

HAIR LOSS

Treating It

JustNoHairLoss.com

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Introduction

The effectiveness of modern hair loss treatments is clear for all to see, but many people simply prefer not to use strong chemicals or non-natural substances.

If you fall into this category, does this mean you'll just have to accept an ever-decreasing head of hair? The answer to this is an unequivocal NO!

Many natural hair loss remedies, both traditional and contemporary, have shown their worth in reducing and reversing hair loss. They are also perceived as being free from side effects and even deliver additional health benefits.

Why then, don't we hear a lot more about these natural hair loss remedies? Simply because claims of cures cannot be made without FDA approval, and obtaining the FDA seal of approval involves lengthy and expensive scientific research that only major companies can afford. Even the biggest companies could not recoup the costs of such a process as no-one can control the rights to common natural substances such as basic foods and vitamins.

The big question however is, do natural hair loss remedies work?

Long, lustrous and silky hair is the trade mark of many people, especially females. A female's hair is her best natural accessories to carry and obviously show and even compete with her same sex friends. But if you are amongst that 60 % of the females, who are suffering / with hair problems, then you know the shock of being less haired over your head. The major problem is that the hair loss in females is considered as a taboo

in society and this adds to salt into bounds of the females suffering from hair loss or hair thinning problems. Women themselves do not feel comfortable in openly discussing their problems, however, men can openly discuss openly and thus able to try on several treatment options including treatment of hair loss using medications, etc.

You are not the only woman, who is suffering from hair loss and feeling difficulty in openly discussing and finding the resolution of hair problems.

According to a clinical analysis, one in every four women is suffering from hair problems. Females also keep worrying, why hair loss happens?

The causes of hair loss in a woman can be any, like; harsh hair treatments, hormonal changes during pregnancy, or the menopause. Stress and unhealthy eating habits also lead to hair problems. Sometimes, hair thinning in females may be genetic. The hair thinning as a genetic factor normally occurs between 18 to 24 years of age.

The most common form of hair loss due to genetic or other medical factors is alopecia androgenecia. This is the sort of hair problem in which the hair becomes extremely thin so that one can see through it. Alopecia Areata is another form of hair problem that normally starts as tiny bald patches but may result into total hair loss, if not taken care of. If you can believe it, almost one quarter of the world population is suffering from some type of hair problems. And any sort of hair problems in self-confidence sometimes may even lead to anxiety and depression.

The first step in settling any sort of hair problems is, distinguishing the nature of hair loss you are suffering with. There are a number of treatment options available for treating hair problems, depending on the kind and severity of problems.

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Your doctor may suggest you some oil/cream/lotion to apply on your scalps. If hair loss is due to hormonal or hereditary or due to some other serious health problems then your doctor may prescribe you a variety of medications.

Besides getting aid from a health professional, you also can take care of your hairs to avoid hair loss. How??

Here are given some tips and tricks to prevent you from bad-hair days.

- Analyze your diet. Nutrition plays a vital role in keeping healthy tresses. Lack of essential vitamins and minerals and proteins etc may switch hair problems. Ask your doctor/nutritionist for help.
- Opt for loose and comfortable hair style. Give up the hairstyle that introduces tensions in your hair follicles. For example; tight ponytails, chignons, and plaits.
- Avoid layered cuts as these create misapprehensions of more vigor.
- Do not use in large the heated hair styling tools, such as; tongs and straightening irons, as these may create strain and breakage of hair.
- Use wigs and hair extensions or use hats, scarves and funky jewellery to draw attention away from your hairs.
- Ask your hair dresser to monitor your hair growth, but not become obsessed about it.
- Stress is a major trigger to hair loss. Try to stay positive.

Hair Loss Myths

Not surprisingly, hair loss myths are more well-known than hair loss facts. Since hair loss is such a common and unwelcome condition, the public has been flooded with hair loss myths to promote sales of hair loss prevention products. Many companies have jumped on the hair loss bandwagon because of our own enormous desires to eliminate hair loss from our lives, not to mention the unlimited amount of money that we (the public) are willing to spend on this quest. This makes the hair loss market ripe for perpetuating myths that will increase sales. But, for the most part, they are just that, myths.

Some of the more common hair loss myths are as follows:

- Hair loss myth #1: Male Pattern Baldness comes from the mother's side of the family and skips a generation. Not true. There is no one single gene that causes baldness. Most researchers believe that MPB is a result of several different genes, inherited from both parents, interacting with each other to cause hair loss.
- Hair loss myth #2: Pattern baldness affects only men. Just ask any women suffering from pattern baldness, it's not true. In fact, hair loss is just as common in women as it is in men, it just usually occurs in a less virulent form and is easier to hide. Also, women's hair tends to thin out over the entire scalp area, whereas men's hair thins in patches and at the forehead.
- Hair loss myth #3: Poor blood flow to the scalp area causes hair loss. This is a misconception that has been perpetuated by companies selling hair loss products for years. Ask any dermatologist and they will tell you, bald scalps have just as

much blood flow as scalps full of hair. It is because of this blood flow to the bald scalp that hair transplants work so well.

- Hair loss myth #4: If you haven't lost your hair by 40, you aren't going to. Again, not true. Age has nothing to do with it. If you are genetically predisposed to loose your hair, you are going to. Just be grateful you made it to 40 with your hair still intact.
- Hair loss myth #5: Stress makes your hair fall out. Okay, in some part, this is true, but it takes a very traumatic event to cause enough stress that your hair falls out. The common stress we experience on a daily basis will not make our hair fall out. In fact, some stress can actually increase the production of hair.

Okay, I could go on and on about hair loss myths and not run out of things to talk about. My point is this. Most of the facts we think we know about hair loss are actually hair loss myths.

Are Hair Loss Treatments Just One Big Scam?

The hair loss industry is not one that inspires great confidence in most people. I have to admit this is perfectly understandable given the damage caused by the many rogues and charlatans who have abused the trust of far too many vulnerable people - people who have received worthless and even dangerous products or advice in exchange for their hard earned cash. The end result is the prevalence of a stigma that the industry is hard pressed to shake off.

But is this perception really justified nowadays? Are there no genuine treatments that sufferers can turn to in a bid to treat the ravages of premature hair loss? The simple answer is YES,

there are several safe, affordable, accessible and effective hair loss treatments currently available. Some have even been approved by FDA for the treatment of hair loss conditions while others draw on natural remedies as the basis for commercially available products. Whether or not any of them are suitable for a given individual depends on a number of important factors.

First and foremost, every individual must determine the exact cause or causes of his or her hair loss. This may appear to be an over-simplistic statement but the truth is, most people undergoing a course of treatment for hair loss have proceeded on the basis of self-diagnosis. Given the fact that premature or excessive hair loss is often associated with underlying medical conditions, this is perhaps not the most sensible course of action.

My advice in all cases is to seek the guidance of a qualified medical practitioner because the consequences of not doing so may be serious in a small number of cases. Even where all the evidence points to the onset of hereditary male pattern baldness it would probably be best to seek advice, if only to rule out other factors.

Once the cause of hair loss has been properly diagnosed you will be in a position to choose a suitable form of treatment. This may range from the prescription of drugs aimed at balancing disrupted hormone levels to the topical application of minoxidil to reduce the symptoms of male pattern baldness.

Hair loss may be caused by many factors including changing hormone levels, illness, stress, overuse of strong chemicals, excessive traction, poor grooming practices, side effects of medical treatment, poor nutrition, weak immune system and the effects of aging. The good news is, all of these can be tackled with a reasonable hope of success but only if you choose the right treatment.

Understand Hair Growth To Fight Hair Loss

Every one of us dreads losing hair. There will be a rare human being who does not. Hair makes us look good and none of us wants to lose it. There are many of us who are comfortable after losing their hair. But that is more a reflection of their tremendous confidence. If you are one of those who are worried about hair loss, please read on.

Hair Growth Cycle

Our hair does not grow all together. We see our scalp full of hair and think that all hair is growing. But the truth is different. Hair grows, rests for some time, and then falls and a new hair takes its place to grow. At any point in time, about ninety percent of our hair is growing and the ten percent is either ready to fall or is falling. When we shampoo our hair, this falling hair sheds itself. Every day we lose about 50- 100 strands of hair. That is perfectly normal. If that is causing any worry to you, stop. That is normal.

The best person to tell you if you might be facing hair loss is your hair stylist. Get your scalp examined and find out if hair is thinning from any place or a patch is forming.

Hair Loss Reasons

We lose hair for many reasons. The primary reason is hereditary. The second is alopecia areata. And then there are many diseases and changes in the body that bring about hair loss. The last kind of hair loss is rectified as soon as the condition is over. Most of the women lose a lot of hair after pregnancy. But they recover it soon. Many other conditions make hair fall like that. We should be more bothered about hereditary loss and alopecia areata.

Causes And Treatments For Hair Loss

Hair loss is a metabolic disorder where the hair starts thinning, falling, or disappearing. The papilla which is an up growth at the base of the follicle actually produces hair when a special group of cells turns amino acids into keratin, a type of protein of which hair is made. The rate of production of these protein 'building blocks' determines hair growth. Hair loss is more common to men than to women.

On average, people lose about 10% of their hair during a resting phase. Then after about three months, resting hair falls out and new hair begins to grow. The phase of new growing hair typically lasts anywhere from two to six years with hair growing about one-half to one-inch per month. The interesting thing is that as much as 90% of the hair on your head is growing at any given time.

Shedding hair is a normal process. In fact, on a normal day, you would lose about 100 hairs although more if you were actually going through significant hair loss. Now, hair loss is usually associated with men but women can also go through hair loss. The cause of excessive hair loss could be a number of things. For starters, if you have undergone major surgery or illness, you might lose more hair for the following three months than you normally do because of stress.

