# Leyla Weighs In: Healthy Hair as You Age—Nutrition’s Key Role

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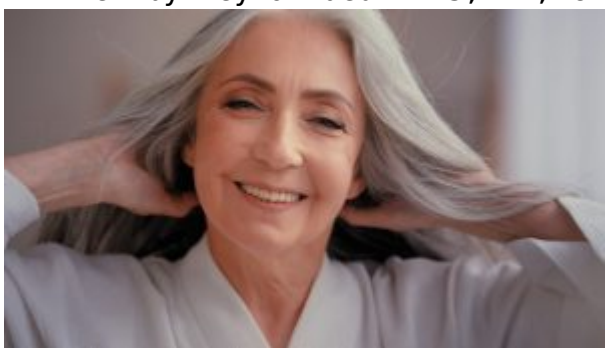

Nurturing Hair Health: Nutrition, Habits, and Aging: Nutritionist Leyla Muedin highlights the importance of nutrition and proper care for maintaining healthy hair, especially as we age. She discusses how aging impacts hair growth and quality, the role of essential nutrients like iron, protein, and vitamins, and offers practical tips for hair care. Leyla advises on dietary choices, beneficial foods, and the importance of reducing stress and avoiding damaging hair practices. She emphasizes eating a rainbow of fruits and vegetables, avoiding pro-inflammatory foods, and adopting healthy lifestyle habits to improve overall hair health.