



The Hair Loss Remedy Report



All-Natural Secrets to Regrow Hair

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A Note About the Remedies

The remedies outlined in this report should be utilized in the order in which they are presented. The resulting outcomes, as well as the time necessary to notice results depend on the following factors:

- The natural growth cycle of your hair. For example if you have naturally thick, fast-growing hair, you may notice results more quickly than someone with slow-growing, fine, thin hair.
- How closely you follow the included instructions, and your willingness to maintain the suggested regimens.
- The severity of your hair loss. If you have minimal loss, you may see better, faster results than that of someone with advanced hair loss.]
- Because of the many factors involved, including those listed above, we cannot guarantee or provide a definitive timeline in which you should experience results. The methods outlined in this report have been tested—with a very high success rate—but the time in which each individual experienced that success varies greatly.

An Introduction To Your Hair

The number of people who have experienced hair loss has increased tremendously in the past few years, with the highest increase most notable in women. More than thirty percent of women under the age of forty-five have experienced some form of hair loss.

With statistics at this level, it is obvious that something must be done to help women cope with the problem of losing their hair, and the low self-esteem that is associated with hair loss.

Some people might think that a hair loss problem can easily be corrected by writing a prescription for a drug to treat it. If only it were that simple! Many of the current medications prescribed for hair loss are for men, and some of these drugs increase certain [risks](#) in women. The only (and the best) alternative for women experiencing hair loss is to use natural home remedies to help re-grow hair.

Before discussing the natural home remedies used by women, it is important to first explain the process of how hair grows. By understanding the normal process, it will be easier to identify when a step within this cycle grows wrong.

By looking at a cross-section of scalp and hair using a microscope, it is possible to see a single strand of hair is divided into two components. The most visible component is the strand of hair located above the skin. This is known as the hair shaft. Below the skin

is the second component known as the hair follicle. The hair follicle covers the bottom part of the hair shaft like a glove. It is responsible for increasing the length of the hair shaft.

The Hair Shaft

The part of the hair above the skin that we see can be divided into three layers. The inner section is known as the medulla. A second covering layer called the cortex surrounds the medulla, and a third layer covering the cortex is known as the cuticle. In the hair care industry, numerous products have been created to take care of the cuticle of the hair. The cuticle is arranged in layers, like overlapping scales. The more conditioned the hair cuticles are, the better it will look.

Unlike the hair follicle, the hair shaft is not alive, but each layer is made of a keratin protein. The hair shaft contains pigment cells distributed throughout the first and second layers of the hair, and it is responsible for the natural hair color.

The Hair Follicle

The hair follicle is made of layers of cells that divide at the fastest rate within the body. The cells at the base of the hair follicle, which are deepest within the skin, are in constant contact to a network of blood vessels called the papilla. These blood vessels will provide nourishment to the cells, as they constantly divide.

Telogen phase. The intermediate phase of the hair cycle is called the Catagen phase.

The Anagen Phase

The Anagen phase of hair growth starts at the precise moment in which the follicle cells divide. This division of follicular cells occurs at the base of the hair bulb. The follicular cells will produce keratin, and this lengthens the growing hair. The Anagen phase of hair growth will vary in length for everyone, but can last from a thousand days or more. The average length for the Anagen phase is three to four years, as the hair grows one centimeter a month.

The Catagen Phase

Between the Anagen and Telogen phases is the Catagen phase. During the Catagen phase the growth of hair stops, and the hair cells are thought to be resting. During this phase, the follicles will move closer to the top of the scalp, and the hair cells will not produce a pigment.

The Catagen phase is a short phase that lasts from two weeks to one month in humans. Not much is known about the Catagen phase, but it is believed to be necessary for the follicular cells to rest and replenish themselves with nutrients, before growth of a new strand of hair starts again.

The Telogen Phase

The death or shedding phase of the hair cycle occurs after a period of rest. This is known as the Telogen phase. While this period lasts for approximately three months, the follicular cells will migrate deep into the scalp, and will start to produce a new strand of hair, as the old hair strand is lost.

Old hair strands are easily lost as they are not attached at the base of the scalp, and can be shed through brushing, combing, or shampooing. All follicles will go through the Telogen phase at different times during a three-month period, with at least ten percent of the hair follicles shedding their hair at any given time.

By knowing the hair growth cycle, you can better understand how hair loss and baldness occurs. Usually any disruption in this process will lead to hair loss. For example, if the Anagen phase is shortened, and a longer Catagen and Telogen phases occurs, the hair will not grow properly, and more strands will enter the shedding phase. Therefore, any cause of hair loss that decreases the growing time of the hair, and/or increases the shedding phase will lead to hair loss.

An Overview of Hair Loss

Hair loss is divided into three main categories. The hair loss can be general, occurring over the scalp without any particular pattern, it can also be categorized as localized, in which only certain areas such as the sides of the head, will experience baldness. The hair loss can also be diffused in which it spreads to various areas of the scalp. For those who have inherited the hair loss trait, the "Norwood Classification" and the "Ludwig Classification" systems can further describe female pattern balding.

Determining Your Level of Hair Loss

There are various ways to determine if hair loss is occurring, with the most obvious characteristics being a receding hairline, localized bald patches, and thinning of the hair, depending on the type of pattern baldness experienced. Using this visual method, the level of hair loss is then assessed based on the hair loss classification scheme.

Another way in which hair loss is determined is by physically pulling or plucking hair from the scalp. The hair pull method involves gently tugging on ten to twelve strands of hair, in a patch on the head. If at least five strands of hair are shed from the scalp, the person is

experiencing hair loss in that area. This is determined by at least fifty percent of the hair being in the Telogen phase.

The hair pluck method is another way to determine hair loss, and it is similar to the hair pull method. The hair is plucked with a little force, using a clamp. The ends of the hair bulbs are then counted to determine which ones are in the Anagen or the Telogen phase. In a normal scalp, at least seventy-five to eighty percent of these hairs should be in the Anagen phase. If the percentage is reduced, the person is experiencing hair loss.

Other than looking at the hair, or using the hair pluck or pull methods, testing the density of the hair, using a densitometer can determine if hair loss is occurring.

Healthy hair in the Anagen phase should have a greater thickness to the hair shaft, since the hair has completed the proper growth phase. When the hair shaft in different areas of the scalp is reduced in thickness, the hair has a reduced growth phase, and the person will experience hair loss, with a longer shedding period.

Anagen Effluvium occurs when the hair is shed, during the growth period, whereas Telogen Effluvium occurs when there is excessive shedding of hair during the last phase of the hair cycle.

Hair Loss in Women: How To Classify Female Hair Loss

The Ludwig Classification For Female Hair Loss

Just as in men, a classification system has been derived to outline the pattern of hair loss in women due to genetics. The Ludwig Classification for female hair loss outlines how a woman should be examined for female pattern baldness. It describes the different stages associated with hair loss in women. This classification system was created by It can be used to determine the level of female hair loss using this classification system by women and health professionals. This classification contains beneficial information women can use to apply to their own situation.