Another common cause of excessive hair loss is due to hormonal changes in the body. This in itself could be from several things such as having a baby, dealing with an under or overly active thyroid, having estrogen or androgens out of

balance, and so on. Then, certain types of drugs can also cause hair loss. In this case, once the medication is stopped, the excessive hair loss usually stops as well. The most common culprits include blood thinners, chemotherapy, excessive vitamin A, antidepressants, gout medication, and birth control pills.

Then, if you have a fungal infection of the scalp, you might also find your hair falling out more than usual. Finally, the underlying disease can also be a challenge. For instance, if you are living with something such as diabetes, lupus, or another autoimmune disease, excessive hair loss is common. Remember, by taking the right medication to treat the problem, hair growth generally returns to normal.

Although some types of hair loss are genetic, you can also do a few things to help slow down or stop the process. For starters, avoid wearing your hair in cornrows, ponytails, or hot rollers, which tend to pull and stretch hair to the point of breakage. In addition, if hair follicles should become inflamed, excessive hair loss may occur. In this case, having your hair permed, colored, or treated with hot oil could be damaging. The key here is to only, have a professional work on your hair, using professional and safe products.

If the hair loss is extreme and you have tried everything you know from eating healthy to using good hair care products but nothing is working, you might visit with your doctor. First, he or she will look at what is going on with your body to see if medication, infection, or illness could be the problem. If not, blood work may be performed to look further at a possible cause. In some cases, your doctor may prescribe certain medication such as hormones for an imbalance or antibiotics for an infection. Other than that, you will find a number of excellent products now on the market that can help maintain the current amount of hair and in some cases, help with regrowth.

Common Hair Loss Causes

One of the most worrying aspects of hair loss treatment is the tendency of so many people to seek solutions without first determining what has caused their loss in the first place.

At best, sufferers may waste money on inappropriate 'wonder cures' or even legitimate treatments that unfortunately are not suitable for their particular needs. At worst, some people may be risking their health by self-prescribing powerful pharmaceutical drugs.

Before examining the most common causes of premature hair loss we need to understand that some shedding of hair is perfectly normal. Hairs grow from follicles that are tiny organs in the skin designed to grow a single hair that follows this repetitive cycle:

- Lengthy growth period (Anagen Stage) - this phase usually lasts between two and seven years with an average growth rate of six inches (15cm) each year.
- Short transition period (Catagen Stage) - this period of transition lasts for roughly two to four weeks. During this phase, the hair shaft becomes detached and moves upwards within the follicle.
- Resting period (Telogen Stage) - this phase lasts about three months allowing the hair to detach itself prior to falling out.

At this point, a new hair begins to grow thus repeating the normal cycle of hair growth. Unfortunately, a number of factors can interfere with the natural hair growth process leading to forms of hair thinning or premature baldness. Androgenetic alopecia is the most common cause of hair loss, probably accounting for as much as 95% of pattern hair loss for both men and women. It is usually associated with aging and

develops in predictable stages over varying periods of time. Each follicle follows a genetically programmed growth cycle with some follicles coded to remain active for a shorter time than others. This results in the development of the hereditary baldness patterns that are so familiar to us all.

For this type of baldness to occur, the following factors must be present:

- A genetic predisposition for hair loss to occur (as explained above).
- The presence of male hormones.
- Aging - in other words, enough time for the first two factors to exert an influence.

All men and women produce male hormones such as testosterone and DHT. These have a useful role to play in both sexes but obviously, occur in widely differing concentrations. It is the higher levels of androgens found in males that explains why this form of hair loss affects men more than women.

In brief, these hormones affect the hair growth cycle as follows:

- High levels of the 5-alpha-reductase enzyme occur in some cells of the hair follicle and sebaceous glands.
- 5-alpha-reductase converts testosterone into DHT.
- DHT causes the terminal hairs to miniaturize.
- This leaves short, soft, fluffy vellus hairs that provide inadequate scalp coverage.
- The growth phases gradually become shorter until these hairs are lost for good.

Alopecia areata is thought to be an immune system disorder

that causes follicles to stop producing hairs in patches on the head. In severe cases, it can advance to the stage where all hair on the head is lost (alopecia totalis) or even a complete absence of body hair results (alopecia universalis).

In most cases, the hair will reappear on its own but until then, the condition can be very distressing to sufferers particularly as its cause can be difficult to determine. If you feel you may be suffering from this form of hair loss, seek the advice of your physician who will carry out a physical examination and conduct blood tests to help determine the cause.

Telogen effluvium is characterized by a general thinning or shedding of hair over a period of months and is most commonly found in people who have recently experienced trauma. Common causes include childbirth, major surgery, severe illness, psychological stress, and chemotherapy. The good news is that the abnormal growth behavior associated with telogen effluvium is temporary and reversible.

There are numerous other less common hair loss causes that need to be discounted before a course of treatment is chosen. Traction alopecia is the loss of hair from constant pulling, usually as the result of hair styling.

Broken hairs can result in thinning, often caused by excessive styling or exposure to chemicals and sun. Finally, severe illnesses or nutritional deficiencies can cause side effects that may include degrees of hair loss.

Natural Hair Care Products?

The effectiveness of modern, natural hair care products is known to all because they are very effective in reducing hair loss and enhancing hair beauty. They are also perceived as being free from side effects and may deliver additional health

benefits.

Balanced diets rich in vitamins and minerals are a must for hair health. In this regard, natural products are receiving increased recognition after years of neglect. Natural hair care products have become popular for both external and internal use. Besides, they have less chance of causing over- treatment and them rarely over-dry or over-condition your hair.

Using the right hair care and beauty products is essential for the look and health of your hair. But, the problem with natural hair care products is that you may find it difficult to choose one that is appropriate for you and your hair. Most of the products available in the market today, bear a "Natural" label, whether genuine or fake making it harder to find a good natural hair care product.

Four types of products make a medley of hair care items. The four basic natural hair care products are hair cleansing products, hair conditioners, hair remedies and hair nutrition products.

What Are Natural Hair Care Products?

Not all natural hair care products all natural. Products available in salons and over store counters are never 100% natural, because, for better results and preservation issues, they need to contain a certain amount of synthetic ingredients. The synthetic products can also provide better foaming, cleaning and emulsifying than 100% natural products. However, you can prepare some homemade hair care products that are absolutely natural.

You might have come across some organic hair growth products and equaled that with natural hair growth products. However, they are different. Organic does not mean natural. You can prepare organic products synthetically and those products are

not always safe, gentle and effective.

Some Natural Hair Care Products

Nettle Root Extract: It is rich in vitamins A and C, it is used as an inhibitor of 5-alpha reductase.

Saw Palmetto Extract: It is an effective anti-androgen and fights benign prostatic disease by lowering levels of DHT. That's why it is good for the people in androgenetic alopecia.

Rosemary and Sage: These are very good natural hair enhancers. Boil together in water rosemary, sage, peach leaf, nettle and burdock and use in the hair. This will strengthen your hair.

Jojoba Oil: It keeps your scalp healthy and free from skin diseases. It controls dandruff. Jojoba oil is also a great moisturizer for your hair.

Aloe Vera: It balances the pH level of the scalp and heals by cleaning the pores. Shampoo made up of aloe vera gel with a small amount of wheat germ oil and coconut milk is a great hair enhancer.

Henna: Henna is a popular natural hair conditioner and hair coloring product. It is excellent for the maintenance of healthy hair. It protects hair from breakage and restores hair shine.

Psyllium husk: Psyllium husk works as a laxative agent, it safely move waste through the colon. And makes your digestive system clean healthy, which is necessary for better hair health.

Following are some of the effective **home remedies for hair loss**:

- Boil one cup of mustard oil with four tablespoon heena (mehendi) leaves.

- Filter it and keep it in a bottle. Massage it on the bald patches regularly. It is a very effective **natural remedy for baldness**.
- Grind fenugreek seeds with water and apply on the head. Leave for at least 40 minutes before washing. Continue it for a month.
- Do a vigorous rubbing of the scalp with fingers after washing the hair with cold water. It is also a good **natural hair loss treatment**.
- Rub the bald area with onions till it becomes red. Then apply honey on the bald area. It is a very effective **natural cure for baldness**
- Make a mixture of honey with egg yolk. Properly massage on the scalp and hairs. Leave for a 1/2 hour, then wash
- Prepare a homemade shampoo by adding 5 tbsp of curd, 1 tbsp of lemon juice and 2 tbsp of gram raw (chholia) powder. Apply it on the head for an hour and then wash
- Apply fresh leaf juice of amaranth to the hair. It will help the growth of the hair and keep it soft.

Hair Loss Treatment And Advice

- Include plenty of protein and iron in your diet
- Take mineral supplements like calcium, magnesium, and zinc
- Do not use hair dryers
- Do meditation to reduce stress and tension
- Don't pull on your hair with a brush or comb when it is wet
- Do not use hair dyes (synthetic hair colors)

- Eat green and leafy vegetables

Effective Herbal Remedies For Hair Loss

- Mix 100 g each of amla (goose berry), reetha, and shikakai and boil in two liters of water till the liquid reduces to half. It is a good **herbal remedy for hair loss**
- Massage the scalp and hair with coconut milk or Aloe Vera gel. Leave it for ½ hour, and then rinse with warm water. Do this thrice a week
- Mix aloe Vera with herbal powder triphala and apply it to the hairs. Continue this for three to six months. New hairs will start growing.
- There are a number of Chinese herbs that can be beneficial for this condition. Chinese medicine treats the root imbalances in the body that result in alopecia. When the body is brought into balance, symptoms resolve themselves and slowly disappear.

