



TRINITY  
school of natural health

# Natural Supplements

for Stronger Hair, Teeth, and Nails

BY TRINITY SCHOOL OF NATURAL HEALTH

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## BIOTIN

eggs, bananas, or milk

## OMEGA-3 FATTY ACIDS

walnuts, dark leafy greens,  
and fatty fish

\_\_\_\_\_ Our bodies are intricate systems that require a nutrient-dense diet to function at their best. While a balanced, healthy diet is the first step toward whole-person wellness, natural supplements can help support specific concerns or add nutrients where they might be lacking.

Here are some of our favorite natural supplements that work harmoniously to strengthen your hair, teeth, and nails.

### BIOTIN

Biotin, also known as vitamin B-7, is commonly linked to stronger, healthier, and more vibrant skin. Like all water-soluble vitamins, it can't be stored in the body, making daily supplementation helpful for regular absorption. Biotin also works to strengthen hair and increase its density by improving your body's keratin infrastructure.<sup>1</sup> Keratin is an important protein that makes up your hair and nails, rendering it essential for resilient hair and nails. For additional forms of biotin, you can include eggs, bananas, or milk into your diet.

For more tips on taking care of your skin, check out our eBook: [Skin Support: Wellness Practices for Your Complexion.](#)

### OMEGA-3 FATTY ACIDS

Omega-3, commonly consumed as fish oil or flaxseed oil, carries numerous health benefits. These supplements have been shown to support tooth health and also hair and skin quality. Fish oil makes hair and nails shiny by aiding lubrication and adding gloss. It also has anti-inflammatory properties that can help open hair follicles and encourage healthy growth. Additionally, omega-3s can work as an anti-aging supplement by helping to restore sun-damaged skin.

Foods such as walnuts, dark leafy greens, and fatty fish contain omega-3 fatty acids, making them some of the

more heart-healthy choices. Try to include these foods into your routine, and don't forget to buy mercury-free varieties.

## CALCIUM

For good reason, calcium is one of the first nutrients that comes to mind when considering healthy teeth. Calcium is essential for proper bone formation; in your mouth, it helps harden enamel and strengthen the jawbone. Taking calcium also boosts the absorption of iron, which supports hair and nail growth.

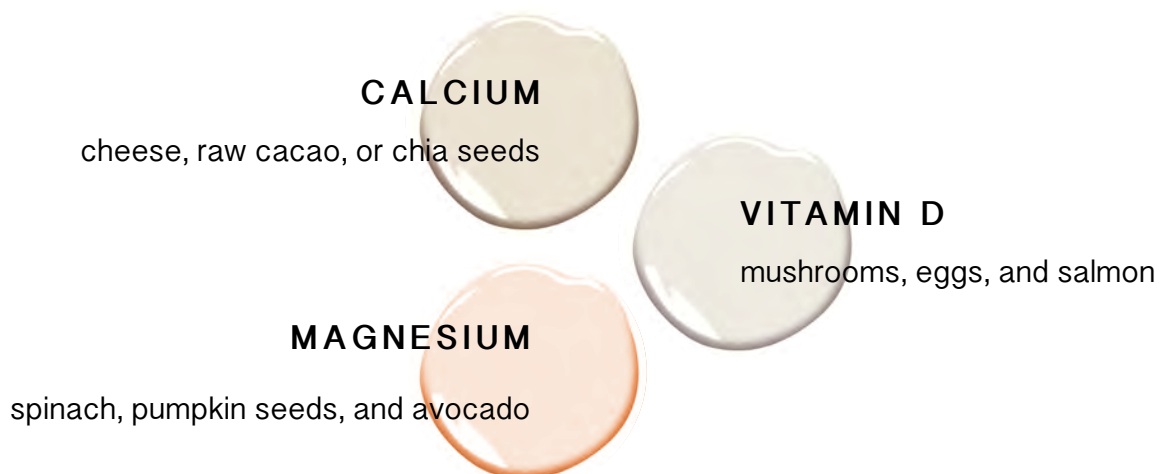
Do you want more ways to introduce calcium into your system? Try eating cheese, raw cacao, or chia seeds. For a quick and easy treat, mix chia seeds in a small glass container with your favorite nut milk. Leave it in the fridge overnight, and in the morning, you'll have delicious chia seed pudding! Top with raw cacao and berries for an extra boost of calcium.

## MAGNESIUM

Spinach, pumpkin seeds, and avocado are all great sources of magnesium. But, for appropriate magnesium levels, taking a natural supplement may be necessary. Alongside calcium, magnesium is an essential mineral for overall wellness. It helps regulate calcium, vitamin K, and vitamin B.<sup>2</sup> It can also contain microbe-fighting properties which protect against bacteria that contribute to tooth decay. Beyond tooth health, magnesium supports collagen production in the body, leading to stronger, more resistant hair, skin, and nails.

## VITAMIN D

Vitamin D works in tandem with calcium and magnesium for tooth and skin support. But, to get enough vitamin D naturally, we would have to spend a lot of time in the sun. Unfortunately, many of us spend most of our time inside, which makes it vital to add vitamin D to our diets through supplementation. Though few foods have sufficient levels of vitamin D, you can always incorporate mushrooms, eggs, and salmon into your diet for a boost.<sup>3</sup>





## **Conclusion** Natural Supplements for Stronger Hair, Teeth, and Nails

Proper nutrition can seem like a tricky business. But, by maintaining a healthy diet, purchasing whole foods from reputable places, and supporting your system with supplements as needed, you can be on the path to the type of wellness that permeates each area of your life, including your mind, body, and spirit.

At Trinity School of Natural Health, we know that good nutrition requires a multi-pronged approach, and we want to walk with you every step of the way. We know that the food you eat directly impacts your mood, energy, and even your ability to function on the most basic level. As you continue to pursue the best for your body, consider becoming a Certified Nutritional Consultant to learn more about how supplements and high-quality foods affect your overall health. To find out more about this program and others, call 800-428-0408, option 2, to speak to an enrollment specialist.



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## References

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2. <https://www.supplementswise.com/5-supplements-stronger-bones-hair-teeth/>
3. <https://www.insider.com/superfoods-for-your-skin-hair-and-nails-2017-4>