



Thank you for taking your time to visit this Natural Products article on Healed People, Heal People. Several people throughout the USA have asked me for almost three years what products do I use on my hair. Since this information is requested so often, I'm including it in this article.

Keep in mind, you have your very own hair texture that's unique to you. More likely than not, you'll have to try several natural products to determine what's best for your hair. As well, you will have to become an educated ingredients reader. This means learning what each ingredient in a product does. Use Google and start learning. I assure you that every product that places the words *natural* and/or *organic* on the label, is **not** *natural and organic*. So, please, I urge you to

educate yourself. Why would you want to educate yourself? Because your head has pores all over it. Anything, and I mean, anything, that you place on your hair goes into your head and into your blood stream.

May I offer a recent experience I had this Thanksgiving 2009. I travelled to visit my family. I normally sleep with a hair bonnet. I left my hair bonnet at home, so I borrowed my mother's hair bonnet. Every night, I would begin to itch uncontrollably. We couldn't figure out what's was wrong. I finally said to my mom on the third night I was in her home; this itching doesn't happen until I lay down. She said, I think I know what it is. My mother uses chemicals on her hair to straighten it and chemically-based hair highlights. She also uses a regular hair product that can be purchased in Wal-mart, Target, Dollar General or Kmart. Continuing, she said, "My hair oil is in the bonnet and that's why your itching." I snatched the bonnet off and threw it across the bed, and finally, some decent sleep. A few days later, I asked my mom to go get her olive oil hair product. She read the ingredients to me. The first ingredient was mineral oil. Now, keep in mind, the label read olive oil because we all know there are many benefits to olive oil. As she continued to read the ingredients, I don't recall her ever saying olive oil was one of the ingredients. Yes, false marketing could be the case here. But, I've shared with her and others many times, you **never** want olive oil on your hair. This is especially true for African-Americans.

You'll quickly learn that you can easily make your own natural hair products. I've done so and continue to do so. Any natural products will always list their ingredients and you can buy the ingredients on a Web site or in a local health store. There's a popular syndicated radio host who says, if you can't eat the products that go on your hair, then don't put it on your hair. I tend to agree with this. For example, I cook with organic coconut oil; this replaces butter and other oils. I also use this same oil on my hair. My hair is very light and fluffy and sways throughout the day whenever I use this. I purchase this on [www.VitaCost.com](http://www.VitaCost.com) and it is product number NUV 2200052. I assure you if you buy this exact product in this size in any local store, the cost will be double.

I also encourage you to sign up for the newsletters of each of the Web sites below. You'll receive discounts that you will not find anywhere else.

### **My Favorite Natural Hair Products and Web sites**

#### **[www.BlendedBeauty.com](http://www.BlendedBeauty.com)**

I absolutely love this Web site because the products work well on my hair. This site was started for biracial people because of their unique hair texture. Almost all of us have multiple races in our blood line, so ... In Nashville, TN, Hunnee Bz retails some of the products.

#### **[www.VitaCost.com](http://www.VitaCost.com)**

I order Burt's Bees shampoo and conditioner from this site.  
I order DessertEssence shampoo and conditioner from this site.  
You can order Avalon Organics shampoo and conditioner from this site. I personally did not like Avalon Organics for my hair, but the smell is scrumptious.  
You can also order organic baby shampoo from this site. I clean my makeup brushes with this

shampoo. If you do not clean your makeup brushes, you invite bacteria to your face. I also like the Giovanni Tea Tree Oil shampoo and conditioner on this site. The Jason brand has a good selection of natural shampoo products. As well, Aubrey Organics has a good selection -- read the labels. Natures Gates has a good selection - read the labels.

I also order the majority of my home products from this site. Why? Most home products are full of chemicals that keep your allergy and sinus problems going. Most paper products you use in your home are bleached, yes bleached. My human body was not designed for bleach, so I use unbleached products. My favorite brand is Seventh Generation. The company also offers bleach-free feminine hygiene items. The company also offers bleach-free baby diapers. Yes, even baby diapers are bleached.

### **www.DessertEssence.com**

I simply love this company. I buy it's products on [www.VitaCost.com](http://www.VitaCost.com) because they are cheapeast on this site. Please keep in mind, whenever you buy a shampoo, **always** buy the corresponding conditioner. Women especially should have three to five sets of shampoo and conditioner that you rotate using on your hair. So, each time you wash your hair, use a different shampoo and conditioner. This way, your hair doesn't grow accustomed to one products. The use of different, natural products forces your hair to grow.

### **www.Naani.com**

I really like this site. I will share with you I've not ordered from this site in a long time. I was a bit upset because it took awhile for me to receive my products. Yes, I would encourage you to use the products because they are extremely healthy for your hair. The person who owns this site takes a lot of time to study ingredients. Also, the customer testimonials on this site are fantastic.