He Shou Wu, polygonum otherwise known as Fo-ti, is one herb that can be beneficial for people with alopecia areata.

This herb has been used traditionally in China for graying hair and premature hair loss. It is a general tonic for the brain and the body and can improve the quality of hair growth on the head. It can take three to six months of use to see the full benefits of Fo-ti. The Chinese have also traditionally used this herb as a longevity tonic.

Ligustrum and eclipta are also two Chinese herbs used to nourish hair growth by strengthening the Liver and Kidney Yin energy of the body. Research done in China have shown that these herbs can promote hair growth in people with alopecia

areata.

Chinese wolfberries are also a general body tonic that improves blood circulation to hair follicles of the head. This herb can work well in combination with the herbs listed above.

In order to clear the inflammation and acidity that can trigger alopecia, mint, dandelion, and honeysuckle herbs can be used in combination.

Some supplements that may be of benefit in combination with Chinese herbs include vitamin C, flaxseed oil, and nettle tea. All of these are anti-inflammatory and detoxifying to the body. Eating black beans and black sesame seeds can also be helpful when taken alongside Chinese herbs.

Chinese herbs are a safe, natural, effective, health-promoting way to treat alopecia areata and increase hair growth.

Perhaps the most natural hair loss remedy out there simply involves getting enough blood flowing to the scalp. This can be accomplished in a number of ways. One way is by massaging your scalp. This is a great way to relieve stress, which is what causes less blood flow to your scalp and thus is a major factor in hair loss. Deep breathing and lying with your feet propped up are other good ways to get your blood flowing where it is needed. A strong supply of blood to the scalp means natural and healthy hair and a decreasing chance of hair loss.

Daily Hair Care Tips

Your hair makes you look gorgeous, bold and beautiful. It is your hair because of which you attract the attention of other people. So it is natural that you will always expect that your hair will look good and as that as people like them. But certainly, your hair didn't fulfill your expectations on every other day. Even though some time you feel disappointed

because of your hair. The reason is simple; you are unable to keep them as you want and as others like them. In such a situation definitely, you would like to spend some time on your hair and then it is obvious to know about Hair Care.

But before jumping into those hair care tips it is equally important to know that what are the factors, which affects your hair and hairstyle?

The biologists argue that the characteristics of hair of a person depend on several factors some of which are inherited. Some factors are genetic means that DNA programming is responsible for your hairs the way they look. The secretion level of hormones also contributes to hair looks. And after all, the entire environment especially the air and water greatly affect your hairstyle. That's why every person some time experience the bad hair day. But if you are willing to take a little care, you can say good-bye to bad hair day, which might not be permanent and need your attention from time to time.

Tips On Hair Care:

Here are few tips that will help you to either not seeing a bad hair day or to come out if you are experiencing at present.

- Stick to a healthy life style. Give up your smoking habits, do exercise regularly, eat a balanced diet and use relaxation techniques when stressed.
- Get a deep sleep in the night, do not sleep with burdens otherwise, you will have a disturbed sleep enough to trap into a bad hair day.
- If you are using hair styling products and cosmetics, try to avoid using products containing alcohol particularly in high concentration.
- Do not put hair styling products on your scalps, this will

block the pores on your head and may harm your head and hair both.

- Swimming is a good exercise, do it. But before jumping into a swimming pool wet your hair enough with plain water. Pool water contains chlorine, which is not good for your hair.
- Set your hair dryer on cool settings, hot is not for your hair.
- Keep hair dryer moving, do not stick it to one place for long.
- Before using a hair dryer, use a good quality towel to dry hair and then use a hair dryer to get rid of wetness.
- Use a comb that bristles are made of animal hairs, it would be soft on your hairs.
- Always use clean comb/brushes. Clean your comb/brushes with soap or shampoo on a regular basis.
- Always comb/brush your hair downwards.
- Shampooing your hair is important. Always use good quality products.
- Use trial and error method to select a shampoo for you and choose the one that is best suitable.

Biotin And Hair Loss

Falling hair is normal, when you take bath roll in the bed, do combing and such other activities, you lost some of your hairs. It is very natural. But if your hair falls and that too in such a quantity that makes your head poor haired then it is a deficiency, which may ultimately lead to baldness. If this is the case, then you are suffering from hair problems. The causes may be many and you need to identify them, but ultimately your body is deficient of Biotin. Yes, Biotin, it is the vitamin, which makes your hair healthy, strong and good looking. It is clinically proven, so maintaining a good level of Biotin in your body system is as essential as maintaining other vitamins and minerals. Biotin is necessary for your hairs health and overall wellbeing.

Medical specialists advise that the persons suffering from Hair Problems must take Biotin in addition to other medications.

So if you are suffering from hair problems, must go for medications with Biotin substitutes. Foods like eggs. Yolk and liver contain a lot of Biotin, you need to consume these foods in rich quantity to maintain your health and prevent hair loss.

Using a Biotin enriched shampoo may also help in improving your hair health.

Some more foods rich in Biotin are; brewer's yeast, green peas, oats, soybeans, walnuts, sunflower seeds, green peas, bulgur and brown rice, etc. Eating these foods and food products will help your body in maintaining a good level of Biotin.

A person who is a patient of heartburn, acid reflux or GERD absorbs less amount of Biotin and hence may trap into hair

problems. This is because; a person suffering from above-mentioned disease takes a lot of antacids.

So now, you will definitely agree with the fact that Biotin is a hair food, and important for good hair health.

What Else Biotin Does For Your Body?

Biotin is a member of Vitamin B complex family also sometime known as Vitamin H or Vitamin B7. This is soluble in water, which means, if the body has a high level of Vitamin H at a certain day or time, it passes out through Urine. This vitamin is produced in the intestine with the help of bacteria in the intestine. Biotin helps in the metabolism of carbohydrates, fats, and proteins and helps in maintaining steady blood sugar. So, it is good for the persons suffering from Diabetes. Diabetes is a major disease across the globe and affects several men and women.

Biotin does processing of glucose and we know glucose is one of the sources of energy of our body to perform work and maintaining wear and tear of the body. Biotin also helps in making of DNA, RNA and nucleic acids and production of fatty acids. Growth and replication of cells depend on Biotin.

Thus, on one hand, Biotin helps in maintaining good hair health and on the other hand, it is important for several bodily functions.

Sources Of Biotin

The main sources of Biotin are; liver, kidneys, milk, cheese, butter and other dairy products, egg yolks, oysters, lobsters, poultry, cauliflower, avocados, bananas, strawberries, watermelon, grapefruits, raisins, mushrooms, green peas, blackcurrants, brewer's yeast, wheat germ, nuts, beans, lentils, oat bran, whole grains, oatmeal, peanut butter, molasses, and

foods like salmon, tuna, mackerel, and herrings (foods rich in Omega – 3 fatty acids).

A healthy person and pregnant woman must take 300 grams of Biotin in the daily diet. Breastfeeding mothers need about 350 micrograms of Biotin. *Symptoms of Biotin Deficiency*

People affected with Biotin deficiency may show dry or scaly scalp, a loss of appetite, hair problems; closely associated with Biotin deficiency, nausea, depression, dermatitis, anorexia, and anemia.

A Hair Loss Cure For Men

Procerin is a natural remedy for hair loss has been found effective in reversing hair loss in men caused by androgenetic alopecia, the most common cause of male hair loss, thinning hair and receding hairlines often referred to as widow's peak. Basically men suffering from androgenetic alopecia have extremely high levels of the chemical dihydrotestosterone, a by-product of the major male hormone testosterone, so when this hormone is converted into DHT the results are hair loss and this is where Procerin steps in and blocks the production of DHT and unlike other medications does not with react with testosterone.

Procerin has been scientifically designed to help men retain and regrow their hair. The 17 active ingredients are all-natural herbal, vitamin, and mineral DHT inhibitors and include, Saw Palmetto Berries, Gotu Kola, Nettles, Magnesium, Zinc Sulfate, Siberian Ginseng, Vitamin B-6, Pumpkin Seed Meal, CJ-11 Factor, CJ-9 Factor, and Mura Puma Root, because the Procerin hair loss product for men contains only natural ingredients the only known side effects are mild stomach discomfort for the first few days, if you are suffering an illness it is wise to consult your doctor before use especially if you are currently taking an MAOI inhibitor.

Studies have shown that Procerin is more effective as a natural hair loss remedy in men aged between 18-35 and those whose hair is still in a growth phase. Men that still have growing hair experience an increase in hair count, and improvement in both hairline and thinning at the crown of their head, because hair grows at an extremely slow rate (about 1" every two months) it best to take Procerin for at 1-2 months before results can be expected, but some users of Procerin have reported good results after only 2 weeks, most men take 1-3 months before significant increases in hair count occur, not bad compared to Propecia that can take up to 6 months for good hair growth results.

So does Procerin work? Procerin has had many good results with many success stories and the companies boasts that Procerin the natural hair loss remedy works with 92% of men who suffer androgenetic alopecia the most common cause of hair loss plus Procerin is a cost effective alternative to other hair loss products like Propecia & Rogaine and unlike prescription medication Procerin is backed by a 90-Day Unconditional, No questions asked Money Back Guarantee so you have nothing to lose except your hair of course.

Female Hair Loss

Hair loss is a common problem amongst all the men and women. Many of the women of our society are facing the problems of hair fall and even going almost bald. The cause may be any but sometime it affects the confidence of women more in comparison to their male counterparts. Hair of a woman is the important asset to make her healthy and gorgeous. For many of the women hair, problems are not only biological setbacks but a part of self- esteem too.

