DANDRUFF

- **Make sure your shampoo and conditioner do not have any chemicals in it - you may be irritating your scalp.**
- **Make sure you get enough oil in the diet - especially evening primrose oil or borage oil**
- **If your scalp is a little crusty, put straight 3% hydrogen peroxide onto the scalp each day for a week which will usually kill any bacterial infection.**
- **Each time you wash your hair, after rinsing your hair from shampooing, rinse the hair and scalp with a mixture of 1/2 apple cider vinegar and 1/2 water.**
- **Nutrition: B complex vitamins, essential fatty acids, selenium, Vit. E to improve circulation.**
- **After shampooing and rinsing the hair, you can put a little tea tree oil onto your fingertips and dab it onto the scalp.**
- **Wash your hair with one of the tar shampoos on the market.**
- **May have poor carbohydrate absorption.**
- **Avoid consuming sugar.**