**Best Foods for Alopecia Areata**

### **Leafy Greens and Antioxidant-Rich Foods:**

**Spinach, kale, and berries** provide antioxidants that combat oxidative stress, promoting a healthier scalp environment.

### **Nuts and Seeds for Nutrient Boost:**

**Almonds, walnuts, and flaxseeds** offer essential nutrients like zinc and omega-3 fatty acids, supporting hair regrowth.

### **Lean Proteins for Optimal Hair Strength:**

Include sources like **poultry, fish, and beans** to ensure an adequate supply of amino acids for strong and resilient hair.

## Recipes for a Hair-Healthy Diet

### **Nutrient-Packed Smoothies:**

**Blend spinach, berries, flaxseeds, and a scoop of protein** powder for a delicious and nutritious smoothie.

### **Balanced Meals for Hair Nourishment:**

Create well-rounded meals with lean proteins, whole grains, and a variety of colorful vegetables to ensure a diverse nutrient intake.

Fenugreek Herb – Vendhayam

## Apply Lemon + Onion Juice To the Bald Spots in Your Beard?

### Garlic based dishes