The Ludwig Classification female pattern baldness is divided into three types (Types I, II, and III) depending if the hair loss is mild, moderate, or extensive.

Type I

In type I of the Ludwig Classification system there is mild loss of the hair mainly from the top of the head, and around the front of the scalp. Since this is a mild form of hair loss, a woman's front hairline is still intact.

Even though type I is more common in the front and the top of the head, it is possible for some women to experience hair loss at the sides or the back of the head.

As a mild form of hair loss, women experiencing type I baldness will mainly experience thinning of the hair. The hair loss is not as dramatic as in the other types in the classification system. Most women having type 1 hair loss are able to conceal it using creative hairstyles.

Type II

Type II female pattern baldness is a moderate form of type I with a decrease in the amount of hair available at the top of the head. There are noticeable patches of hair missing for the top of the head. The front of the hairline is not affected, but it is obvious to everyone that the woman is losing her hair. Type II hair loss cannot be hidden by using a creative hairstyle because the overall hair thinning is more noticeable. The sides and back of the scalp may be affected.

Type III

Type III female pattern baldness is characterized by a general loss of hair from the scalp. The woman loses her front hairline, and there is an overall thinness to the scalp and hair.

In Type III hair loss, the hair on the top of the scalp is sparse, and is in patches. Anyone looking at the hair will be able to see right through it, because the hair has lost its normal density.

The Causes Of Hair Loss In Women



There are various causes of female hair loss. The most common causes associated with a woman losing her hair include problems associated with diet and lifestyle, genetics, hormones, and medication. Hair loss is also possible when women experience pregnancy or an illness. It is even possible for some women to suffer from a mental condition known as Trichillomania, in which the hair is deliberately pulled from the head. The following information will describe how any of the situations below can result in hair loss.

There are various causes of female hair loss. The most common causes associated with a woman losing her hair include problems associated with how she treats her hair. Hair loss is also possible when women experience pregnancy or an illness. It is even possible for some women to suffer from a mental condition known as Trichillomania, in which the hair is deliberately pulled from the head.

The following information will describe how any of the situations below can result in hair loss.

How The Hair Is Treated

Other than a woman's diet, how she treats her hair can also contribute to temporary hair loss. With the fast paced lives that we lead, many women do not properly take care of their hair. Hair has to be pampered and conditioned for it to grow healthy; however many women subject their hair to harsh chemicals and excessive heat with blow dryers and curling irons. There are numerous stories of women losing their hair after having a bad perm or coloring, leading to temporary hair loss.

It is even possible for a female to lose hair due to a certain hairstyle she wears. Any hairstyle that will pull the hair or be too tight at the scalp can result in a female hair breakage. An example of this would be tight hair braiding. This produces a type of hair loss known as traction alopecia.

Genetics

Alopecia refers to the loss of hair occurring in patches and it is inherited genetically. This condition happens suddenly with total loss of hair in a circular pattern. For some women the hair loss can be severe enough for them to lose hair from their entire body. This is

known as Alopecia universalis, and even the hair within the eyelashes and eyebrows will fall out.

A lesser form of alopecia called Alopecia totalis occurs with loss of hair only on the scalp area. Women with Alopecia totalis are bald, but will still have hair on other parts of the body. When alopecia occurs as localized circular patches, then the general term is Alopecia areata.

In androgenetic alopecia in women, there are also high levels of DHT produced in the conversion of testosterone. Instead of the enzyme 5-alpha reductase being responsible for the high DHT levels as in men, in women the enzyme Aromatase is the cause. Aromatase is necessary to convert testosterone into estrogen and estradiol, the female hormones. However, unlike in men, a decrease in Aromatase will lead to an increase in DHT, contributing to female pattern baldness.

Hormones

For females, the levels of hormones within her body can also affect the amount of hair growing at any given time. The main hormone inside of women is known as estrogen. Estrogen is responsible for many functions within females, and surprisingly, its levels also affect hair production.

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Estrogen is needed to help maintain the growth of the hair. Any condition that results in a female reducing the amount of estrogen she produces can result in hair loss. The consequence is that the body is unable to produce the enzymes that are stimulated by estrogen production to sustain hair growth.



Estrogen reduction is a primary reason women who have started menopause may suffer from increased hair loss. When they enter menopause, their levels of estrogen are reduced, leading to thinning of hair. There are products that can relieve the symptoms of menopause. Menopol is a highly recommended, all-natural supplement that helps reverse the cause of Menopause. You can find more information about Menopol at:

<http://www.micronutra.com/menopol.html?img=87&kbid=1305>

Birth control pills are another hormonal cause of hair loss in women. Birth control pills reduce the amount of estrogen a female secretes in order to reduce the chance of her becoming pregnant. The resulting lowered levels of estrogen may cause thinning of the hair brought on by taking contraceptive pills. Some women prefer to use alternatives to birth control pills and will not be affected by how this type of contraceptive affects their hormones. The best information

about natural family planning can be found at:
<http://familydoctor.org/online/famdocen/home/women/contraceptive/126.html>.

Other hormones besides estrogen can also be responsible for reducing the hair on a woman's scalp. Hormones such as those produced by the thyroid gland can also contribute to hair loss in women.

Pregnancy

During pregnancy many women will see changes to their hair as their body adjusts to the nutritional demands being placed on it. This is why it is important for a pregnant woman to eat a balanced diet, not only for the growing baby, but for her health as well.

In order to maintain the pregnancy, a female's body will have to produce a high quantity of estrogen to keep the fetus alive. However, once the baby is born, many women complain of the extra hair, they grew during pregnancy, falling out in clumps.

This is only a temporary loss of hair, which will be corrected once the woman's hormones are restored back to their pre-pregnancy level. Yet for the new mother, this may be a lot to deal with while trying to take care of a newborn.

Trichillomania

Trichillomania is a mental condition that results in hair loss; however the hair is deliberately removed by the person pulling it out. In the end, only patches or clumps of hair are left on the head.

This condition is most often seen in young women who not only pull out hair from their scalp, but also from their eyelashes and/or eyebrows. When confronted, the young lady will deny pulling the hair. In extreme cases, the female might swallow or eat the hair.

The hair loss associated with Trichillomania can be stopped once the woman's mental health has been treated, but remedies will be needed to help the hair grow back.

Psychology & Hair Loss

The key problems associated with hair loss are the psychological symptoms that accompany it. Many people who experience hair loss go through these main stages - denial, fear, and embarrassment. Yet the psychological aspects of hair loss are quite similar in most men and women, even though not all women will experience all of the symptoms mentioned.

Just imagine a man or woman of any particular age suddenly realizing that their hair has gone from thick and healthy to having

each strand of hair fall out. The psychological problems that a person faces when he or she loses their hair can really have an affect on how he or she perceives his or herself.

