine if you only washed your face once every two weeks –Sounds awful, right?

A healthy scalp is the first step to healthy hair. And for a healthy scalp, you need to remove all dead skin, accumulated toxins, and old sebum, which clogs your pores, and suppresses hair growth. Exfoliate at least once a week using all natural Scalp Renew.

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#1 Natural Solution for Hair Care
How Do You Exfoliate?

Exfoliate by using **Scalp Renew**, a 100% natural, pre-shampoo scalp exfoliator, cleanser and nourisher. It softens sebum that clogs your pores and lifts dead skin from the surface of your scalp, stimulating surface blood flow and killing bacteria that can create harmful scalp conditions. Our **Scalp Renew** uses a very high concentration of Tea Tree oil, the strongest natural, anti-bacterial, anti-fungal essential oil available in nature. Tea Tree Oil heals the scalp condition so the itching disappears.

Dry flaking scalp often results from infrequent shampooing and ineffective exfoliation. Dead skin on the scalp promotes bacterial and fungal conditions, and its primary symptom is usually an itchy and flaky scalp. Using products that contain petrolatum, mineral oil, and silicone/dimethicone only makes the problem worse. These chemicals dry the scalp, clog the pores, and create a breeding ground for fungus and bacteria.

Many products may suppress the sensation of itching, but they simply put a ‘band aid’ on the symptoms, and rarely repair the root cause of the problem.

Treatments with naturally based products such as **Scalp Renew** actually contribute to the health of your hair and scalp by removing the cause that creates the symptoms in the first place. If your scalp is excessively dry, follow up with a daily application of **Scalp Nourishing Serum** to nourish and normalize your scalp.

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#1 Natural Solution for Hair Care
Scalp Renew, along with more frequent shampooing, exfoliates, nourishes and thoroughly cleanses the pores, and rids the scalp of bacteria and fungus. By using Scalp Renew, you are creating a fertile environment to GROW GREAT HAIR!!!!

The Basic Formula for a Great Hair Care Regimen

Use of Natural Ingredients for Exfoliating + Cleansing + Nourishing = Great Hair!

Begin a healthy hair care regimen by using products that are naturally based. We all have an electromagnetic vibration, and healthy, natural things have a higher vibration than non-living things. Why is vibration important? Natural ingredients have a very high vibration and for this reason, they contribute to the energy and improved overall health and well-being of your body. Natural ingredients are absorbed more easily and heal and restore your body and hair. Your skin is the largest organ on your body, and everything that you apply on it, penetrates and ends up inside of your body. Be careful what choices you make when selecting hair and body care products. Natural ingredients have healing powers that simply can not be recreated by man made synthetic ingredients.

Commit to making wise choices when choosing hair care products. Go through your medicine cabinet and throw out all of the products that contain petrolatum, mineral oil and dimethicone, as they all contain very few useful ingredients. Get in the habit of purchasing your products from natural grocery and health food stores. Remember, when thinking about your hair and skin’s health, proceed with care.
health, man-made ingredients remain on the surface of the scalp and skin, and have very little benefit. Forget what the front of the label says, read the ingredients and only use products that contribute to the health and well-being of your hair, your body and the planet.

**Cleansing and Moisturizing**

*Basic Formula Number Two*
Cleansing + Sealing in Moisture = Great Hair

We know what you have been told, that “Shampooing too often dries out your hair.” It’s a big story. But it’s really *what you shampoo with* that causes drying. If you want your hair to be healthy, you should shampoo it often, and gentle cleansing shampoos are great for frequent shampooing. If you exercise or perspire a lot, you should shampoo your hair daily, or at least one to two times weekly. Perspiration has ammonia and salt in it and is very drying to your hair. If you do shampoo often, you can dilute your shampoo with a lot of water. You don’t need a full lather for thorough cleaning. This will remove the dirt and leave some of the important natural oils in your hair. No matter how often you shampoo, rinsing the dirt, perspiration, dead skin cells and grime from your scalp and hair is critical to having healthy hair.

For a thorough cleansing of both the hair and surface of the scalp, we recommend that you shampoo with our **Moisture Nourishing Shampoo**. It’s very gentle and does not contain a high amount of conditioning agents that can build up on your hair. After shampooing, follow it with **Nutrient Replenishing Conditioner**. Each time you use this conditioner, whole wheat permanent proteins bond to the cortex of your hair, making it stronger.
If your hair is long or tangles easily, or if you have ‘natural’ (chemical-free) hair, you should shampoo and condition your hair in the shower and brush it out before you rinse the conditioner out. Use a paddle brush; they seem to work the best. Leave a small amount of conditioner in your hair, so it will be easier to handle once you get out of the shower.

For easy combing or brushing, as well as to protect your hair from the heat of blow dryers and irons, liberally spray your hair with panthenol-infused, Revitalizing Leave In Conditioner. This will add shine to your hair as well, and help it retain moisture for a longer period of time. Because a lot of damage is done to long hair during the wet combing stage, it is very important to detangle your hair gently, brushing from ENDS TO ROOTS, not ROOTS TO ENDS!!! Your hair is very elastic when it is wet, so you need to be very gentle in detangling it.