The root cause of hair loss in women is not genetic but it is related to several other metabolic problems like pregnancy, stress, chemotherapy, crash diets/anorexia, thyroid hormone deficiency, major surgery, sever infection or high fever. Hair loss in female due to above mentioned factors is normally temporary, so if you are facing hair loss and at the same time going through any of the above mentioned 'trauma', don't be panic, keep patience, take prescriptions and precautions and after all a diet rich in proteins, vitamins and minerals. Definitely, your hair will grow again and as healthy as before.

The pattern of hair loss in females is completely different from males. While males go bald, the baldness in females is rare. The normally occurring pattern of hair loss in females is found as thinning and lessening in shaft hair diameter around the forehead and crown of the scalp. The pattern is more to be found in females in the forties. This pattern may also found in the females with the beginning of menopause. According to clinical trial and statistics, about 13 percent of females experience hair problems before menopause while this number is alarmingly high, about 37% for post menopause.

As a female grew old, the intensity and level of a hormone called Estrogen drop in her body. The estrogens block the

steroid hormone pre

-menopause, which results in low level of DHT. Post menopause the level of DHT in females rises and some time it is so high that it causes hair problems.

Amongst commonly occurring post menopause hair problems are a decline in hair growth, thinning of hair and general effluvium. As a female enters into her 80's, the follicle shrinks completely and hair growth stops.

The very reason of hair problems in women after post menopause is the reduction of estrogen in the body. The different estrogen opposes androgens and makes themselves unavailable for the cells, by blocking androgen receptors.

Opposing estrogens reduces heavily at the onset of menopause but androgens remain available to the hair follicle and stem cell that is converted to DHT.

Major Causes of Hair Loss in Females

The most common type of hair problems diagnosed in females is Androgenetic alopecia inherited. However, this is the most common cause of hair problems in males as well. Androgenic alopecia in females is seen as hair thinning which means the number of hair on female head heavily reduces. Since the reason of hair loss varies individual to individual and hence proper medical help is of utmost importance.

Some other common causes of hair problems of females are mentioned here:

- Alopecia areata - This is a patchy loss of hair from the scalp. Sometime eyebrows and other hair bearing parts begin losing hair. This type of hair loss is considered to be due to autoimmune.

- Traction alopecia- This type of hair loss occurs because of continuous traction pressure on hair follicles. Sometime this may occur because of tight braiding or corn – rowing of hair.
- Trichtotillomania- This type is supposed to be the cause of stress or result of some other psychological disorder.
- Telogen effluvium- This is associated with poor nutrition, drugs, and stress.
- Loose anagen syndrome- This disease is more common in fair haired ladies. This is the situation in which bunch of hairs drops down while combing, shampooing, etc. Normally the scalp hair comes out very easily and this lessens the hair density on your head.
- Triangular alopecia- In this situation hair around temples lost.
- Scarring alopecia- This type of hair loss in females is caused, when one goes through some type of physical trauma etc. Sometime traction alopecia introduce to scarring alopecia

So if you are a female and suffering with hair loss problems, go for professional medical help, take a diet rich in nutrition and prevent hair loss.

Finding a Hair Loss Solution

As a female, if you are facing thinning and losing hair, you are probably pretty stressed by it. However, you will not be worrying and causing more hair to drop once you understand some facts about female hair loss.

You see, in many cases, female hair loss is just a temporary occurrence and hence, finding a hair loss solution to it is relatively easy.

Androgenetic alopecia is the hereditary form of baldness that affects 50 percent of men, and some women after 40. Female hair loss usually starts after menopause although it can begin earlier. The main reason for this is that estrogen levels decline. Hormonal changes cause hair to thin.

It is comforting to note that other than androgenetic alopecia, the most common cause of hair loss in women, is a result of metabolic and hormonal changes. Thus, the hair loss is usually temporary. Also, unlike men, women rarely become totally bald. However, what females generally experience is the thinning of their hair.

For example, in the case of pregnancy, hair loss is temporary and should stop about 6 months after birth. When a woman is pregnant, a large amount of estrogen is produced causing the hair follicles to go into their growth phase. Once the baby is born, the woman's hormonal balance is restored. The reverse now happens with the hair follicles going into a hair loss phase. While nothing much can be done to prevent hair loss during this period, applying hair tonic to hasten hair re-growth can be a helpful solution.

Crash diets leading to rapid weight loss over a short period of time prompts excessive hair loss.

Physical and emotional stress can cause hair loss but this usually only occurs after a prolonged period of time and in extreme cases.

Once stress levels are restored to normal levels, hair loss should stop. Thus, a good hair loss solution is to find ways to reduce stress!

Certain drugs can also cause hair to shed. The most common medical treatment that causes hair loss is chemotherapy. The drug medication attacks the hair cells, causing hair loss from

the scalp. Certain prescription drugs (for thyroid hormone deficiency, diabetes, and lupus) and dieting supplements are also causes of hair loss. Once these drug medications are stopped, the hair loss problem should disappear.

Other stresses to the hair may include frequent dyeing and chemicals eg. perming solutions applied to the hair. Generally, healthy hair can undergo these treatments without showing signs of stress, if they are not done too often. But if hair is not allowed a chance to recover from the constant application of hair chemicals, then it becomes brittle and starts to break off. Hair loss treatment products to help strengthen the follicles should help when applied to the scalp.

Once you understand what is happening to your hair, then seek out the right hair loss solution. In most cases, if the cause is temporary, then you can be assured that your problem will pass with the right remedy actions. However, for the more serious cases, do seek the professional help of a licensed dermatologist for a complete diagnosis and treatment plan.

Balding Solution for Men and Women

Androgenetic alopecia (male and female pattern balding) is by far the most common cause of hair loss amongst men and a serious problem for many women. There are three important components which are responsible for both female and male balding:

- A genetic predisposition for balding to occur.
- Excessive presence of male hormones.
- Aging - enough time for the first two factors to occur.

Both men and women produce male hormones that have a useful role to play in both sexes, but the fact that androgens occur in much higher concentrations in men explains why male pattern baldness is more common than the female balding.

DHT The Root Cause Of Hair Loss

It is metabolism of male hormones (androgen/testosterone) which is the main cause of hair loss and male and female pattern balding both in men and women.

The metabolism of androgen involves an enzyme called 5 alpha reductase which combines with the hormone (testosterone) and converts it to DHT (Dihydro-testosterone). DHT is a natural metabolite of our body.

The Cause Of Male And Female Pattern Balding

Some individuals, both men, and women are genetically pre-disposed to produce more DHT than the normal individuals. It is this accumulation of DHT and its effect on the cells inside the hair follicle and root which is one of the primary causes of male and female pattern balding.

When DHT gets into the hair follicle and root, especially a region called the dermal papilla, it changes the cell' activity and prevents necessary proteins, vitamins and minerals from providing nourishment needed to sustain life in the hairs of those follicles. Consequently, hair follicles are reproduced at a much slower rate. This shortens their growing stage (anagen phase) and or lengthens their resting stage (telogen phase) of the follicle. DHT also causes the hair follicle to shrink and get progressively smaller and finer. This process is known as miniaturization and causes the hair to ultimately fall. DHT induced androgenetic alopecia is responsible for 95% of all hair loss.

Blocking the synthesis of DHT at the molecular level forms the basis for the treatment of MPHL (male pattern hair loss) and FPHL (female pattern hair loss). There are many natural DHT blockers and a number of drugs which are used for medical hair restoration.

A Cure For The Age Old Problem Of Hair Loss

Men aren't the only ones looking for a cure for hair loss. Some women are also affected. One solution is delving into the Internet for answers.

Cyberspace will provide you with a number of solutions to this confidence-breaking problem. You can even sift through a variety of reviews posted by individuals who have tried specific products.

Depending on what you're willing to spend, there is surely a cure for hair loss suitable to you. I recall when my older brother began losing his dew toward the end of high school. I felt awkward about this I must admit. Why do some guys start losing their hair at such a tender age? Much actually depends on genetics and stress. I'm guessing it was stress in this case since my mother's father has a full head of hair.

If you watch television, then you've most likely spotted a hair loss commercial or two. Those sometimes quirky, yet cheesy ads don't offer much solace when we start going bald up top or the forehead starts to expand. Luckily there are quality solutions at hand. The first step you should take concerning a cure for hair loss is consulting a family doctor or possibly a trichologist. He or she will be able to present you with some decent options.

The good news is many of these products are effective, but not so expensive these days. You can get your hair back. You just need to exhaust your resources in order to pinpoint that perfect cure for hair loss.

This certainly is the simplest choice, but it doesn't have to be your only option. You can find an effective cure for hair loss if you do your homework. In the cosmetically advanced world we currently reside in, there's no reason why you have to take your hair loss like a man.

Are you in desperate search of a cure for hair loss? Many men across the world are going through a daily struggle with hair loss. The inevitable affliction sadly becomes a reality for many of us. Although most men do not prefer a bald scalp, some are taking this route and avoiding the struggle altogether.

This can be helpful in your search for the right and ideal cure for hair loss. You've simply got to love the Internet. If you discover an over-the-counter cure for hair loss, you can likely pick it up at any corner drug store.

Hair Loss Remedies To Do At Home

The first easiest way to help stop losing hair naturally is to get the right vitamins that you need for your hair to grow. Many people don't realize that by changing your diet and certain vitamin and mineral intake amounts, hair loss can be stopped. Begin by altering your diet to increase your zinc intake. Improving your consumption of this mineral is helpful as a hair loss remedy. This is a mineral that is responsible for an oily scalp and helps grow strong hair follicles. Other vitamins and minerals that help are silica and heme iron. These natural hair loss remedies will not prevent male pattern baldness but may help keep hair thicker longer.

There are supplements that include the vitamins and minerals needed to help with hair loss.