Denial

Society and culture looks at hair as a sign of beauty and youth. In some cultures, men and women are not even allowed to cut their hair. So it is understandable that when someone first experiences hair loss, his or her first reaction is to deny that it is happening.

Since society and culture has placed so much emphasis on how people look and how their hair is styled, many females will at first not admit to their self that they are losing their hair. When they see strands and clumps of hair coming out while brushing the hair or after washing, it is a natural mechanism for the person to deny that they are experiencing hair loss. Denial over hair loss will only last for a short amount of time, and then it is replaced by fear.

Fear



The fear that a woman goes through is coupled with anxiety, and the main issue women will worry about is becoming entirely bald. This fear associated with complete baldness can become

severe enough that it is the only thing they constantly think about. It can also include the fear that hair re-growth might not occur.

During the stage of fear, someone undergoing hair loss will worry about how society will treat them if they do not have any hair. After this stage, the person might go through a period of embarrassment and depression, and this can have a profound effect on the way a woman views herself. She may also experience low self-esteem, low self-confidence, and feel that she is not as beautiful, because of the hair loss.

Embarrassment

Anyone during this stage might not want to go out or be seen in public, especially if the hair loss is severe. Women within this stage might feel that they are not attractive anymore, and may no longer be seen as “desirable”. This situation becomes worse if the hair loss is permanent and not temporary, as in some genetic conditions.

Anyone who experiences temporary hair loss, it is important to realize that they need to be proactive in gaining back their hair. The best stage to enter after the embarrassment and depression is becoming proactive. By accepting that some action needs to be taken to help their scalp grow hair again, they can regain their self-esteem and confidence.

The following home remedies have been researched to provide the best information on how to re-grow your hair using a natural approach.

Natural Home Remedies

An Overview: Why Natural Home Remedies Are Better

“Natural” has become synonymous with so many things these days, as more people look for products that are healthy and free of preservatives. However, *natural* is not a term often used for remedies. When people usually think of a remedy, they picture a prescription that has been written by a doctor that will provide instant relief to an illness or medical complaint.

However, the drug companies who compete with one another to offer a solution to medical illness control the distribution of these remedies. This is true for much of the medication created for hair loss. A few of them are not accessible or increase [risks](#) in women, because of their harmful side effects.

Instead, it is better to look for a way of curing hair loss in women using a holistic or natural approach that is available to anyone. Although the drugs sold by the drug companies have been made from natural ingredients, there is still an added amount of preservatives that have been placed within the medication, and the

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main chemical is usually altered, and then formed into a tiny pill or capsule.

Modern science has created numerous medications for other conditions, but has yet to provide a satisfactory method of curing baldness or loss of hair. However, natural home remedies for hair loss have been passed down through many generations, and across many cultures. These remedies are the best way for someone to tackle the problem of losing her hair and provide a longer list of treatment options that are not available with prescription drugs.

Choosing a natural approach to treat hair loss allows a woman to be more in control of her situation. Anyone who has ever suffered hair loss can tell you about how they felt helpless to see strand after strand of their hair falling out. Now it is easier to simply go to the store and buy different oils, herbs, fruits, and vegetables to treat hair loss. In this way, anyone is able to feel as if she is doing something to stop and reverse the hair loss she's experienced.

Undeniably, one of the greatest reasons that many people who have experienced hair loss will decide on a natural home remedy is the cost associated with it. Since there is a lack of medication for hair loss, especially for hair loss, buying ingredients such as lemon juice or rosemary, which is available at your local supermarket, can allow you to save a bundle of money, but still be able to grow your hair back to

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its previous state. Saving money should not be the only reason for using a home remedy, but it is a good reason!

The natural home remedies available to combat hair loss include massage and reflexology, essential oils, herbs, vegetables or fruits, and nutritional vitamins and minerals.

The best way to use these natural home remedies would be to try the first home remedy, and add on the other remedies in the steps they are written. However, unlike other treatment methods, they will have a synergistic effect, and can be beneficial in re-growing the hair. So these steps should be added in order, and used together to achieve the maximum benefit.

Massage

One of the easiest methods to any problem is usually not the most obvious one. This is true of hair loss. The first step recommended in treating hair loss is through massage and reflexology. A massage is a great way to stimulate your hair to grow



again. This can be accomplished by either rubbing the scalp vigorously or in a slow circular pattern.

It is recommended that while washing your hair with cool or lukewarm water, that the scalp area

be massaged until a tingling feeling is achieved. Overall a massage is one of the easiest ways to get the blood moving to the scalp. Once increase blood flow occurs, the nutrients that it brings will provide extra food, to encourage the cells of the hair follicle to multiply and produce hair.

As the first step to repairing your hair loss, it is advised to first massage without any oil, then continue the massage using any of the essential oils mentioned below.

When massaging the scalp, start at the crown of the head, and then continue to massage in a circular pattern using only the pads of the fingertips, and not the fingernails. This process should be done for a few minutes every day to bring oxygen flow to the hair.

Reflexology

Reflexology is also known by the name of zone therapy. It is a form of alternative medicine that states that the only way for the body to be completely healed is to stimulate the nerves located on another area of the body that corresponds to the affected area.

For the reflexologist, each area of the feet, hands, and ears correspond to some organ or body surface. If the body's energy in some area is misaligned, this could be reflected as a lump under the foot. Therefore by stimulating an area on the foot, it is possible to

restore the balance to an area such as the intestines by undergoing nerve stimulation.

So in order to correct the problem of hair loss, a reflexologist will massage the head and neck region. Pressure will also be applied to the back and spine area to stimulate blood flow. On the reflexology chart, the tips of the hands correspond to the head area. Simply stimulating the fingertips of the person suffering from hair loss can help restore the imbalanced energy.

Essential Oil Remedies

After massage and reflexology, the next step in the process of hair growth is the use of various essential oil remedies. Aromatherapy



using essential oils is an important element as a hair loss remedy.

As the name implies, aromatherapy is the process whereby essential oils are used to produce an effect within the body. Typically, the effect produced using aromatherapy can be used to either restore health, elevate the mood, or both. An example of aromatherapy is using

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ylang ylang oil to relieve stress and tension. It has a natural calming effect.

In terms of aromatherapy and the use of essential oils to start the second step in repairing hair loss, there are a lot of various essential oils that anyone can use.

To remedy hair loss, the two main oils to use in aromatherapy are lavender and bay oil. These oils should be mixed together in equal parts (about 4-6 drops of each oil), and combined with a base oil such as almond or sesame oil.

After this has been mixed, the oil should be applied to the scalp, preferably massaging it in, to achieve a double benefit through the massage and the effect of the oil. The oil should remain on the scalp for at least 30 minutes, or even overnight if possible. If worn over night, it is advised to use a scarf to cover your hair, or a place a covering over your pillow to protect it from the oil.

