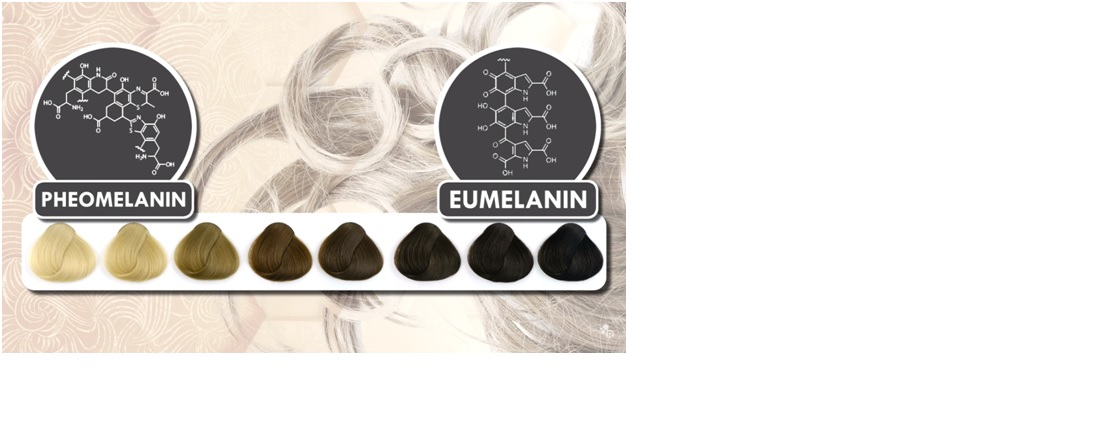
premature graying of hair

sukhvir singh

pigments responsible for hair colour



This is a caption

* **ADD THOSE TO YOUR EATING HABITS TO GET RID**

1)egg whites

2)water

3)fish oil @ 1@ morning 1@night

4)Amla juice @ evening 6 pm

5)almonds

6)fruit juice

7)green vegies

* **———-scalp——–**

1)coconut oil+curry leaves –@ oil

2)derma roller

3)head masagger comb

* **——exercise——–**

 1)runing

 2)head stand

 3)kapal bhati

 4)anulom vilom

5)nail rubbing