Besides natural hair loss remedies such as vitamins that help hair loss, natural and unnatural grooming habits may also have

an affect on hair loss. The first topic to discuss when it comes to grooming and hair loss is the brush.

Brushing or combing your hair too much is damaging to your hair and can lead to damaged hair and, eventually lost hair. However, it is beneficial to brush your hair within reason, as it relaxes the scalp, and stimulates blod flow to the follicles on the scalp.

Also, avoid using a fine tooth comb on your hair. Usually, these are used when the hair is wet, which is a time when hair is weakest and can be damaged much easier than if it were dry.

Shampoo can also be a leading cause of hair loss if you're not using it correctly. Don't use too much of it because it can strip your hair of the nutrient it needs. Letting your hair naturally accrue oils means it will be getting the nutrients necessary to become stronger and healthier.

Shampoo/conditioner combinations are also not a wise choice because when they are combined they lose their respective strengths and do not give the hair what they are supposed to.

Although there are a variety of medical treatments that can effectively treat most cases of hair loss, many people choose to go the natural route instead. By using natural remedies for hair loss you can avoid the pain, inconvenience and high cost of medical hair loss treatments.

Many people who follow a natural lifestyle prefer the organic base of natural remedies. Plus natural remedies are readily available, easy to mix and use and there are usually no side effects that can often be associated with other forms of hair loss treatment. The most common base of natural hair loss remedies are herbs and essential oils. Here are a few remedies that contain them:

- Red pepper - This herb can be mixed with water and applied

to the affected areas of the scalp. The pepper irritates the skin and causes the release of histamines in the area. These histamines can alter cell division and encourage hair follicle production.

- Rosemary and sage - These two herbs can be boiled together to make a rinse that promotes hair growth. After steeping strain the water from the herbs and use it as a rinse after shampooing. The rinse will help stimulate hair follicle production and end extended resting phases in the hair growth cycle.
- Aloe Vera - This plant has been proven to balance the pH level of the scalp, clean the hair follicles, and heal irritated skin. Applying the gel or liquid of this plant directly to the scalp can help activate two of the enzymes in the body that are responsible for normal hair growth.
- Safflower, lavender, thyme, bay, and cedar essential oils - These oils can stimulate the hair follicles into production, dilate blood vessels to boost blood flow and relax the skin to prepare it for healing. Applying these oils, either alone or mixed with jojoba or grape seed oil, can help promote hair growth in areas of temporary hair loss.

Massage and aromatherapy have been used with some success. In minor cases of temporary hair loss, hair growth can be stimulated by massage, since blood and oxygen flow to the scalp must be healthy in order for hair to grow.

A blend of six drops each of lavender and bay essential oils in a base of four ounces of either almond, soybean or sesame oil massaged into the scalp and allowed to sit for 20 minutes has been used by aromatherapists to stimulate the scalp.

The Best Natural Hair Loss Treatments

Natural hair loss treatment is a wonderful option for those suffering from any sort of hair loss. Treating hair loss naturally is becoming a trend for treating hair problems and today's media plays a vital role in popularizing the trend. However, there are several critics too, which argues that the treatment of hair problems cannot be done naturally and natural supplementation to hairs is not possible.

Most of the people and specially those suffering from hair loss either have to believe the hypothesis or have to reject and in either case, one has to either gain or loss something. Generally, people looking for hair loss treatment options end up with biased and distorted reports which do not serve the purpose.

So if you are the one suffering from hair loss then you have to find a best possible solution for treatment, be it natural treatment or medication or something else.

Since your food plays a vital role in making up your body and performing different bodily tasks, this is very important for you to analyze your food for the proteins and vitamin contents. You also can choose hair loss food to treat your hair loss naturally. Natural hair loss food supplements are gaining popularity these days. However, there are no significant proofs available to support the logic if a food supplement helps in treating hair problems or not.

Since the food you eat imparts to your overall body health and hair are part of your body, you have to look for the following key supplements in your food, assuming the fact that the

problem of your hair loss may be the cause of nutrients in your diet:

Vitamin A

Vitamin A is very vital in maintaining your body and hair health. This also works with silica and zinc to avert clogging and drying of the sebaceous gland. Sebaceous gland produces a fluid named sebum which is very important in producing lubricants for the hair follicles.

Due to deficiency of vitamin A, your scalp becomes thick and dry which causes dandruff filled hair and ultimately hair loss.

Bad air, extremely bright light, some cholesterol drugs, laxative, and aspirins, etc often cause hair problems. Alcohols are deficient in vitamin A.

Consumption of vitamin A more than 25000 IU per day regularly for nine months also causes hair loss.

To fulfill the vitamin A of your body, you have to consume food items like; fish oil, fortified milk, liver, red/yellow spinach, and oranges.

Vitamin B6, B12, Folic Acid

All of these three vitamins are very important in maintaining a level of hemoglobin in the blood. Hemoglobin ensures the supply of oxygen from lungs to tissues of the body. So, if your body is deficient in these three vitamins then your hair skin will suffer.

All of these three vitamins i.e. vitamin B6, B12 and folic acid, work together so that you must have of each one to fulfill the need of these vitamins in your body.

To ensure the supply of enough vitamin B to your body, you

have to consume foods like liver, fish, chicken, pork, soybeans, and kidney, etc.

Vitamin C

Vitamin C ensures the health of collagen in your body. Collagen is necessary to hold your body tissues tightly. The deficiency of vitamin C in your body can cause split ends and hair breakages.

To ensure enough supply of vitamin C in your body, you consume foods, like; fresh peppers, citrus fruits, melons berries, potatoes, tomatoes and leafy green vegetables, etc.

Vitamin E

Vitamin E in your body is responsible for healthy blood circulation and supply of oxygen to the scalps. Vitamin E deficiency is normally due to the inability of the body to absorb oils and fats.

To ensure the sufficient supply of vitamin E in your body, you have to consume foods like leafy green vegetables, nuts, grains, vegetable oils, and ready to eat cereals, etc.

Iron (Heme)

This is the kind of iron which is found in leafy green vegetables. Heme is completely different from the iron that comes from red meat. The good sources of heme iron are; leafy green vegetables, kidney, beans, and bran.

To ensure the supply of heme iron in your body, you must have to consume these food items.

Zinc

Zinc produces cells and imparts to tissue growth and repair. Zinc also promotes oily scalps and hair follicles.

To ensure enough supply of zinc in your body, you have to consume sea foods like oysters, etc.

Iodine

Iodine is very vital to your body health as well as hair health. To maintain enough of iodine level in your body, you have to consume foods like seaweed, salmon, seafood, lima beans, molasses, eggs and potatoes (skinless), watercress and garlic.

Proteins

Proteins are very important for your body and hair health. Eat meats, fish, milk, cheese, eggs, and yogurt to maintain enough supply of proteins to your body.

Silica

Silica is also known as a trace mineral. The deficiency of silica in your body causes hair problems. Although your body needs this mineral in very less quantity i.e. only in traces, you must have to maintain that your body is getting enough supply of silica each day.

Some rich food sources of silica are rice, oats, lettuce, parsnips, asparagus, onion, strawberry, cabbage, cucumber, leek, sunflower seeds, celery, rhubarb, cauliflower and Swiss chard.

Have enough of these foods in your diet to maintain the desired amount of silica in your body.

Aloe Vera

Indians, Native Americans, and Caribbeans have used Aloe Vera to promote healthy hair and prevent hair loss since ages. Aloe Vera balances the pH of the scalp and heals from within. It is also helpful in cleansing the pores. A general remedy of Aloe Vera gel with coconut milk and a small amount of wheat germ

oil used as a shampoo has shown great benefits. Aloe Vera surely helps you stop hair loss.

Jojoba

If you are affected with hair problems like eczema, psoriasis, dandruff or seborrhea you are requested to use jojoba oil. Native Americans and Mexicans have used jojoba oil for centuries to prevent hair loss and to control dandruff. Jojoba oil works well for hypoallergenic skin, as is a good moisturizer. This is one of the best hair loss treatment products.

Henna

Henna is a traditional Indian herb, which is a good natural conditioner and works great as a hair loss treatment product. It heals hair shaft by sealing the cuticle and repairing, stops breakage and restores the silky-shiny effect of your hair.

Capsicum

It stimulates hair growth by 50% and increases the flow of blood to the scalp. This herb is effective in preventing hair loss.

Lemongrass

This herb helps to stabilize oil product in the scalp. It also provides nourishment to the hair. You can use oil of lemongrass for massage as well.

Dong Quai

Formation of DHT is the main cause of hair loss. Dong Quai contains phytoestrogens, which reduces the formation of DHT. Hence, Dong Quai is believed to be helpful in hair loss.

It is recommended that you consult an expert to know which hair loss treatment product is suitable for you.

One thing to keep in mind when using the above type of remedies is massaging in the application. When you massage the scalp for at least 15 minutes during the application you can increase the stimulation of the hair follicles, increases the blood flow to the area and helps the oil or herb to penetrate more deeply.

Other things you can do include:

- Eat a diet high in fruits and vegetables and low in starch. This may help to slow down the process of hair loss. Fruits and vegetables contain flavonoids, many of which are antioxidants that may provide protections for the hair follicles and encourage hair growth.
- Eat plenty of foods high in biotin and/or take supplemental biotin. Biotin is needed for healthy hair and skin. And may even prevent hair loss in some men. Good food sources of biotin include brewer's yeast, brown rice, bulger, green peas, lentils, oats, soybeans, sunflower seeds, and walnuts.
- Include soy foods such as soybeans, tempeh, and tofu in your diet. Soy foods appear to inhibit the formation of DHT, a hormone implicated in the process of hair loss.
- Lie head down on a slant board 15 minutes per day to allow the blood to reach your scalp.
- Hair is fragile when it is wet. Gently pat your hair dry and squeeze out remaining moisture with a towel.
- Cover your hair when it is exposed to sunlight. Long exposure to sunlight and seawater can damage the hair.
- Avoid rough treatment. Do not use a brush or fine toothed comb, or towel-dry your hair. Also, do not use a blow dryer or other heated appliances on your hair, let it dry naturally. Do not comb your hair until it is dry, as wet hair tends to

break off. Do not wear tight ponytails, cornrows, or other styles that pull on the hair.