Other main essential oils to use in the treatment of patterned hair loss include Alma, mustard, lavender, rosemary, chamomile, sage, lemon, and rose oils. These essential oils are not only available at organic or health food stores, but can also be purchased from regular grocery or specialty ethnic food stores.

Amla Oil

Amla is an essential oil from India created using the Indian equivalent of a gooseberry. Its scientific name is *Emblica officinalis*. This oil has been used for many years in ayurvedic medicine not only to grow the hair, but also as a natural home remedy for insomnia and female reproductive problems.

Amla oil is a natural hair conditioner, and is used as an oil for anyone wanting to grow healthy hair. The oil is not greasy, nor will it stick to the fingers, but instead nourishes the scalp to increase hair length, while strengthening the hair that is remaining.

Some essential oils have a tendency to color the hair, but Amla oil does not produce this effect. The main reason to use this oil as the next step of your natural hair loss home remedy is in how it is able to restore hair that has been damaged - especially through over-processing. It can replace the nutrients the scalp and hair needs to again restore the growth process.

To apply Amla oil, place a few drops into the palm of the hand and massage it into the scalp, making sure to also coat all hair with the oil. The oil is light enough to be left on, and used on a daily basis.

Mustard Oil

Mustard oil is strong smelling oil that is often used for cooking in many areas of Asia and the Middle East. It has a distinctive taste

that resembles nuts, but it can be quite spicy. Mustard oil is made from grinding the mustard seeds to produce oil. When used as a hair loss remedy, the oil is produced from any member of the mustard plant Brassica (sp. Brassica hirta, Brassica juncea, or Brassica nigra).

One reason why mustard oil is a good remedy for female pattern baldness is because of the fatty acids it contains. This oil contains mainly linoleic and oleic fatty acids. These fatty acids can provide nourishment to growing hair follicular cells, and help with cell division.

In Asia and the Middle East, mustard oil is not only used to provide treatment for hair loss, it is also used in massage or to be rubbed into sore muscles. It is able to relieve tension in the skin and muscles.

Another great property of essential mustard oil is its ability to increase the circulation and allow the blood to start flowing to the area. Not only will it increase blood circulation, it is also a good scalp conditioner, and will provide antibacterial properties to the scalp.

Above all, mustard oil is highly recommended as an essential oil to use because it offers omega fatty acids to the skin's cells, but also is good source of Vitamin E. Mustard oil is also full of antioxidants that are needed, especially by quickly dividing cells to protect them from genetic mutations. Thus as a natural home remedy, mustard oil is one of the ideal essential oils to use in this second step.

Lavender Oil

As an essential oil in the treatment of hair loss, processing the flowers of the plant *Lavandula latifolia* makes lavender oil. There are two forms of lavender oil, a spike oil made from the flower spikes of the lavender plant, and a flower oil that is used as a pharmaceutical remedy. The spike oil form is a pure oil, whereas the flower oil is made as a mixture containing plant additives.

For hair loss, lavender oil is one of the main oils used in aromatherapy, but it also has added benefits when placed on the scalp, i.e. lavender oil is well known for its ability to reduce tension, and help the person relax. Like mustard oil, it also has anti-microbial properties when used on the hair. It is especially effective against head lice.



When using this oil, place about 4-10 drops of lavender oil into the palm of the hand and massage into the scalp. Both the combination of the massage and lavender oil will promote hair growth in the area. Drops of oil can also be placed within cool water, and used as a hair rinse to keep the hair and scalp smelling fresh, and looking shiny and healthy.

Rosemary Oil

As an essential oil for the treatment of hair loss, rosemary has always been considered as a stimulant for hair growth. The reason this essential oil is considered as a natural part of hair loss home remedies is in its antiseptic properties. It can keep the hair clean and prevent any scalp infections.

A few drops of rosemary oil in water can remove buildup from the hair and unclog any dirt from the hair follicles. When rosemary oil is used, the hair follicles are pushed to produce hair, with the new hair and old hair developing a healthy sheen.

Using rosemary oil is also recommended for someone who has dark hair, as this oil tends to restore the vibrancy of the hair color. Other than applying the oil directly to the hair, fresh leaves of rosemary can be boiled with water until a rolling boil is achieved. Afterwards, this mixture can be strained and the water used to wash the hair.

Like all of the other essential oils, rosemary oil does provide nutrients to the dividing follicular cells. It contains minerals such as calcium, Vitamin B, and a large amount of iron. Rosemary oil also has the ability to increase circulation to the scalp area.

However, rosemary in its concentrated oil form should not be ingested orally, as it can cause health problems such as seizures, pulmonary edema, or vomiting.

Chamomile Oil

Chamomile oil is an essential oil that does not have a strong smell, but rather is light and pleasing; it is often used in aromatherapy. There are two types of chamomile essential oils - Roman and German.

The German brand of this oil is derived from the plant *Matricaria chamomilla*, whereas the Roman chamomile oil is from the plant *Anthemis nobilis*. Another name for Roman chamomile is English or garden chamomile, whereas the more common name for German chamomile is blue chamomile. It is the German chamomile oil that is best for hair loss.

German chamomile is a navy blue oil that smells like straw. The oil is quite viscous, and is harvested from plants located mainly within Egypt and Europe. The oil is extracted using the process of distillation, to produce a very concentrate liquid.

Chamomile oil is used mainly for skin care, whether it is on the head, or elsewhere on the body. German chamomile is a good essential oil to use on the scalp because of its anti-microbial properties.

This oil will also soothe red irritated skin, causing it to heal, and regenerate the cells that have died. Therefore, when follicular cells die, chamomile oil is able to help in the regeneration of new cells for hair growth.

Sage Oil

Along with rosemary, sage oil has always been known as a powerful essential oil in the treatment of hair loss. Sage oil stimulates the hair to grow, and contains strong antiseptic characteristics. This is one of the reasons it is recommended as a natural home remedy in the treatment of hair loss.

Like all of the other essential oils, sage oil does provide nourishment to the cells of the scalp that divide to produce hair. It does not only stimulate growth and prevent scalp infections, but sage oil is also able to thicken the hair and reduce hair loss.

The hair shaft is left strong, with less occurrence of hair breakage, after applying a few drops of oil. When applied to the scalp, this oil can also improve memory and coordination. This is why it is included in various alternative medicines to treat concentration.

Other than using the essential oil, sage leaves can be boiled with rosemary until a hair rinse is formed. After straining the leaves, this hair rinse should be used on the remaining hair to keep it luxurious and shiny.

Lemon Oil

Lemon oil is included as one of the essential oils for the treatment of hair growth in women due to its ability to disinfect the



hair, increase the blood circulation to the scalp, and provide a vitamin needed for hair growth. Lemon oil is a good source of Vitamin C, as lemons belong to the citrus fruit family along with oranges

and tangerines. This essential oil is made by processing the outer rind of the lemon to produce an oil that can be used for hair growth.

