

You Sexy Slim Long Beautiful Hair Woman



"Grow Healthy Head of Hair Naturally at Any Age"...

by Terry Clark

Table of Content

1. A Ray of Hope for Hair Loss Victims
2. All the Goodness of Nettle Root for Hair Loss
3. Alopecia Hair Loss Treatments
4. Anti Hair Loss Shampoos to Prevent Hair Loss
5. Ayurveda Tips to Keep Hair Luxurious and Healthy
6. Best Tips for Hair Loss Problems
7. Causes of Bald Spots in Women
8. Change Your Lifestyle to Keep Your Hair
9. Coping with Hair Loss in Young Women
10. Essential Vitamins to Keep Hair Intact
11. Exploring Hair Loss Remedies
12. Finding Hair Loss Remedies that Help
13. Follicle Injections to Treat Hair Loss
14. Foods that Help You Keep Your Hair
15. Hair Loss - Get Timely Help
16. Hair Loss and Hypnosis Therapy
17. Hair Loss and Trichology
18. Hair Loss Associated with Menopause
19. Hair Loss in Teenagers

20. Hair Loss Remedies to Promote Hair Growth
21. Hair Loss Treatments: Electric Pulse Treatment
22. Hair Loss Treatments: Hair Replacement Surgery
23. Hair Loss Treatments Reviewed
24. How to Conquer Hair Loss
25. How to Handle Early Hair Loss
26. How to Keep Your Hair the Herbal Way
27. How to Treat Male Pattern Baldness
28. Infrared and UV Light Hair Loss Treatments
29. Itchy Scalp Leads to Hair Loss
30. Laser Hair Loss Therapy
31. Pregnancy and Hair Loss
32. Prevent Hair Loss - Understand what Causes it
33. Prevent Hair Loss with Olive Oil
34. Replenishing Hair Loss with Mesotherapy
35. Shampoo for Hair Loss
36. Should You Consider Scalp Reduction Surgery?
37. Stem Cell Therapy for Hair Loss
38. The Best Diet to Stop Balding
39. The Connection between Diet and Hair Loss
40. The Effects of Hair Loss on Men
41. Thinking Outside the Box to Stop Hair Loss
42. Treatments for Thinning Hair and Balding

43. Understanding Hair Loss in Women
44. Using Oils to Prevent Hair Loss
45. Why Natural Remedies are Good for Hair Loss
46. Will Hair Transplant Surgery Stop Hair Loss
47. Would You Like to Reverse Hair Loss?
48. Green Tea - Does It Help Combat Hair Loss?
49. Should You Color that Gray Hair?
50. Hair Products for Healthy, Shiny, Sexy Hair

Resources

A Ray of Hope for Hair Loss Victims

An article on the Bloomberg website details the research being conducted by Merck & Co (MRK) and Actelion Ltd into a specific protein believed to cause male pattern baldness. The protein found in the scalp is being tested to see whether certain drugs will be effective in controlling it.

The protein, prostaglandin D2 or PGD2 was found in excessive amounts in bald spots on the scalp. Merck's treatment is centered round facial flushing and Actelion's treatment is into allergy compounds. For both treatments the studies are in the late stages; they are concerned with blocking the

protein.

At present, nearly 8 out of 10 men experience some signs of balding by the age of 60; the statistics represent fair-skinned males. Merck's Propecia drug and Johnson & Johnson's Rogaine slow the loss of hair and in some cases promote minor growth. It is believed that men with hair loss problems will be able to experience hair growth if the prostaglandin protein is removed. What is not sure is whether the hair follicle will return to former lengths to produce long hairs.

Researchers studied all the genes found in the scalp samples taken from 5 men to make a comparison of bald to hairy parts. All the samples showed high levels of prostaglandin in the bald samples as compared to the hairy samples. Following up on these findings led the researchers to identify that in 17 men with hair loss, the PGD2 levels were 3 times higher in the bald areas than in areas with hair growth. Using mice, the study further proved that excessive PGD2 levels decreased the follicles.

From previous studies, it has been proven that even in bald persons the stem cells responsible for creating hair remain intact. Further, the hair follicles are there, only in a smaller size producing short, thin hair that over time barely passes the skin' surface.