Natural Hair Loss Treatment – Herbs

Hair loss treatments are usually divided into two groups: natural hair loss treatments and all the other hair loss remedies. Unfortunately, many people that experience hair loss are not aware of the natural hair loss remedies.

They usually get frustrated after having side effects of the hair loss remedies or spend too much money on ineffective hair loss remedies.

Herbal hair loss treatments have been proven effective for decades and in some cases even centuries. They cause no side effects, cost less than any other hair loss treatment and bring good results in preventing hair loss, stopping hair loss and regrowing hair.

Here are some of the most common herbs for hair loss:

- Rosemary (Rosmarinus in Latin) – known for stimulating hair growth and for enhancing dark hair.
- Dong Quai – A Traditional Chinese herb that contains phytoestrogens that reduce the formation of DHT. Hence, Dong Quai is believed to stop hair loss and even regrow hair.
- Saw Palmetto – A small creeping palm - Also known as *Serenoa repens*. It contains free fatty acids and phytosterols, which block the formation of DHT and by inhibiting the enzyme 5-alpha reductase that contributes to androgenetic alopecia and has shown to be more effective than Finasteride in some cases.
- Aloe Vera - Taken from the inner leaves of plants, it is a

substance in a gel formation that is known for its ability to calm irritated skin. It protects the scalp and hair and also known as a good remedy against Alopecia.

- Capsicum – A type of hot peppers which stimulates hair growth by at least half and increases blood flow to the scalp. This herb is good for regrowing hair.
- Lemongrass – A pale green stalk about 18 inches long. This herb stabilizes oil product in the scalp. It also increases fullness and body to the hair.
- Boarage oil – Boarage oil is one of the proven hair loss treatments. It contains omega-3 fatty acids. Its presence in a diet may help to prevent hair loss. In fact, it may even help promote hair re-growth. Boarage seeds also contain gamma linoleic acid (GLA), an omega-6 fatty acid. The latter - a good fat - may help prevent male pattern baldness.
- Stinging nettle (*Urtica dioica*) – It has been used as a hair tonic for centuries. It supposedly stimulates new hair growth and revives hair color. DHT is the hormone responsible for male pattern baldness and a nettle root extract reportedly prevents testosterone from being converted to DHT.
- Green tea extract – Green tea extracts also hamper the conversion of testosterone to DHT. The catechin concentration in green tea is higher than that of black tea. Unlike black tea, green tea is not allowed to dry and ferment. That helps to retain catechin integrity.
- Grape seeds - Grape seeds contain OPCs (oligomeric proanthocyanidins). They stimulate epithelial cell growth and check the growth-inhibiting effect of the molecule TGF-beta2 produced by androgen affected hair follicles.
- Apple skin – It is another effective natural hair loss treatment agent. Studies have established procyanidin

therapy as a potential treatment for male pattern baldness. Apple procyanidins reportedly have high level hair-growth promoting capacity. The skin of green apples is the richest known source of procyanidin.

- Black cohosh – It has the ability to regulate estrogen hormone levels. Therefore it is potentially helpful in hair loss prevention and restoration. It is a regular component of natural hair loss restoration formulas.
- Licorice - This native European herb is famous as an excellent expectorant and is an effective hair loss treatment agent as well. As black cohosh, it can also regulate estrogen hormone level.
- He Shou Wu (*Polygonum multiflorum*) - This Chinese herb is a common component of various natural hair loss treatment agents.
- Pygeum (*Pygeum africanum*) – It has two uses. One is treating male pattern baldness and the other is treating prostate related problems.
- Cinnamon and Dragon Bone - It helps in solving round spots of alopecia.
- A mixture of Bupleurum and Dragon Bone - It is another agent to treat round alopecia spots.
- Silver and Platycodon Formula - It is another herbal supplement promoting hair growth.

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Pamper Your Hair to Help Them Grow Faster

Today everyone has one question on their mind i.e. how to make hair grow faster?

Short hair is old-fashioned. Thick and long hair is now in vogue. In the prevailing scenario, everyone has one question on their mind i.e. How to make hair grow faster? Healthy hair requires an optimal delivery of oxygen to breathe and penetrate. An adequate supply of nutrients from the circulatory system to the hair follicle is required for hair to grow faster. Hair if deprived of natural vitamins, proteins, amino acids, and other nutrients may lack fullness, strength, and luster thus hurdling the route to hair growth.

Studies conducted earlier have stated that majority of the people are deficient in nutritional balance because of their busy lifestyle and unhealthy eating habits. In order to keep pace with faster hair growth, a nutritional diet is mandatory. Increase the intake of green leafy vegetables in your diet. Drink plenty of water. This improves blood circulation to the scalp and hence helps hair grow faster.

Hormonal imbalances also hinder the way of hair growth. A hormonal byproduct is known as dihydrotestosterone (DHT) gradually shrinks the hair follicles making them become dormant. Use natural hair care products to fight DHT and improvise hair growth.

Gentle scalp massage twice or thrice a week promotes faster hair growth. Massaging scalp with almond or olive oil can supplement hair follicles with nutrients.

In case you are experiencing a sudden hair loss, keep in mind that it may be due to acute stress or intoxication of the body due to the intake of some toxic metals. Therefore, get awareness on the pros and cons of a medicine before consuming it. Try to live a stress free life by doing yoga or meditation. Rely on the natural method of eliminating stress from your life. Do not be dependent on the stress relieving medicines for this purpose.

Vitamins are essential for hair to grow faster. So, pamper your hair with vitamin enriched shampoo. Limit the use of hair creams and gels on your hair. Deciding the right hair care product is important. With the increasing concern for hair growth, a number of hair care products are available in the market. It is advisable to authenticate the product before buying it. You can consult your dermatologist in this effort.

The occurrence of split ends is another stumbling stone in obstructing hair growth. Damaging of the protective part of hair called cuticle results in the splitting of hair ends. As they cannot be repaired, get them removed.

Trim your hair at regular intervals to promote faster hair growth.

Mayonnaise and beer can effectively serve the purpose of a conditioner. Using them once or twice a week on your hair can help replenish adequate moisture in hair.

A little care can help you get healthy and lustrous. Coddle your hair to help them grow faster.

Simple Scalp Exercise

A receding hairline is the most obvious sign of aging, being on the most prominent location. It is like falling leaves when autumn comes. That's why most of the middle and advanced

aged people suffer from thinning hair. And, to their constant disappointment, most males suffer from this misfortune.

Caring for your hair doesn't stop with washing and shampooing it. You have to pay equal attention to it in the same manner as you pay to other parts of your body. The hair needs nourishment just like the rest of your system to keep them in place and keep them from moving to your bathroom shower drain.

In your campaign for a healthier body most of the time the hair is not included. You work out every inch of your body, but not the hair. There are no exercises for it anyway, you might think. But decades ago, Sanford Bennett, became a celebrity for experiments that led to his physical rejuvenation at 70. Besides all the exercises he devised to make his face younger and his bodily muscles more robust, he also devised an exercise for a healthier and stronger scalp that could trigger the thicker growth of the hair.

To Bennett, the scalp, just like any other part of the body if exercised, would increase in strength and elasticity. This is because there are microscopic glands and muscles in the scalp. The law that applies to exercise the major muscles of the body also applies to those.

So how does it go? Alternately pull your hair in all directions and massage the scalp with the pads of your fingers while you lie in bed. This will improve the blood circulation and eventually feed the roots of the hair with the nutrients it needed. It also exercises the muscles in the scalp making the muscles stronger, which will logically hold the hair more strongly. And since the blood is pumped through the microscopic glands and muscles in the scalp, they are sure to increase in size, strength, and elasticity. This naturally results in much fewer hair falling and healthier-looking hair.

One of the best refreshers for the hair and the scalp is the alternate washing of hot and cold water. It also accelerates the blood circulation there. Wash the hair first with hot water, as hot as you can bear it. Then follow up with very cold water (but without using ice). Applying hot and cold towels alternately can be a good substitute. This procedure should be repeated at least five or six times.

Antioxidants And Food Supplements

Antioxidant supplements play a protective role in our general health including the health of our hair. Antioxidants supplements are supposed to slow down the oxidation reactions which are brought about by the free radicals. The Free radicals are highly reactive unstable atoms generated in our body that can damage cells leading to a number of diseases and ageing. According to the Free-radical theory of aging, these highly reactive oxygen species (ROS), damage the DNA, proteins and other cellular structures like the cell membranes and cell organelles.

The reaction of free radicals within cells and subsequent damage has been linked to a range of disorders and chronic diseases including cancer, arthritis, atherosclerosis, Alzheimer's and diabetes and inflammatory conditions

Antioxidants are able to slow down or block these dangerous reactions in the body. They do it either by reacting with intermediates and halting the oxidation reaction directly. They react with the free radicals and prevent the oxidation reaction from occurring.

Antioxidants supplements can be taken as dietary supplements or taken as tablets and capsules. Studies suggest those dietary antioxidants supplements provide a range of are benefits for our health. However, excess antioxidant supplementation may be counter-productive. Diet carrying antioxidant supplements A healthy and balanced diet containing antioxidant supplements plays a pivotal role in retaining your hair's health. Some of the

herbal nutrition supplements and some fruits which contain antioxidants serve as natural medications for hair loss.