As one of the most popular citrus fruits in the world, it is included in many recipes. Lemons and lemon oil are a low cost way to help grow your hair again. When used in aromatherapy, lemon oil can reduce tension in the head, neck, and body, and open the blood vessels to increase more oxygen going to the scalp.

Lemon oil is considered an essential oil for hair loss because of the high content of vitamin it contains. Vitamin C is used in many processes within the blood, especially in helping to fight infections and diseases. So not only will using lemon oil increase blood coming

to the area, but the hair and scalp is protected from any bacterial or fungal infections.

To use this essential oil, about 4-6 drops of it should be massaged onto the scalp and hair, and remain there for at least 15 minutes. After prolonged use, the person will not only notice hair growth, but also a healthier looking scalp. The hair will feel clean, without any buildup of oil or hair products. It can also fight against dandruff that can prevent hair growth.

Rose Oil

As with the other essential oils, rose oil is made by distilling the rose flower petals. Similar to the other essential oils, it is made from more than one species of roses. The two main types of species of flowers are the *Rosa centifolia* and *Rosa damascena*.

This is one essential oil that can be used in aromatherapy or massage through the hair with sage oil. Since a large quantity of roses is needed to make a small amount of rose oil, it is considered one of the more luxurious essential oils.

Rose oil can also be purchased as a rose absolute or rose otto. The rose absolute is used more in perfumes, while the rose otto is for therapeutic use. The rose otto is the essential oil that should be purchased to help hair loss.

The use of rose otto in the treatment of hair loss is evident in the way this essential oil is able to cure dandruff, and restore moisture to the scalp. It is perfect on dry, flaky skin.

Another characteristic of this form of rose oil is the way in which it able to shunt blood to the area, and increase the oxygen and nutrients vital for the cells to produce hair. Not only is rose oil used as a natural hair loss remedy; it is also beneficial for treating ailments such as depression or anxiety. Rose oil is well known for its calming effect.

The best thing about these essential oils is that they are easy to obtain. Essential oils can be purchased not only available at organic or health food stores, but can also be purchased from regular grocery or specialty ethnic food stores. Any brand of essential oil can be purchased, however the brands from an organic source will be of better quality.

Herbal Based Remedies

Using natural herbal remedies is the next step for anyone serious about treating hair loss. The use of herbs is the basis not only in natural or holistic medicine, but is also used in numerous pharmaceutical drugs. So even if your treatment is from a naturopathic doctor, or medical doctor, the active ingredient will most likely be herbal.

The Hair Loss Remedy Report: All Natural Secrets to Regrow Hair

Many women are surprised to know that the herbs they use every day can also be used to tackle the problem of hair loss. Just like the essential oil treatments mentioned in the previous chapter, herbal based home remedies have been used in many cultures to help with thinning, or loss of hair.

The best reason for using herbal remedies for the treatment of male and female hair loss is that these herbs are readily available and can be found with a quick visit to the local grocery store. However, if you are going to use these herbs frequently, it is better to go to the local garden center, and purchase the whole plant. Herbal home remedies provide an effective step for reversing hair loss in women.

Common herbal plants to be discussed include: saw palmetto, nettle root, dong quai, aloe vera, and other miscellaneous herbs.

The best herbal home remedies include:

Saw Palmetto

To restore your hair loss naturally, Saw Palmetto should be the first herb that you purchase. It is located in more than 85% of the products sold as remedies for hair loss, but using saw palmetto in its pure form will be more beneficial.



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Saw palmetto is one of the most recognized herbal hair loss remedies even though its benefits for growing hair were discovered accidentally. The main ingredient in saw palmetto, responsible for hair growth, acts on the hormone DHT, which in high levels can reduce the health of the prostate gland.

The ability of saw palmetto to increase the quantity of hair on the scalp was discovered with the pharmaceutical drug Propecia, when men taking it for treatment of prostate gland enlargement also showed changes in the growth of their hair.

The scientific name for saw palmetto is *Serenoa repens*, and the active ingredient used in the treatment of hair loss is located within the plant's berries. The berries are reddish-brown in color, and this palm tree grows to about seven inches in Mexico and parts of the southeast United States.

To use saw palmetto, the berries can be purchased already dried and crushed into a powder. This powder is made into an ointment using petroleum jelly, or the powder can be made into a tincture, and rubbed onto the scalp. In certain health food stores, dried saw palmetto is found in capsule form. Some health food stores might also sell saw palmetto oil, which can be applied with a few drops to the scalp.

When used on the scalp and hair, saw palmetto works at the level of the follicles to inhibit DHT, and restore the cells to growing hair again.

Saw palmetto is also considered an aphrodisiac, and should be avoided by women who are pregnant or nursing. Two popular brands of Saw Palmetto are from “Nature’s Way” and “Source Naturals”. Yet other brands can be used as long as it is from the dried plant berries.

Nettle Root

The second herbal remedy to use to restore hair loss in women is nettle root. It is the second most common herbal plant used in the treatment of hair that is thin or falling out. Nettle root should always be used in its natural form to maximize the healing properties of this treatment.

Nettle root is as popular as Saw Palmetto because it acts to reduce the level of DHT produced. Nettle root also acts on the enzyme 5-alpha reductase that is used to produce DHT.

The modern scientific name for nettle root is *Urtica galeopsifolia*, and it is the root of the plant that is used as a natural remedy for hair loss in women. The main ingredient in nettle root is stronger at inhibiting DHT, and when these two herbs are used together, there may be a synergistic effect.

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Nettle root is also used in the treatment of an enlarged prostate in the condition known as prostatic hyperplasia. More importantly, nettle root is able to stimulate the follicular cells of the scalp to grow hair.

The leaves of the nettle root also have medicinal properties, but the leaves are used to treat arthritis and high blood pressure. Nettle root plants are gender specific, with both male and female plants able to produce newer plants. Nettles are found mainly in areas of South America, such as Brazil or Peru.

To use the nettle plant, the root is obtained, and used to make either a tea or hair rinse/tincture. If you decide to drink nettle root tea, allow no more than three and a half cups a day. Nettle root can also be made into a shampoo with the addition of an essential oil such as lavender and Castile soap as the shampoo base. The hair should be washed two to three times a week using this shampoo. Various health food stores will also carry dried nettle in capsule form.

Not only does nettle root provide the ability to reduce the hormone that stops hair production, it also is able to function like an essential oil and increase blood flow to the area. Nettles also contain vitamins such as A and C, which provide nutrition to the follicle cells. Nettle root provides the total package for stimulating hair growth.

Certain medications such as those prescribed for blood pressure and diabetes should not be taken with nettle root.

Dong Quai

The third natural home remedy to use is Dong Quai. Overall, it acts in the same manner as Saw Palmetto and Nettle Root to reduce DHT levels. However, Dong Quai is more similar in potency to Nettle Root, and when combined with it will create the perfect hair loss remedy. Some naturopathic doctors even suggest combining all three herbal remedies, but this combination might react differently for each person.