Seal in all the moisture you just added with our Hair Nourishing Serum, and all natural Nourish and Shine or Hair Nourishing Cream if your hair is fine.
A Healthy Body Is the Foundation for Growing Great Hair

Basic Formula Number Three
Sweat + Drinking Water + Eating Healthy foods for your hair + Taking Effective Vitamins = Great Hair and a Strong Body

No lecture here on being fit, just a few basics for a great foundation for healthy hair growth and a strong body. Exercise to perspire, as it cleanses your entire system, drink 8 to 10 glasses of water daily, eat lots of fresh fruit and veggies, and take an effective multi- vitamin, an omega 3 supplement, vitamin E, extra folic acid and zinc. I recommend using over-the-counter, pre-natal vitamins as the multi vitamin. They have a lot of minerals, which are essential to hair growth. You must take them consistently, as it will take about three months to see the results. If you start and stop usage, your hair will shed in response to your body trying to adjust. Also here are the top 10 foods that will help your hair to grow healthier

Here are the top 10 Healthy Foods for Your Hair!

1. Seaweed
2. Citrus Fruits like oranges and grapefruits
3. Blueberries
4. Sardines and Salmon
5. Lentils
6. Eggs
7. Wheat bran and Wheat germ
8. Watercress, Spinach, Kale
9. Brown Rice
10. Cantaloupe

Vitamins C and Vitamins E are essential to good hair too!

When hair begins to start thinning and losing sheen as we age, it’s essential that you look at your diet. Make sure you eat foods that are antioxidant-rich and anti-inflammatory foods like berries – blueberries, strawberries and
raspberries. Beans like red kidney beans and pinto beans are excellent for hair growth and are anti-oxidant rich.

Also raisins, figs, prunes, sunflower seeds, almonds, walnuts and skim milk are also excellent healthy foods that foster increased hair growth and shine. And instead drinking that can of Coke, consider green tea instead. Green tea is antioxidant rich and prevents the production of DHT from binding and blocking the hair follicles. It basically allows for the hair follicles to open up and allows the hair to grow freely. Green tea is made from unfermented leaves of the tea plant. It’s a healthy, natural alternative to sugary drinks that only slow down hair growth.

The Truth About Hair Loss

You lose around 250 hairs daily, and if you don’t massage your scalp or brush your hair daily, the old hair does not come out to make way for new hair. If your hair has been in braids, weaved or is just in one long braid, it will look like you are losing a lot of hair when you brush it out. The hair you see in the brush is the hair that you would have normally lost if you brushed it daily.

If you are still concerned about hair loss, first try to determine what type of hair loss it is. If it’s long pieces of hair with a little white dot at the end, it’s systemic. This means that your hair loss is caused by some internal condition. It could be a side effect of medication, starting and stopping vitamins, change of season, dieting or stress. If you see small pieces of hair, the cause of the hair loss is external, and this type of hair loss is caused by some external environmental condition. This usually occurs as a result of chemical abuse, sun, an excess use of chemicals, or from the overuse of a heat appliance. Generally, if you reduce these issues and re-moisturize your hair daily, your hair’s breakage will be greatly reduced.

The Myth about Moisture and Oil

Myth Number One: Oil puts moisture in the hair. Wrong!!!

Reality: Water puts moisture in the hair!

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Oil-based products do not moisturize your hair!!! The only thing that hydrates and moisturizes your hair is the ultimate moisturizer, WATER. Nothing on the planet can sustain itself without water. To truly moisturize your hair, you have to re-hydrate it with water and then seal in the moisture. We recommend re-moisturizing your hair by shampooing, rinsing with water or misting it two times daily with **Revitalizing Leave In Conditioner**. Remember, to keep your hair feeling great, and to reduce dryness and breakage, you have to moisturize daily and seal in the moisture!

**Regimens Make Hair Care Simple**

**Regimen for Natural Hair or Locks or Twists**
- Scalp Renew
- Moisture Nourishing Shampoo
- Nutrient Replenishing Conditioner
- Condition and Sculpt
- Twist & Lock
- Natural Hold Locking Spray
- Scalp Nourishing Serum

**Regimen for Naturally Curly, Wavy Hair and Wash and Wear Hair**
- Moisture Nourishing Shampoo
- Nutrient Replenishing Conditioner
- Revitalizing Leave-In Conditioner
- Condition & Sculpt

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#1 Natural Solution for Hair Care
Nourish & Shine

Regimen for Relaxed Hair and Setting, Wrapping and Blow Drying

- Moisture Nourishing Shampoo
- Nutrient Replenishing Conditioner
- Revitalizing Leave-In Conditioner
- Scalp Renew
- Hair Nourishing Serum
- Nourish & Shine or Hair Nourishing Cream (for Fine Hair)

Regimen for Straight Hair (For Fine to Medium Hair)

- Moisture Nourishing Shampoo
- Nutrient Replenishing Conditioner
- Revitalizing Leave-In Conditioner
- Hair Nourishing Serum
- Hair Nourishing Cream (an ultra light cream)

All regimens can be seen at www.janecartersolution.com Go to www.janecartersolution.com now and click on the Hair care wizard for more information.
HAPPY GROWING!!!!

Jane Carter

Did you find this free e-book helpful? If so, please feel free to share it with your friends and family members. Have them go to http://www.janecartersolution.com to Get their free copy. Thank you.

PASS IT ON!