Antioxidant food supplements are found in various forms – vegetables, fruits, grain cereals, legumes, nuts, etc.

The sources of antioxidants include fruits (berries and peppers, apple skins, cider, wine), vegetables (spinach, tea leaves), fungi (mushrooms), whole grain cereals (hops, barley, millet and maize), nuts (pecans, pistachios, almonds), beans (cacao including chocolate, coffee). Polyphenol antioxidants This type of antioxidant is characterized by the presence of several phenol functions. It is found in a wide array of phytonutrient-bearing foods. Examples include - most of the legumes; fruits like apples, blackberries, cantaloupe, cherries, cranberries, grapes, pears, plums, raspberries, and strawberries; vegetables like broccoli, cabbage, celery, onion, and parsley. All the above are rich sources of polyphenol antioxidants. Alternative sources of polyphenol antioxidant include red wine, chocolate, green tea, olive oil, bee pollen and several grains. Antioxidant vitamins: Some of the vitamins that are good sources of antioxidants, vitamins A, C, and E.

- Vitamin A- The animal form of vitamin A is retinol. It is a yellow, fat- soluble antioxidant vitamin found in animal foods such as eggs, liver, whole milk and fortified foods like fat-reduced milk, cereals, and bread. Vitamin A, are the dark-colored pigments found in plant foods like fruits and vegetables (especially dark green leafy ones) and include spinach, cantaloupe, carrots, sweet potatoes and squash.
- Vitamin C is a natural antioxidant helpful in maintaining healthy hair. Sources of this vitamin are foods such as citrus fruits, kiwi, pineapple, tomatoes, green peppers, potatoes with their skins and dark green vegetables. The daily recommended dose for vitamin C is 60 mg.

- Vitamin E - It increases scalp circulation which is crucial for hair growth. You get vitamin E from foods like wheat germ oil, soybeans, raw seeds and nuts, dried beans and leafy green vegetables. The daily recommended dose for vitamin E is up to 400 IU.

Choosing A Hair Loss Remedy

Hair loss solutions have become a craze in the modern world. However, one must be careful while choosing a hair care remedy. The herbal hair loss solutions are good choices as they have no side effect and are very effective as well.

Your external appearance and beauty of your hair contribute a lot to your personality. It is for this simple reason that there is too much rush for buying the cosmetic products. The market today is flooded with a variety of cosmetic products which offer all kinds of hair loss solutions and hair loss cures.

But before you choose a hair loss remedy for you, beware of the fake hair loss solutions and hair loss cures. It is always better to consult a doctor if you are suffering from hair loss. Hair loss can take place due to various medical conditions. It is quite possible that that your hair loss problem is not of permanent in nature and could be cured by some simple treatments.

Do not let over-the-counter drugs dupe you. You must diagnose the actual cause of your problem and search for the right kind of remedy.

- Herbal hair loss remedies –
- Herbal hair loss solutions play important role in countering hair problems. Herbal remedies have always been popular in traditional Indian and Chinese medications. Of late, they have been dominating the Western world as well.

Reasons For Their Popularity

There are mainly two reasons for their popularity.

First, they have fewer side effects. They are the ideal hair loss cures if you are looking for safe, risk free procedures.

Secondly, they are very effective. No, they do not stand for any overnight solution. But you may certainly notice a difference in the thickness, strength, volume, and sheen in your hair after using a herbal hair loss remedy. Herbal remedies increase circulation, disinfect the scalp and stimulate hair growth. There are some herbal remedies which also block the synthesis of DHT (dihydrotestosterone) the natural inhibitor of hair growth.

Some of the herbal hair loss cures that you may find useful are as follows -

- Green tea (*Camellia sinesis*) - Catechins in green tea inhibit the enzyme 5-alpha-reductase that converts testosterone into hair-unfriendly DHT. Therefore drinking green tea every day is a fruitful treatment for male pattern baldness.
- Ayurvedic Antistress Tea – Consuming this mixed drink of *Nardostachys jatamansi* and *Bacopa monnieri* 2 to 3 times a day relieves stress and prevents hair loss.
- Ginko biloba - It intensifies blood circulation to the scalp and skin. Consuming 120-160mg of dry Ginko extract every day can keep your hair follicles rejuvenated.
- Saw palmetto (*Seranoa repens*) – This herb is known for slowing hair loss and encouraging hair regrowth. It is a core element of many hair loss formulations. The recommended dose is a 160mg capsule twice each day.
- He Shou Wu (*Polygonum multiflorum*) - This Chinese herb is used in many commercial preparations for hair loss remedy.

- Pygeum (Pygeum africanum) - Used to treat prostate problems and male pattern baldness. The recommended dosage is 60-500mg per day.
- Stinging Nettle (Urtica dioica) - It blocks the conversion of testosterone into DHT. It delivers wonderful results if taken in combination with Pygeum and Saw Palmetto.

If you are choosing a cosmetic hair product for yourself, read its label carefully. Choose a product that is based on the above herbal supplements or contain the natural hair care products.

Bromelain Enzyme And The Natural Hair Care

Bromelain is one of several compounds known as proteolytic enzymes, all of which aid in the digestion of protein. Bromelain supplements are now included in some of the natural hair care products. The plant enzyme bromelain has yet to get the hair care product recommendations. But there is more to bromelain than hair care.

The natural plant enzyme bromelain obtained from the pineapple is known to provide a number of health benefits as discussed below.

Bromelain Research

By 1891, researchers identified the proteolytic enzyme bromelain, which they found in the fleshy part of the fruit. This enzyme was discovered to break down protein, and as such, is still used to day as a natural meat tenderizer and digestive aid. By 1957, bromelain was widely recognized and research also began into such areas as muscle and tissue inflammation, burn recovery, infection, and even sinus problems.

The most recognized use for bromelain is as a digestive aid.

This enzyme is commonly used in cases in which an individual's own digestive enzymes are deficient, frequently resulting from pancreatic disorders. In such cases, bromelain supplements can relieve gastrointestinal symptoms including bloating, gas, pain, and cramps from indigestion and diarrhea. Studies show that proteolytic enzymes like bromelain may also indirectly relieve food allergies thought to occur from a condition called leaky gut, in which whole protein molecules from foods leak into the blood causing an allergic or immune response. Bromelain's digestive properties are particularly enhanced when used alongside other enzymes such as amylase that digests starch and lipase, necessary for fat digestion. Some laboratory studies suggest that bromelain may also be useful for reducing bad intestinal bacteria.

Bromelain is so effective at digesting protein that workers who frequently cut the fruit often lose their fingerprints to the active properties of the enzyme. As well as this fruit's amazing digestive qualities, it is also an excellent source of vitamins A and vitamin C, a benefit the Spaniards took advantage of on their many extended trips out to sea.

The fibrous nature of pineapple, however, is also known to relieve constipation, as well as ancient cultures frequently used pineapples to cure jaundice and kill intestinal parasites. Ripe pineapple juice is well known as a remedy to induce menstruation and relieve painful periods. Bromelain's photolytic properties also make this enzyme a natural blood thinner. The digestive substance in the enzyme breaks down the blood clotting protein called fibrin, which inhibits circulation and prevents tissues from effectively draining.

European studies have consistently shown that bromelain is also an excellent treatment for those recovering from sports injuries and in tissue repair necessary after surgery.

Evidence suggests that some supplemental enzymes, in

particular, can be absorbed directly into the circulatory system in their active form where they then exhibit anti-inflammatory and pain relieving actions.

Bromelain has proven especially effective when applied directly to the skin to remove dead tissue resulting from severe burns that have reached all skin layers. These third-degree burns as they are known, are extremely susceptible to infection and swelling. The digestive properties of the bromelain cleanse the areas and remove the excess dead tissue and as well, its anti-inflammatory properties may help to reduce the pain caused by swelling. Countries such as Japan and Taiwan and in the state of Hawaii where pineapples are abundant, widely recognize bromelain as a remedy to cleanse wounds. Another interesting use for bromelain may be as a cough suppressant and nasal decongestant.

Commercial Bromelain: Dosage

Commercial bromelain products for treating a number of human and animal disorders are now available in the market. Health professionals suggest that while choosing a commercial a bromelain product, choose the enzyme supplement that uses a variety of other enzymes. It is best to blend enzymes with activity units at various pH levels to assure maximum effectiveness.

According to experts, in most cases, bromelain should only be taken for 8 and 10 days. There are two recognized drug reactions with bromelain. This enzyme is said to enhance antibiotics. One study shows that amoxicillin blood levels are increased when combined with bromelain.

Additional studies show that the antibiotic tetracycline is better absorbed when used in conjunction with bromelain, however researchers say that further investigation is still necessary since studies in this area are conflicting.

If you are taking the herbs ginkgo, ginger, vitamin C or garlic or medications such as aspirin or warfarin, a common blood thinner, bromelain could potentially increase the risk of bleeding. It is, therefore, best to avoid this enzyme. In any case, if you are taking any type of prescription medication, it is always best to speak with a health professional prior to adding any herbs or supplements since interactions are often common.

There are many nutritional herbal supplements which are good for hair care. Find out natural hair care products and secrets and some fast hair growth tips to take care of your hair the natural way.

Besides these herbal remedies, there are various dietary supplements which are essential for supplying the adequate nutrition to the hair follicles and ensure good health of your hair. Eating a diet rich in vitamin, minerals, and protein is the best hair loss remedy one can choose.