Even though Dong Quai is used to reduce DHT, it does so in a different manner than Saw Palmetto or Nettle Root. Dong Quai contains phyto-estrogens that compete for the DHT receptors. Therefore, DHT cannot bind and hair loss is reversed or prevented.

For women, Dong Quai is also known as a female's ultimate herb. It is especially useful during menopause to fight the symptoms associated with it, including hair loss. A solution made from Dong Quai will also feed the cells of the scalp with nutritional vitamins such as Vitamin A and E. Dong Quai contains Vitamin B12 also.

The active ingredients in Dong Quai needed for hair growth is found inside the root. The best way to use Dong Quai is by preparing a hair rinse, although it can also be drunk as a tea. Only a very specialized health store will have Dong Quai dried in capsule form. Women using blood-thinning medication should not use Dong Quai

due to increased [health risks](#). To buy this home remedy, look for the common brand of the Dong Quai root extract by “Solaray”.

Aloe Vera

Aloe Vera is found in numerous holistic remedies to treat hair loss. It can be used in gel form, taken as a soft capsule, or added to shampoo and conditioners. Rubbing the gel into the scalp and hair can prevent hair loss, eliminate dandruff, and re-grow hair. Massaging aloe into the scalp can also cause more blood to flow to this area.



Aloe is not a new hair loss remedy. It has been used extensively in South America, the Caribbean, and by Native Americans in the United States. Aloe is a short plant with thick succulent leaves, either covered in fur or spines. It is extremely easy to obtain, and it encourages healthy hair growth, while reducing hair loss.

Aloe Vera’s ability to stimulate hair growth, or prevent inflammatory illnesses from destroying the hair cells makes it an effective hair loss remedy. Aloe repairs the cells of the scalp that may be damaged either through hormones or medication. It also restores the scalp's pH back to its optimum level.

As a herbal home remedy, aloe can be purchased and used on a daily basis on the scalp and hair, especially when combined with petroleum jelly and made into a pomade. Fresh aloe can be sliced, and the gel extracted. It can also be boiled to produce a hair rinse. Using this rinse will produce soft, shiny hair. When combined with other essential oils, aloe will achieve great results in growing back hair. Frequent use of this plant is encouraged to keep the pores clear and dirt-free.

Minor Herbal Remedies

There are various herbs that can be used as natural hair loss remedies but are not as well known as the previous remedies. These minor herbal remedies include Henna, Lemongrass, Capsicum, and Green Tea.

Henna

Henna has been used within Indian communities for years to treat hair loss, especially in women. It is also an excellent conditioner that leaves the hair feeling soft. Henna is recommended as part of your natural hair loss remedy because of its ability to seal the cuticle of the hair and stop the hair from breaking. Henna is also able to condition and nourish the scalp.

Lemongrass

Anyone who has ever eaten food from Asia, especially Thai cooking will be aware of the flavor of lemongrass. Not only is this food used in Asian cooking, but it is also used to thicken and provide nutrition to the scalp, while removing any oil buildup and unclogging pores. Lemongrass oil should be massaged into the scalp to increase blood flow.

Capsicum

Capsicum is a spicy, cooking herb that can stop hair loss from occurring. Because of its natural properties, it is also able to stimulate the hair cells to divide and produce new hair, resulting in more oxygenated blood circulating to the scalp. Capsicum is effectively able to increase hair growth by more than forty percent.

Green Tea



The health benefits of green tea are well known, especially its antioxidant properties. Green tea will not only prevent dandruff, but will strengthen the growing hair. The hair and scalp are left clean after using a green tea rinse. It will also provide minerals as energy for the dividing follicular cells.

Vegetable & Fruit Based Remedies

Many people are surprised to learn it is possible to use vegetables and fruits as natural hair loss remedies. There are vegetables and fruits, which when applied to the scalp, can naturally cause hair to grow. These fruits and vegetables are used to make either a paste or liquid, which is then applied to the scalp. This section will discuss common vegetables and fruits such as onions, lemons, oranges, ginger, coconuts, and peas.

Onions

Even though the smell of onions might not be pleasant to some people, onions are also used to treat baldness in women. The process of using onion as a natural home remedy is pretty straightforward. A medium size onion should be peeled, and cut in half. These halves are then rubbed on the scalp until the scalp is slightly red. This can be done either once a day, or twice a day in the morning and evening. It is recommended that this remedy be used in the evening to avoid smelling like onions all day.

Using an onion as a home remedy is beneficial to growing the hair in two ways. First of all, onions contain Vitamins B and C, which provide nutrition to the hair cells. The cells are able to rapidly divide and produce hair strands. The second way in which onions are able to

help grow hair is in the ability to stimulate circulation as it is massaged into the scalp. This will get the blood flowing to the area. Onions are especially beneficial for anyone suffering from localized patches of baldness.

Lemons

Lemons have been used on the hair as a way to lighten it, but it is also a great way to stimulate hair growth. A hair rinse using lemon juice and water is able to remove any buildup of oil and dirt, from the hair and scalp. The oil located on the rind of the lemon, can also be rubbed onto the scalp in areas where the scalp is dry, or to remove dandruff.

Lemon is used in many hair shampoos, because it not only cleans the hair, but also strengthens it, and prevents further hair loss. The main concern with using lemon oil is that it can be irritating to sensitive skin. Lemon oil can also cause bleaching or striking of the hair when exposed to sunlight, so use only a small to moderate amount.

Oranges

Similar to lemons in removing dirt and oil from the hair and scalp, pure orange juice is one of the most affordable hair loss home remedies! It is recommended to use not only the juice from an orange

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as a hair and scalp rinse, but also rub the flesh and rind of the orange onto the scalp and hair.

This will stimulate an increase in circulation to the area, but more importantly, oranges are extremely high in Vitamin C. Vitamin C is needed to produce collagen which is the framework for the body's tissues. Without Vitamin C, the hair is dull, and will fall out in clumps, due to thinning of the skin of the scalp. Therefore, for help growing shiny, healthy hair - use oranges!

Ginger

Ginger is a type of food that is used in a variety of recipes. Not only is ginger used as an herbal remedy in the treatment of hair loss, it is also beneficial in treating digestive complaints such as upset stomach and heartburn.



The way in which ginger functions in helping hair to grow is in its ability to expand blood vessels in the scalp area. This results in more blood flow to the area, to fill in the space. The increased blood also brings more oxygen to the scalp's cells.

Ginger also contains fatty acids that are necessary to re-grow and thicken the hair. It can be peeled and sliced, and gently massaged onto the hair. Alternatively, it can be pureed into a paste and placed on the hair for fifteen to thirty minutes a day.

Coconuts

There are numerous cultures that use coconuts to help grow and maintain hair. Coconut milk can be used as a hair rinse to clean the scalp, and add nourishment. Coconut milk is also a great way to provide the hair with a moisturizer. Coconut contains Vitamin C, iron, and fatty acids, which provides the food necessary for the hair cells to

grow hair. Alternatively, coconut milk can be added to hair conditioner to help grow hair.

