
Subject: Jethro Kloss on the Hair and Scalp

Posted by [Hello There](#) on Thu, 07 Dec 2017 01:21:27 GMT

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Hair and Scalp

Any disease that impairs the vitality of the body has an effect upon the hair. When the circulation is diminished by a general nervous condition, the scalp cannot be properly nourished. Disease of the scalp and loss of hair are expressions of bodily ailments. A poisoned or impure bloodstream carries little or no nourishment to the hair. The color, luster, dryness or oiliness, and brittle condition of the hair are all due to the condition of the system. The real treatment for disease of the hair and scalp lies not in the many tonics that are used, but in the attention to the foods that are eaten, many of which cause disease of the body, thereby affecting the hair and scalp. The blood that nourishes the hair must be purified by using wholesome, nourishing foods, that will build a healthy body.

Loss of hair may be caused by catarrh, nervous disease, fevers, worry, mental disorders, skin diseases, injurious tonics, eczema, and anesthetics. Curling and crimping with metal curlers and hot irons dries the hair and breaks it.

Since an analysis of the hair shows it to be composed of iron, oxygen, hydrogen, nitrogen, carbon, and sulfur, the blood must be supplied with these minerals so that nourishment will be carried to the scalp. Raw foods contain the highest percentage of minerals obtainable. Many of the best foods are prepared in such a way that most of the minerals are drained off in the water. Proper nourishment and good health will do more to make beautiful hair than any external treatment it is possible to give.

A thorough brushing of the hair every day keeps it free from lint and makes it silky and lustrous. To manipulate the scalp lightly with the tips of the fingers, always using a rotary movement, is good. It should be done very thoroughly.

The leaves and bark of the willow tree, made into a tea, will cure dandruff. A tea made of marshmallow leaves and thoroughly applied to the scalp will do much to prevent falling hair.

Any of the following herbs are useful to nourish and brighten the hair and make it grow: nettle, pepper grass, sage, henna leaves, or burdock.

Steep a teaspoon in a pint of boiling water for one half hour and add a level tablespoon of boric acid. Massage the scalp with this solution. It may also be used before a shampoo or between shampoos.