



Top **NATURAL REMEDIES TO STOP HAIR BREAKAGE**



COCONUT OIL

Coconut oil moisturizes the hair deeply, which helps tame frizz and prevents breakage (1).



GREEN TEA

Green tea may inhibit the activity of hair loss-promoting hormones and promote hair growth (2).



EGG

Eggs are packed with hair nourishing and conditioning proteins, which help seal in moisture and protect your hair from damage (3).



ALOE VERA

Aloe vera may restore the pH of the scalp and offer protective effects against hair damage from radiation (4).



APPLE CIDER VINEGAR

ACV helps to close the hair cuticle, which may help treat split ends and breakage.



GARLIC

Garlic helps condition your hair, boost hair growth, and prevent hair damage (5).



ONION JUICE

Onion juice boosts hair growth and prevents hair thinning (6).



AVOCADO

Avocados may help stimulate hair growth and prevent hair damage from free radicals.

Natural Remedies Hair Breakage

JG Myers



Natural Remedies Hair Breakage:

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