

Your Healthy Hair Personal Routine (Daily and Weekly Tasks)

*This is an extra resource to go along with the original article:
[7 Everyday Things That Could Be Making Your Hair Loss Worse](#)*

Want healthy hair? Need to fight your hair loss? Follow this healthy hair routine:

Every Day

- Meditate or practice relaxation for 15 minutes.
- Avoid pulling your hair absentmindedly.
- Don't use tight styles that put tension on your follicles.
- Take a men's daily multivitamin. Make sure it includes iron, omega-3 fatty acids, antioxidants, zinc, calcium, magnesium, and vitamins A, B complex, C, D, E, and K.
- Consume 50 grams of protein.
- Drink six to eight 8-ounce glasses of water.
- Avoid refined grains, sugars, alcohol, and stimulants.
- Do not consume recreational drugs.
- Pat your hair gently after washing (do not rub).
- Wear a hat to protect your hair from the sun.
- Style your hair without product (or use product sparingly).
- Brush with your fingers or a wide-tooth comb.
- Get eight to nine hours of sleep every night.
- Take hot showers to open your capillaries and promote blood flow.
- Follow your [daily treatment regimen](#).

Every Week

- Get 20 minutes of exercise three to four times per week.
- Consume a healthy diet with a reasonable number of calories for your size.
- Shampoo your hair two or three times per week (you don't need to every day).
- Wash your hair with egg to add protein and vitamins.
- If you trim your hair short, cut it once per week to stay sleek.
- Massage your scalp two or three times per week to promote blood flow.
- Take a photo of your hair loss to document your treatment regimen success.