While final studies are still being conducted and not specifically into hair loss but other areas, there is a distinct possibility that the new findings will open doors

finally to a cure for male pattern baldness.

In a totally unrelated study conducted by the Perelman School of Medicine at the University of Pennsylvania, researchers identified abnormally high levels of prostaglandin, a lipid in the scalp of men who were bald.

We can hope that these breakthroughs herald new treatments for one of the most common hair loss problems in men.

All the Goodness of Nettle Root for Hair Loss

Nettle root is also called stinging nettle and common nettle; it is a good herbal hair loss treatment option. But there really isn't any scientific evidence to back up the claims that it can prevent hair loss or enhance hair growth. However, using it does not do any real harm unless the person is taking some special medication.

The plant has been around for centuries and used to treat diverse illnesses. The nettle originated in Asia and northern Europe, but can now be found in various parts of the world. The nettle plant has thin hairs on the stem and leaves that sting when touched, giving it its name. The root is frequently used to treat prostate gland problems.

Why do we lose our hair?

There are numerous reasons why people experience hair loss. One of the more common reasons is due to Dihydrotestosterone, a real tongue twister name so let's stick to DHT. Testosterone gets converted into DHT which then attaches itself to hair follicles preventing nutrients from reaching the follicles to nourish them. The result is a shortened life span of the hair follicles causing the hair to fall faster than it normally should. DHT can also cause shrinkage of hair follicles making the hair thinner and finer so that it breaks easily.

Hair loss is also attributed to other factors that include aging, thyroid, stress, fungal infections, diabetes, certain medicines and pregnancy. Hormonal changes can also cause hair loss.

How does nettle root help with hair loss?

It is believed that nettle root has the necessary properties to block and suppress testosterone from being converted to DHT. Blocking DHT production means there is a reduction in hair loss. There are no studies proving the efficacy of this herb.

Nettle root is available in different forms including: dry extract, liquid extract, dried root and root tincture. Each type of nettle root preparation needs to be taken in specific doses. There are various shampoos on sale that contain nettle root.

Side effects of nettle root

There are hardly any side effects to taking nettle root treatment for hair loss. In the odd rare case, fluid retention or an upset tummy can happen. People who are on blood thinning medicine need to consult with a physician before taking nettle root, as it may have blood thinning properties. Pregnant women and nursing mothers are advised not to take nettle root treatments without consulting a doctor.

Alopecia Hair Loss Treatments

Alopecia refers to a hair loss problem that stems from various causes including age, disease, lifestyle, medication and hereditary factors. Hair experts can judge the cause from the progression of the hair loss and the timing. Sudden hair loss for example, is generally attributed to illness, medical treatments such as chemotherapy or dietary changes. Hair loss that occurs gradually is more a hereditary problem and part of the normal aging process. This type of alopecia is one of the most common hair loss problems and can be seen in men and women.

Other types of alopecia include:

- Very sudden hair loss with the person losing their hair in patches needs to be evaluated by a healthcare specialist. This could be the symptom of some underlying illness; it may be an autoimmune disease causing the hair to fall.
- Hair follicles can get destroyed due to thyroid, anemia and anorexic diseases. It can also happen as a side effect from certain medications such as medicines used to treat heart ailments, high blood pressure and depression.
- The patterns of hair loss in men and women vary significantly; in men hair loss generally occurs near the hairline, on top of the scalp or at the back of the head. In women, hair loss occurs predominantly in the front and on top of the scalp. Hair loss is a huge problem in America with a staggering 80 million or more men and women facing the problem.

Alopecia treatment

After all the bad news, it is heartening to know that there is good news to follow. There are several different kinds of treatment for hair loss. When hair loss is the symptom of a medical problem, the problem needs to be treated first. Hereditary hair loss treatments in the form of hair regrowth therapies and some over-the counter treatments are available. There are also surgical techniques for the transplanting of hair.

The first step towards a healthier hair growth is to consult

a physician who will probably run some tests to make a diagnosis. Sometimes, the general physician will recommend the patient to a dermatologist, if the hair loss is related to a skin problem. Only after identifying the cause will a doctor prescribe treatment.

