

RUCHI GURNANI · NUTRITIONIST

3 days of eating for grey hair

What I put my clients on when grey shows up early. Indian food, normal kitchen, nothing to buy online.

Swipe 👉

Read this first

Grey at 28 is usually a blood report, not bad luck. The three things I check are **B12, iron (ferritin) and protein**. If B12 is the cause, the new hair can grow in dark again once it is fixed.

This is a **sample**, the same three days for everyone. It fixes the plate. It does not fix your blood report. Get B12 and ferritin tested this week, then eat like this while you wait.

Smokers go grey about two and a half times more often. No plate beats that one.

THE ONE RULE

Chai and coffee one hour away from every meal. With the meal, they block most of the iron in it.

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Day 1

GET THE IRON IN

WAKE UP

Halim (aliv) seed water: one teaspoon soaked overnight. Chai only after breakfast, one hour later. Halim seeds are one of the richest iron foods in an Indian kitchen. Chai with food blocks the iron.

BREAKFAST

Sprouted moong chaat with nimbu, onion, tomato. A bowl of curd on the side.

Sprouting frees the iron. Nimbu helps you absorb it. Curd is B12.

LUNCH

Rajma, rice, a bowl of curd, salad with nimbu.

Rajma is iron and protein. Curd is B12.

SNACK

One **amla** or a small guava. A fistful of roasted chana.

Vitamin C with iron, every time.

DINNER

Palak paneer, two rotis, tomato on the side.

Paneer is protein and B12. Tomato pulls the iron out of palak.

NOTICE

Every meal has a protein and a sour thing. That pairing is the whole trick.

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Day 2

B12 AND PROTEIN

WAKE UP **Halim seed water**, one teaspoon soaked overnight. Five soaked almonds.

BREAKFAST **Paneer bhurji** with two rotis, or two eggs if you eat them.

B12 lives in curd, paneer, milk and eggs.
Not in vegetables.

LUNCH **Chana masala**, two rotis, a bowl of curd, onion with nimbu.

Chana is iron, zinc and protein.

SNACK **Chaas** with roasted jeera. One orange.

More curd, more B12.

DINNER **Dal** with nimbu, rice, a bowl of sabzi. **Til** sprinkled on the sabzi.

Hair is protein. Dal every night, nimbu every time. Til is iron and zinc.

NOTICE

Paneer, curd and chaas today. For a vegetarian, that is where the B12 comes from.

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Day 3

THE DAY THAT LOOKS LIKE A PLAN

WAKE UP **Halim seed water** with a squeeze of nimbu. Chai after breakfast.

Nimbu helps the iron in the seeds get absorbed.

BREAKFAST **Ragi dosa** with sambar and coconut chutney.

Ragi is one of the richest plant irons. Sambar has the sour to unlock it.

LUNCH **Curd rice** or dahi with rice, with a bowl of **rajma or chana** and salad.

Curd is B12. Rajma is iron.

SNACK A bowl of **papaya with curd, til (sesame)** sprinkled on top.

Curd is B12. Til is iron and zinc. Zinc sets how thick the strand is born.

DINNER **Methi or palak** sabzi, **moong dal** with nimbu, two rotis, paneer cubes in the dal.

Iron, protein, B12 and sour, all on one plate.

NOTICE

Three days is the shape. Grey hair needs twelve weeks of this, and a plan that fits your reports.

The five rules behind these three days

- **Protein at every meal.** Hair is made of protein. Dal, paneer, curd, chana, eggs.
- **Something sour with every iron food.** Nimbu, amla, tomato, guava. Without it most of the iron passes through.
- **Chai and coffee one hour away from food.** Not with the meal. Not just after.
- **Curd, paneer or milk twice a day** if you are vegetarian. That is your only B12.
- **Soak, sprout, ferment.** Sprouts, idli, dosa, soaked rajma. It frees the iron that is locked inside.

Vegetarians need almost twice the iron of meat eaters. Most of the women I meet are not even at half.

DO THIS WEEK

Get B12 and ferritin tested. Iron without a test is a real risk, so no tablets on a guess.

Three days shows you the shape. Grey hair needs twelve weeks.



I write that plan for you. Your reports, your routine, what you actually eat. Three plans of ten days each, so it changes as you change.

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