Hot Tips To Prevent Hair Loss

While Androgenetic Alopecia is the number one reason why individuals experience hair loss, it is not the only one. Medical conditions such as hypothyroidism, ringworm and fungal infections can cause hair loss. Certain medications such as blood thinners, gout medication, birth control pills and too much vitamin A can cause sudden or abnormal hair loss as can following a crash diet, sudden hormonal changes, chemotherapy, and radiation. If you are taking prescription medications, talk to your doctor and find out if your medication is contributing to your hair loss.

At any given time 10% of our hair is in what is called a "resting phase" and after 2-3 months resting, hair falls out and new hair grows in its place.

Some people, however, experience more hair loss than is normal.

Over here are some excellent resources on how to prevent further hair loss:

Avoid mega-doses of vitamin A. Too much vitamin A can cause your hair to fall out.

Exercise, do yoga, meditate or find some other practice that will help to reduce your anxiety and stress levels. If you wear pigtails, cornrows, use a curling iron, hair dryer or hot rollers, try changing your hair style to one that puts less pressure and stress on your hair and scalp.

If hot oil treatments or chemicals such as those used in

permanents are causing inflammation of the scalp, discontinue their use, or reduce the number of times you are using them.

Use gentle shampoos and conditioners to avoid any unnecessary damage to your hair.

In men, herbs such as saw palmetto and licorice root help block the formation of DHT. The same holds true for supplementation with zinc. As an added benefit, studies show that these supplements can also help prevent prostate enlargement.

Massage your scalp with rosemary oil in an olive oil base. Both rosemary oil and massaging the scalp can stimulate the circulation in the scalp and promote hair growth. Again, if you are experiencing hair loss, check with your doctor to ensure that a more serious disorder isn't the cause.

The Best Ways To Treat Hair Loss

We lose around 20- 100 hair strands every day without knowing. Almost everyone is looking for the best hair care treatment either to get silky hair or to get rid of hair loss. Proper hair care treatment can give you thick, lustrous, beautiful and dandruff-free hair.

The growth of hair is governed by hormones that appear after puberty. The male hormone testosterone and female hormone estrogen manage body hair, hair in the armpits, beard, hair on chin etc. Usually when the level of estrogen drops in women signs of hair loss or baldness is seen. Following a proper hair loss remedy can help you to recover your lost hair such as:

- Eating a diet containing an adequate amount of nutrients such as proteins, vitamins, minerals, carbohydrates, fats etc.
- Drinking plenty of water.
- In order to compensate for the copper deficiency, intake

carrot juice, lettuce, capsicum, and alfalfa. It is a good remedy for hair loss and prevents hair from graying.

- Massaging scalp with warm almond or olive oil can help to stimulate the blood flow in the scalp. This, in turn, would strengthen hair follicles and prevent hair from falling.
- Avoid applying hair creams, gels, and other chemicals in hair as they make them lose the moisture and make them brittle.
- Remove chlorine properly from hair after swimming.
- Make a hair pack by mixing Indian goose berry with egg. Apply it twice a week on hair to make them thick and glossy.
- Hot air and heat make your hair dry. Always cover your head before going out in sun.
- Blow drying hair dehydrates the adequate moisture and aggravates hair loss. Try to air dry your hair. Stand under the fan and run your fingers gently within the hair making them dry.
- Do not use a brush on wet hair. Use a wide toothed comb instead.
- Stress is one of the major causes of hair loss. Regular yoga and meditation can relieve your worries thus preventing hair from falling.

A number of hair care products are available in the market. Shop around for the best product that can treat your hair right and help you get healthy and lustrous hair.

Hair determines a person's beauty. It is an important aspect of your overall appearance. Follow the hair loss remedy and eliminate your hair loss upheavals effectively.

Prevent Hair Loss With Good Grooming And Care

Hair is fairly strong and can generally withstand normal grooming techniques. However, there can be thinning or breakage of hair due to poor grooming habits, and following several tips can prevent these bouts of thinning and breakage. Avoid combing hair with fine-toothed combs when wet, as this is a common cause of breakage. Although this is a tempting practice because hair straightens and detangles much better if combed when wet, the stress on the hair shaft is immense when the hair is wet because it is weakened.

This goes for brushing the hair when wet also. Brushing the hair, in general, can be stimulating to the scalp, encouraging blood flow to the hair follicles and maintaining their health. Brushing the hair before washing it can loosen up flakes of sebum and dead skin buildup and make it easier to thoroughly clean the scalp during shampooing. Remember, over combing or over brushing generally will cause damage to the hair, which is quite contrary to the old 100-stroke brushing rule.

Although clean hair is desirable and even necessary for the maintenance of healthy hair, excessive shampooing can strip vital minerals like calcium, phosphorus, nitrogen, and iron from the hair. This is particularly true when using commercial shampoos. Most commercial shampoos contain formaldehyde as a preservative. To disguise the presence of formaldehyde it is listed in the ingredients as Quaternium-15. This substance can be carcinogenic (cancer-causing) and poisonous to the entire system.

Unfortunately for those who suffer from dandruff, anti-dandruff shampoos are some of the most dangerous shampoos on the market. Selenium sulfide is the main ingredient in most

dandruff shampoos, a substance that has shown to cause degeneration of the liver. Other toxic chemicals such as polyvinyl pyrrolidone plastic (PVP), which is a proven carcinogenic, and creosol which has been proven to be highly toxic are commonly found in dandruff shampoos. This is why it is very important to correct this condition as quickly as possible through natural means.

Natural shampoos normally found in health food stores are a much better choice. Even with natural shampoos, be careful of the ingredient Sodium Lauryl Sulfate can strip away too much oil from the hair, causing shampoo residue to be left behind. Ingredients that have proven useful in shampoos are cocamides, Panthenol Pro-B, of course, the previously discussed vitamins, aloe vera, sage, nettle, burdock, chamomile, chaparral, horsetail, and rosemary. Also look for shampoos that contain keratin, the protein substance that hair is made of, or amino acids. This will help seal breakages in the cuticle.

Choose a shampoo with a proper pH balance; a level of 5.5 is ideal. The pH scale runs from 0 to 6.9 for acids and 7.1 to 14 for alkaline, with 7 being neutral. Although generally, conditioners are good for hair provided that they do not contain the previously mentioned harmful chemicals, shampoos with conditioners included should be avoided. Shampooing and conditioning serve two different functions and the effectiveness of both are diminished by combining the process.

When shampooing, pour the shampoo into the hands and rub the shampoo in with your hands rather than pouring it on your head. By pouring shampoo directly into the hair you may promote buildup in one particular spot.

Massage gently with your fingertips to loosen flakes and buildup and to stimulate circulation, but avoid using the fingernails as this may scratch the scalp and cause scarring over time. Shampoo with warm water to open the pores and rinse with

cool water to promote shrinking the pores back to their normal size. After washing hair, dry it by blotting the hair with a towel.

Avoid rubbing, especially with terrycloth towels, as this will pull hair when it is in a weakened state due to the wetness.

Be sure to follow directions on all perms and relaxers, as misuse can cause serious damage to the hair shaft. Excessive coloring, styling or heat treatments and chemical treatments can damage hair and cause breakage even when directions are followed. Always keep in mind that these perms and relaxers have harsh chemicals in them that chemically alter hair, and long-term use of these chemicals can cause harm to hair shafts and follicles causing some hair loss. If you can avoid the use of these chemicals, by all means, do. The result could be the increased life of your hair.

If you decide to use perms or relaxers to process hair, be sure to use semi- permanent hair color or henna. This will avoid harsh reactions between the relaxer or perm and the ammonia and peroxide amounts in permanent dyes. It is always best to allow the hair to rest untreated as much as possible and avoid mixing chemical processes. Another styling caution is against the overuse of hairstyles that pull the hair too tight, such as ponytails and braids, which will cause hair loss especially along the sides of the scalp. This syndrome is called traction alopecia. Keep in mind when styling hair that hair is living and growing, and is susceptible to the stress of constant pulling continuous abuse causes scarring, which will lead to permanent hair loss in the areas affected. Along with leaving the hair chemically untreated for a time, leaving it in a loose style without over-manipulation for as long as possible will ensure optimum results.

Conclusion

The hair loss on account of any specific reason like medication, abnormal hormone levels or infection of the scalp can be treated. The most troublesome and the most common forms of baldness is the common male/female baldness in which the hair recedes along the temples and the forehead in case of men and recedes in density all over in case of women. Such baldness is usually genetic. Genetic baldness is usually caused by an enzyme alpha reductase that converts testosterone to dehydrotestosterone (DHT). DHT leads to shrinking of hair follicles. This results in the generation of thinner and weaker strands of hair that fall off very quickly.

The special herbal hair care product Renew contains a group of herbs that provide overall scalp and hair root nutrition and also help in the control of dandruff. The special herbs in Renew help in stopping hair follicle shrinkage. Regular use leads to reversal of shrinkage and hair gain. Renew is helpful in all kinds of hair loss situations.

Renew is available in the form a hair oil that has to be applied locally. Local application means that unlike when systemic hair loss medicines like Fenasteride and dutasteride, hair growth does not happen in undesirable areas like the back or the bums.

Massaging of hair and scalp with Renew provides additional nutrition to the scalp and prevents hair loss. Massaging also increases the blood circulation in the scalp and this keeps the hair roots strong.

Part your hair and apply to Renew all over the scalp, massage the scalp gently with fingers in a circular motion so that the oil gets absorbed into the scalp. Leave for an hour and then wash

with mild shampoo if required.

- Always seek the advice of your physician before undergoing a hair loss treatment regime.
- Don't despair, there's often a simple explanation for excessive hair loss and even hereditary loss or male pattern-type baldness can be treated successfully for most people nowadays.