Apart from over-the-counter treatments, hair transplantation, scalp flaps, laser treatment and scalp reduction are some of the alopecia treatments available.

Alopecia by itself does not give rise to any complications; the only problem really is the loss of self-confidence when hair loss is experienced.

Anti Hair Loss Shampoos to Prevent Hair Loss

People are constantly searching for information on the internet about shampoos for hair loss. Anyone who has actually experienced the mental anguish of losing excessive amounts of hair knows what it is to be constantly seeking the right hair loss shampoo; a miracle shampoo that will stop the hair loss and promote hair growth. The question we want to find answers to is do such products really exist and if they do, how do they work?

One thing we do know is that shampoos are an inexpensive solution to the rather exorbitantly priced hair loss treatments available today. The act of going to the store

and selecting a shampoo that lays claim to stopping hair fall does not involve much effort or pain - or money.

There are several misconceptions that people labor under in believing that they have chosen the right shampoo. If a shampoo lathers well, some people believe it's the best because it gives them really clean hair - not true.

Excessive lathering means the shampoo is too harsh for the hair and is going to promote hair fall rather than hair loss.

Shampoos with surfactants in them need to be avoided; it is the chemical that produces all that lovely lather that is not really good for us. Make the effort to find shampoos without this ingredient. The best shampoos need to prevent hair loss so it would follow that the ingredients should be in line with this thinking. Saw Palmetto is a good ingredient for shampoos to have - it blocks the hormone DHT that causes hair loss. What exactly does DHT do? It causes shrinkage of the hair follicles which will eventually die causing hair loss and ultimately baldness. Nettle Bay is another useful ingredient for a shampoo to have and a few essential oils will also help. Lavender for example helps to stimulate new growth.

In reality, there are no studies that prove anti hair loss shampoos are effective in preventing hair loss. Shampoos will certainly not help in cases where hair loss is hereditary or caused by hormonal changes. Similarly, shampoos will not help when a certain medication is triggering the hair loss. That is why it is very important to consult a doctor to identify the true cause of the problem and treat the cause rather than just trying to treat the

symptoms.

A dermatologist can help with advice on the best shampoos to use to prevent further loss of hair.

Ayurveda Tips to Keep Hair Luxurious and Healthy

Why do some women enjoy luxurious hair growth while others don't? Genetics plays an important role in the kind of hair we are born with. However, regardless of the type of hair we are naturally endowed with, it is possible to enjoy a thick and healthy mop of hair by practicing a few traditional tips from the ancient Ayurveda practice to keep rather than lose one's hair.

- Diet is one of the important aspects of healthy hair; the two are closely linked. A diet rich in green leafy vegetables, fresh fruits, dairy products, oily fish, and nuts and seeds, will help in providing the nutrients necessary to maintain healthy hair.

- Stress can cause hair fall, loss in hair pigmentation and health problems. While it is not easy to get rid of stress when experiencing traumatic situations in life, we need to try. Meditation, breathing and relaxation techniques and exercise can all help in alleviating stress. Get involved in certain hobbies such as gardening, sewing, volunteer work, etc. When we take the time to do things for

others, we tend to forget our own problems, this leads to a reduction of the stress levels we labor under.

- Refined foods and canned foods cannot help you stay healthy because of all the chemicals, other additives and preservatives in the food. These foods have no natural nutrition to provide the body. Avoid icy drinks as they inhibit digestion and the absorption of nutrients.

- There are certain ingredients you can add to cooking that are considered hair-friendly. Turmeric, black pepper and cumin are some of the spices you can add. Try roasting spices and grinding to a powder; add it to yogurt for daily consumption and ultimately healthy hair.

- There are a number of Ayurvedic herbs that are known for their hair nourishing properties; stress reducing abilities and balancing effects. Brahmi or Gotu Kola, Eclipta Alba and many others are all available from alternative medicine Ayurveda clinics and stores.

