



HAIR REGROWTH AND STRONGER NAILS PROTOCOL

NOURISH AND HEAL YOUR BODY FROM WITHIN FOR STRONGER THICKER HAIR AND NAILS



Our bodies speak to us
respecting and protecting us
we just have to listen and take self-healing action

This protocol is based on extensive scientific research, in addition to client and patient experience and testimonials. As a small family based ethical company, we are passionate about sharing quality products that actually work and we are therefore very proud to introduce this effective protocol.

The condition of our hair, skin, eyes and nails reflects the state of our health and energy, providing a crucial insight to the possible mineral and vitamin deficiencies within the body. Stress and a lack of sleep are known to contribute to nutrient malabsorption, which will lead to mineral deficiencies that often go undetected and cause major health issues. A major illness for instance can be detected as one or more deep horizontal grooves that form in the nails; whereas thinning, brittleness, splitting, spots or changes in the shape of the nail can indicate nutrient deficiencies, especially calcium, magnesium and iron.



The majority of hair fibre is made up of a protein called keratin (95 percent), which also forms part of the skin and all its appendages, such as body hair and nails, the other five percent being amino acids, which form disulphide bonds that add strength and rigidity to hair structure.

Nutritional deficiencies can be diagnosed from brittle hair, dry scalp, thinning and patchy hair, frizzy hair, slow growth and lacking lustre. Hair follicles and roots are fed by a nutrient rich blood supply, containing protein, iron, Omega 3 fatty acids (ALA, EPA and DHA), magnesium, calcium and B vitamins; crucially these nutrients are the fuel source needed in varying concentrations according to the three growth cycles of the hair follicle (Anagen, Catagen and Telogen Phase).

The telogen phase or resting phase (a.k.a. shedding phase) where the follicle remains dormant for one to three months is crucial, as it involves more head hair than any of the other phases of growth at any given time, between ten to fifteen percent. If the body is subjected to extreme stress, illness and a lack of nutrients as much as 70 percent of the hair can begin to fall prematurely, causing noticeable hair loss.

These deficiencies can be addressed very simply, through using a combination of two advanced, nourishing nutraceutical and botanical immune enhancing powder blends, Okinawa Sea Minerals and Phytoplankton Super Greens.

Ninety percent of the cells in the human body are microbes, principally located in the distal gut, thousands of medical studies have proven that focusing our daily awareness on our gut microbiome, is the main key to good health. Ensuring our diet contains adequate bioavailable calcium, fibre, iron, magnesium, fermented chlorophyll enriched food sources and probiotics, will enhance nutrient absorption. The main causes that may lead to poor nutrient absorption are a weak gut lining, food allergies, microbiome imbalances such as bacterial overgrowth, surgery, autoimmune disease such as Crohn's disease (IBS); all these contribute to brain fog, chronic fatigue, hair loss and weak nails. Most compound supplements, including tablets, capsules, powders and liquids on the market have been proven to have a very low absorption rate, due to the fact that all of these compounds need to be firstly broken down to a size where they can enter the cells and all primary sites of absorption such as digestive tract, bowel, small intestine, liver, kidneys and stomach to then enter the blood; many of these compound preparations also contain excipients, additives and fillers.

Okinawa Sea Minerals and Phytoplankton Super Greens have been produced and harvested with the most advanced technology, thus ensuring an ultra-high bioavailability of over ninety five percent, with absolutely no fillers, additives, adulterants or excipients. Phytoplankton Super Greens are also fermented and contain high sources of chlorophyll and probiotics, known to enhance microbiome.

Okinawa Sea Coral Minerals are high in calcium and magnesium with a ratio of 2:1 which is the ideal ratio for the body's needs. Magnesium helps to maintain healthy hair and nails due in part to its role in protein synthesis. Protein synthesis is responsible for the creation of melanin (pigment that determines hair colour) and for supporting the hair growth cycle.

Okinawa Sea Coral Minerals are biochemically energetic and active in the body, conferring an alkalizing effect and raising the pH of the body substantially. Many studies have shown this can greatly increase our immune system functionality.

Phytoplankton Super Greens are a delicious and nourishing microscopic complete fermented wholefood powder supplement, with over 90 essential nutrients and 20 trace minerals (important for supporting the liver), antioxidants and carotenoids. These broad-spectrum nutrients are organically grown and are an excellent source of Protein, Omega 3 fatty acids, rich source of Iron, B Vitamins including Vitamin B12, Vitamins A, C, E, K, Lutein & Zeaxanthin, Adaptogen Ashwagandha root powder and Probiotics Lactobacillus Acidophilus, wheat grass, barley grass, spirulina, chlorella, alfalfa, rich in chlorophyll and Iodine.

Phytoplankton Super Greens being rich in immune enhancing chlorophyll contribute to an alkaline environment in the body. This results in an oxygen-rich environment which enhances the body's ability to fight infections, boost energy levels and accelerate the detox and healing process.

Phytoplankton Super Greens offer an excellent nutritional and therapeutic approach to weight loss. The high bioavailability of nutrients especially Omega Fatty Acids, Proteins, Fibre, B Vitamins, Probiotics and Botanicals will reset and heal the microbiome and thereby reduce bloating and irritation in the gut and stomach.

Oestrogen and progesterone levels decline considerably during perimenopause and menopause, causing hair loss, weak nails and thinning skin due to collagen depletion. The nutrient dense Okinawa Sea Coral Minerals and Phytoplankton Super Greens are highly beneficial for relieving the side effects of menopausal symptoms.

Phytoplankton Super Greens are an outstanding functional food, and can be also used under supervision as a meal replacement, regulating blood sugar levels and supporting the endocrine system, which is fundamental in controlling and regulating our body weight.



The Protocol



Okinawa Sea Coral Minerals	Phytoplankton Super Greens
Week 1: 1 Gram Daily	Week 1: 1 Scoop Daily
Week 2 & 3: 1 Gram Daily	Week 2 & 3: 1 Scoop Daily
Week 4 & 5: 2 Grams Daily	Week 4 & 5: 2 Scoops Daily
Week 6 & 7: 3 Grams Daily	Week 6 & 7: 2 Scoops Daily
Week 8+: 1 Gram Daily For Maintenance	Week 8+: 1 Scoop Daily For Maintenance
1 to 3 grams daily in water, juice or smoothie or sprinkled over food. As this product is raw, please do not put it in hot water as that will destroy some of the nutrient value. Can be applied to the teeth after brushing as well as taken as supplement Makes teeth whiter.	1 to 2 Scoops daily in water, juice or smoothie or sprinkled over food. As this product is raw, please do not put it in hot water as that will destroy some of the nutrient value, including live enzymes.



Why Noble Naturals



Our team are well trained and completely devoted to the exceptional range of natural health products we work with. In most cases, our products are seen to be at the forefront of innovation and quality. Our own personal experiences, and the results others have reported, are testament to that. We have a deep understanding of these products and are on a mission to empower people to improve their health above the norm. We thoroughly enjoy being part of the larger effort and serving the community with the highest quality products and insight on natural health throughout the country.

Noble Naturals would like to extend our support to all practitioners and give the opportunity to join our Practitioners Knowledge Portal which is a valuable resource of information. Please contact Jose Llaguno, our Consultant Practitioner Support Manager.

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