### **www.JaneCarterSolution.com**

Did I mention that I really like smart people? Jane Carter is a smart woman. You should take the time to learn why she created her company. That in itself should convince any person to not use chemicals on their hair. I'll say it once and I'll say it twice, I do not think any person should use a leave-in conditioner, not even a natural one. Simply use a regular conditioner; it has more nutrients and provides more moisture for your hair. This is especially true for African Americans who want to retain as much moisture as possible. Plus, leave-in conditioners don't have a shampoo. And what did you learn earlier; **always** buy the shampoo and its corresponding conditioner, **alw ays**

If you have natural [African-American] hair, you should place conditioner on your hair **every single day**

, seven days a week.

Use the conditioner like an oil, part your scalp and place the conditioner on your hair daily.

Yes, leave the conditioner on daily and go about your day.

Yes, this means you'll wet your hair before you place the conditioner on it daily.

Yes, this means you'll want to do this when you first get up, so you will not leave out of your home with your hair wet.

In Nashville, TN, Hunnee Bz retails some of the products.

### **www.CarolsDaughters.com**

This is a really smart business woman; learning her business story will inspire you.

I would not recommend using the leave-in conditioners.

I do not use her shampoos because she doesn't make conditioners to go with them.

She does have a lot of good products for your body and your hair.

The only product I use is Tui hair oil.

In Nashville, TN, Hunnee Bz retails some of the products.

### **www.MissJessies.com**

I no longer use these products, but they are very, very good hair products.

In Nashville, TN, these products are retailed in Hunnee Bz.

If my memory is correct, December is the only month these products are buy one get one free.

### **www.EarthClinic.com**

I love this Web site.

I've learned many recipes for my hair on here.

There are also recipes for your hair on this Natural Hair Group on this Healed People Web site.

If there's any challenge I'm having, I always go to Earth Clinic first.

Many of you know, I do **not** like prescription meds, rather I use Pure Herbs.

You can learn more about Pure Herbs on this site, just go to the Natural Health Alternatives Group.

### **www.Elucence.com**

I like these products.

In particular, they have good products for colored hair.

I have been using these products for more than two years and I've not run out yet.

### **www.EcoColors.net**

#### **[www.OrganicColorSystems.com](http://www.OrganicColorSystems.com)**

For those of you who love hair color, may I encourage you to use natural color that does not harm your hair.

There's no use in being natural and using a chemical color that extracts the moisture from your hair.

The Organic Color Systems color works better on grey hair.

On these sites, you can find local salons that use these products.

Just person a stylist or a naturalist has fingers, does not mean they are a colorist.

Please, please, please make certain you find a reputable colorist.

Your hair color should have NO AMMONIA.

Your hair color should be GLUTEN FREE.

Your hair color should be ETHANOLAMINE FREE.

Your hair color should be PROPYLENE GLYCOL FREE.

Your hair color should have NO PARABENS.

Your hair color should have NO PLASTICS.

Your hair color should have NO SLS.

Your hair color should have NO THIOGLYCOLATES.

### **Other**

Many times you can visit your local Ross, TJ Maxx and Marshall stores.

They have natural and organic skin and hair products.

You must be willing to take the time to read the labels.

Many of the products have beautiful packaging and natural/organic labels, but they aren't good.

You do not want a product that has parabens.

You do not want a product that has sulfates.

You do not want a product that has mineral oil.

You do not want a product that has petroleum.

You do not want a product that has synthetic fragrances.

You do not want a product that has sodium laurel sulfates [SLS].

You do not want a product that has alcohol in it.

Sunshine Nutrition in Murfreesboro, TN, has a good selection of products, but you can buy them cheaper online.

Sunshine Nutrition has a satellite location in Smyrna, TN, but this store has a much smaller selection. You can request the product you desire be sent to this store.

Harding Health Foods in Nashville, TN, has a good selection, but you purchase the products cheaper online.

The GNC chain has a good selection of hair products, but you have to be really, really careful to read the labels.

### **What Not To Use On Your Hair**

Products that you might want to avoid placing in your hair would be petroleum-based products such as hair grease and Vaseline. These products tend to be extremely difficult to wash out of your hair and they coat the hair cuticle, preventing it from opening during any cleansing regimen. These products are very heavy and will clog the pores in the scalp, inhibit natural flaking and cleansing, and cause the sebaceous glands to eventually malfunction. You will definitely begin to have a huge dandruff problem. Things that you should place on your hair would be herbal and fruit rinses because they have the ability to naturally strengthen the hair

**Thank you for taking your time to read this article on Healed People, Heal People. If you are not a member of this site, we encourage you to join for free. There are regular updates of encouragement wrapped in biblical truths.**