- Massage the scalp at least twice a week with warm oil to stimulate the scalp and provide moisturization. Coconut oil, almond oil or olive oil, are all good choices. Apply the oil by gently massaging it into the scalp and then leave it on for a few hours before using an all-natural herbal shampoo to remove the oil. Massaging the head with oil has the added benefit of provide relaxation as well.

Best Tips for Hair Loss Problems

Hair loss need not necessarily be treated as a disease; however, we cannot minimize the extensive suffering it causes the individual. If you are experiencing misery over the loss of your hair you will be in a better position to understand why it is so painful. Let us talk of how hair loss happens and ways to stop the hair loss.

In the traditional sense, hair loss has a lot of negativity associated with it; in the subconscious it is associated with growing old and the loss of one's beauty. Premature hair loss can really cause a person to experience great emotional turmoil and may lead to depression and withdrawal from social circles.

The following selected tips have been used effectively in stopping hair fall, but it should be remembered that what works for one person may not necessarily work for others.

Are you flushing your system? We need a lot of water each day to rid the body of the toxins that collect inside us. We all know about the mandatory 8 glasses a day; it is quite all right to exceed this number. Toxins account for a large portion of the hair loss problems. Filtered water does not have elements such as lead or chlorine in it; this is necessary for healthy hair.

Pop a multi-vitamin pill every day: major hair fall can be a clear indicator that there are a number of missing

nutrients in your system. Together with a balanced diet, we also need some vitamin supplements to replenish the deficiencies quickly. The longer the deficiencies remain in the body, the worse the hair fall problem becomes. Multivitamin supplements can be purchased at any health food store or pharmacy. You can talk to your doctor before buying the tablets to find out what is best for you.

A hard one for most people: cut down on caffeine. Caffeine acts as a diuretic making you go more frequently to the toilet with the result that you release more fluids than is needed. This causes dehydration; a state many of us are not even aware of, which in turn affects the hair. Limit caffeine intake and substitute with a cup of herbal tea or plain water.

Bottom line, when the nutrients in the body are insufficient to do their jobs, the imbalance affects various functions in the body including the way the hair grows. Damaged follicles due to poor nutrition will result in hair loss.

Causes of Bald Spots in Women

In women, hair loss is rarely in the form of patches or bald spots. However, this does not mean that it will never happen because there are conditions that can cause it to happen. Women can experience hair loss in patches due to a medical condition or other underlying causes. This problem seldom occurs in women, but if it does, it generally happens during

the menopause change or soon after menopause occurs.

The following are the different types of hair loss and the causes in women.

Androgenic alopecia

This type of hair loss is commonly experienced in men and is referred to as male pattern baldness. Despite the name, women too can experience a similar type of baldness pattern where the hair thins extensively and bald patches appear on the top of the scalp and on the sides too. The hair loss is caused by the hormone DHT blocking the hair follicles and causing shrinkage and thinning hair.

Hair loss can be due to genetic reasons or the high level of circulating androgens caused by some other condition. In women, polycystic ovarian syndrome, menopause, pregnancy, birth control medication and peri-menopause can cause this type of baldness.

Treatment

The FDA has approved minoxidil for treating bald patches; it is a topical application and is used to treat androgenic hair loss. There are other medications and some corticosteroids that doctors may recommend to treat the problem.

Alopecia Areata

Alopecia areata is another type of hair loss that affects women and men; it causes baldness in spots on the scalp. This type of hair loss is very sudden and the shape of the patch is generally round. The hair follicles get attacked by the body's immune system by mistake. Rather a costly one from the point of view of the person experiencing the hair loss! The good news is that the problem is temporary provided the cause is identified and treated without delay. Hair growth generally resumes as normal and in some cases it can happen without treatment as well.

Treatment

Steroid injections and creams, minoxidil and cyclosporine among other treatments may be recommended by the doctor to treat alopecia areata.

Treatments vary depending on the nature of the problem, the real reason behind the baldness and the health of the individual. For example, a fungal infection on the scalp will need a different kind of treatment such as appropriate antifungal medications.

You can help yourself by following a balanced diet and drinking plenty of water. Make sure to get some exercise at least three to four times a week.

Change Your Lifestyle to Keep Your Hair

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