Other than using coconut milk, the pulp inside the coconut can be ground to a paste, and applied to the scalp. This can be massaged into the scalp, and should be allowed to remain for about fifteen minutes.

Peas

Even though you might not enjoy eating peas, as a paste for the scalp, peas provide all the nutrition the rapidly dividing hair cells need. Peas are high in protein, fats, and carbohydrates needed to produce new cells. As the cells divide, the protein breaks down into smaller components to form new genetic material. Peas are also high in Vitamin B.

Nutritional Vitamins & Minerals

After using fruit and vegetable remedies, the next step in reducing hair loss is by changing the diet. This chapter will focus on how nutritional vitamins and minerals, which can be taken either as supplements or through food, can cause hair growth.

The importance of this chapter is not only to introduce you to the food that will provide these hair vitamins, but also to encourage

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you to eat a healthier diet to correct your hair loss and prevent other medical problems from occurring. The main vitamins and minerals to be discussed are the Vitamin B complex, Vitamin C, Vitamin E, Folic Acid, Biotin, and Coenzyme Q.



Taking nutritional vitamins and minerals is a fantastic way for anyone who has experienced hair loss. Dealing with hair loss using a balanced diet is a not just a fad society is experiencing, but is rather a way to change your eating

habits, improve your health, and still treat your hair loss. There are no other hair loss drug treatments on the market today, which can guarantee all this. If you are a woman who is looking for any of the vitamins mentioned, it is highly recommended that you try the multi-vitamin Vitafemale. Learn more about it at:

<http://www.micronutra.com/vita-female.html?img=87&kbid=1305>.

Vitamin A

As an essential vitamin, Vitamin A is necessary for the hair (and your body) to remain healthy. Vitamin A is an important vitamin that is necessary to keep the pores and oil glands clear. The scalp produces oil needed to keep itself lubricated. However, there are times in which

the oil produced can cause clogging of the pores. So Vitamin A is needed to keep the pores open and prevent the skin on the scalp from becoming dry.

In Vitamin A deficiency, expect the scalp to be filled with dandruff. This dandruff will further clog the pores, contributing to more hair loss. Vitamin A is needed to help keep the scalp supple.

The unusual thing about Vitamin A is that it is important not to increase the dosage too high. Anyone taking higher than the recommended daily dosage will also complain of hair loss.

The best sources of Vitamin A in food include: spinach (red and yellow), fortified cow's milk, oranges, and fish oil.

Vitamin B complex

The role of the Vitamin B complex in helping to grow hair loss from the scalp is quite noteworthy. The reason why foods containing Vitamin B should be included in the diet as a hair loss remedy is in the ability of the B vitamins to control the level of hemoglobin in the body. With more Vitamin B in the body, the higher the chances the scalp will receive more hemoglobin.

Hemoglobin is a protein that is responsible for binding oxygen, and almost 90% of the oxygen will be carried around in this form. Hemoglobin is usually transported around in red blood cells.

Therefore, when the Vitamin B levels are optimum, the scalp will receive more oxygen.

When the body is deficient in Vitamin B complex, the hair is dry, brittle, and does not continue to grow. Eventually the hair will fall out. Vitamin B deficiency also causes bruising and thinning of the skin. This is because the follicular cells are unable to divide due to reduced hemoglobin and oxygen levels.

The Vitamin B complex is made of Vitamin B1, B3, B5, B6, and B12. Vitamin B is mainly essential to the circulation and helping the scalp receive the oxygen it requires. Vitamin B12 is the only one in the B complex that cannot be taken as a supplement; bacteria in the gut produce it. Anyone with a Vitamin B12 deficiency will need to receive injections of this vitamin.

Foods that contain Vitamin B include: soybeans, liver, fish, and chicken.

Vitamin C

Like the Vitamin B complex, Vitamin C is needed to nourish the scalp and prevent hair loss. The job of Vitamin C is to help the body produce collagen, which is needed to keep the body together. It is one of the main glues that hold the body together.

With a deficiency of Vitamin C, the body is not as strong as it should be, and the same can be said for the hair. When there is not

enough Vitamin C taken, the hair will break easily, because it is lacking in strength. There will also be split ends with dull looking hair that is not healthy and shiny.

Not only does a lack of Vitamin C cause damage and loss of hair, it causes thinning of the skin on the scalp and on other parts of the body. Previously a Vitamin C deficiency was also known as Scurvy or Sailor's Disease because it was a illness effecting sailors without access to fresh fruit.

To restore Vitamin C levels in the body, a diet consisting of green leafy vegetables, oranges, lemons and other citrus fruits, peppers, or tomatoes should be eaten.

Vitamin E

Vitamin E is a fundamental vitamin in the body, which also plays a role in maintaining the hair and scalp. Vitamin E functions in a similar manner to the Vitamin B complex. The role of this vitamin is to increase the movement of blood containing nutrients and oxygen to the areas that need them. Therefore, Vitamin E in sufficient quantities can provide the hair cells with enough energy to start producing hair again.

With a Vitamin E deficiency, expect any hair on the scalp to thin, with the scalp looking unhealthy. The problem with a Vitamin E deficiency is that the scalp is at a higher risk for infections because of

reduced circulation. The cells that protect against infection will have difficulty reaching the scalp when the circulation is reduced.

The best sources of Vitamin E are: green leafy vegetables, grains and cereals, and nuts. A Vitamin E deficiency is found in anyone who is unable to absorb fats because this vitamin needs fat to be absorbed.

Folic Aid

The importance of folic acid is well known in pregnant or breastfeeding mothers. However folic acid is also beneficial to anyone who has loss hair.

As part of a balanced diet, eating food high in folic acid will cause the body to stabilize the levels of hemoglobin. This is because folic acid acts in the same manner as the Vitamin B complex. An added bonus is found by eating foods high in both Vitamin B and folic acid.

The recommended level of folic acid that should be taken is two hundred micrograms for women. The best sources of folic acid are: leafy vegetables such as spinach, fruits such as bananas, and beans.

Iron

Iron is an important mineral for the body, not just for the hair. Iron is needed by the red blood cells to produce hemoglobin. This

protein will then supply oxygen to the rapidly dividing cells that produce hair.



A deficiency of iron is known as anemia, and depending on the degree of anemia, the person will show signs of loss of hair, tiredness, difficulty concentrating, lack of sleep, pale skin, dizziness or

headache. When there is an iron deficiency, the body is unable to supply enough oxygen to the cells of the scalp. If the anemia continues, the main survival instinct is to shut down any process that is not needed to keep the person alive. As a result, hair growth is stopped, and the consequence is loss of hair.

Meat is not the only source of iron in the diet. It is also available in green leafy vegetables, beans, and organic bran.

Silica

Even though Silica is considered to be a minor mineral, it is beneficial in the treatment of hair loss. This mineral is able to slow down the rate of hair loss, while helping to grow the hair again. After the hair has grown back, silica levels can be maintained to prevent further hair loss.

It is advised not only to increase the consumption of food containing silica, such as potatoes, bean sprouts, or peppers, but to also use hair products that contain silica to help speed up the growth process.

Zinc

Zinc is a mineral that needs to be included in the diet of anyone trying to re-grow his or her hair. It has two main functions that help in the hair growth process.

The first role of zinc is to keep the pores clear. Zinc functions in a similar way to Vitamin A. This mineral helps clear the oil or sebum as it is made, and sends it to the scalp to keep the skin soft and free from dandruff. With a zinc deficiency, the scalp and pores clog with dandruff. The hair is dry and brittle, and will eventually experience breakage, resulting in hair loss. This is why certain hair products for the control or treatment of dandruff contain zinc.

The second job that zinc performs in the treatment of hair loss is to help in the growth and repair of cells. It helps regenerate the tissue of the scalp, so cells are healthy again to produce hair.

A minor function of zinc is its ability to help fight infection. With any infection in the body, it is helpful to increase the levels of zinc in the diet. Zinc is found in foods such as pumpkin seeds, whole grains, beans, and nuts.



**Our All-In-One Product Recommendation:
HairMax MD**

We recommend the product HairMax MD, which is a natural, topical formula that enriches your hair and scalp with nutrients that sluggish hair follicles and scalp tissues crave - and your healthy hair doesn't fall out. It has a fresh, clean scent. It stimulates natural hair growth, reduces hair loss, and nourishes your scalp. Visit this site for more info: www.HairGrowthRemedy.com/hairmax.

Hair Loss Prevention & Conclusion

After the hair has grown back, there are various ways to prevent hair loss from reoccurring. Using the techniques below can help reduce baldness and hair loss from happening again.

The easiest way to care for hair to prevent hair loss is through natural shampoos and conditioners. Using a mild shampoo on your hair and conditioning regularly will help keep the hair clean and healthy. Any of the essential oils can also be used as a leave-in treatment to help grow hair further.



Since your hair has just recently grown back, it is important to be as gentle as possible. The hair should be detangled, using a large-tooth comb, or a wire brush. Be carefully to detangle the hair gently, to prevent hair pulling and breakage. When the hair is washed, use only the finger pads, and not the fingernails to wash the scalp. Scrubbing the scalp vigorously using the fingernails might cause hair in the Anagen phase to break off.

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After washing, dry the hair naturally. Refrain from using heat to dry and style the hair. Hair that has re-grown should not be colored, permed or treated with any harsh chemicals, as they can cause hair loss.

When your hair is completely dry, try a hairstyle that is easy to maintain. Some hairstyles involve pulling the hair too tightly or using the curling iron daily. An alternate hairstyle that will not put stress on newly grown hair is the ideal way to prevent hair loss from occurring again.

Other than specific ways to treat the hair to reduce hair loss, take care of your whole body. Since vitamin and mineral deficiencies can contribute to hair loss, remember to eat a balance diet including nuts, grains, fruits, and vegetables. The great thing about using food-based home remedies for hair loss is that many of the foods can both be eaten and made into a paste or hair rinse for a double benefit.

Besides a balanced diet, it is essential to drink the recommended amount of water a day and exercise regularly. This will help open the pores, and improve the skin's circulation. Keep in mind that your hair will reflect what is being taken into your body.

By following these simple tips, it is possible to prevent temporary hair loss, while maintaining a shiny, healthy scalp of hair!

CASE STUDIES:

Case Study 1:

“I really wish I had access to this information sooner. I never thought it was possible to be in love with some product that I use, but I LOVE AMLA OIL! Since it’s an oil, I thought it would be make my hair greasy. It made my hair very soft, and the hair was not dry and brittle any longer. I prefer to massage this oil into my scalp, but have used it to make hair pomade as well. I use the oil after I have washed my hair, and styling the new growth is easy. I can’t tell you how glad I am that I found out about amla oil. Before this, I was afraid I would need to be fitted for a wig to wear. I could not even get extensions because I did not have enough hair to hide them, and the hair I had was not strong enough. Since then I have been using amla oil for about four weeks and have noticed how my hair has grown. It really does restore the hair to naturally grow again. Let me compliment you on the information collected here about using natural ingredients to treat hair loss. The best advice I’ve received in years!”

Submitted by Gaynelle B. Fort Lauderdale, Florida

Case Study 2:

"I wanted to tell you that I am thrilled about having found a natural home remedy to take care of my hair loss. I started massaging lavender oil into my scalp at night, and this really has made an improvement in the way my hair and scalp looks. The information contained in this book has been amazing! I never thought I would be able to find an inexpensive way to treat my hair loss, just by using a massage and oil. I have always preferred to use natural ingredients, as many of the other hair loss products I've tried have been too harsh for my skin and scalp. However, just by simply using lavender oil, and also placing a few drops into my conditioner, I have noticed the difference in my hair. There is less breakage, less dryness in the hair, and scalp, and I have started to see new growth. I just wanted to write this note to thank you for all the wonderful information you've given me!"

Submitted by Joanne B. Raleigh, North Carolina

Case Study 3:

"When I first read about the natural home remedies to grow my hair, I was not entirely convinced, but thought it could not hurt to try this. I thought the best remedy for me would be to use nettle root, because I had seen the powder in my local health food store. Even

when I purchased the nettle root powder and brought this home, I did not use it at first. I had tried other things, and did not want to be disappointed. I made the powder into a hair rinse, and after using it for a couple of weeks, I could tell that this time things would not be the same! First of all, the remaining hair I had felt soooo clean! A lot of my hair would break out, especially after washing and combing. But with using nettle root, my hair does feel stronger from root to tip. At my scalp I can notice new hair growing that is soft to touch. I have only used it as a hair rinse, but am also thinking of putting it into my shampoo, or making an herbal shampoo with it. I can't believe I'm on my way to getting my hair back again. I only wanted to write to let you know my story. Keep up the good work!"

Submitted by Elfin T. Houston, Texas

Case Study 4:

"Hello, a short email to let you know that your advice on using aloe was one of the best for dealing with hair loss. What I thought was the greatest about using aloe is how easy it was to obtain. I love home remedies! My gran had a lot of ways to use natural products to clean the home or remove stains. It was wonderful to find a home remedy to help me with my hair.

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When I was younger I had lovely thick hair from my dad's side of the family, but when I started high school and puberty, my hair changed in texture, and would fall out easily. By the time I went to college, I had thinning hair in my 20's. There are only so many hairstyles you can wear to cover the bald areas. All the money I made while working would go to buy one hair product after another. When I realized I could go back to my natural roots and use aloe to grow my hair. I first started applying the aloe directly to the scalp, but using a hair rinse of it smells much nicer.

The thing I noticed with using aloe is that my hair does not feel heavy. It was weighted down when using those other products, but since going natural I don't have that problem. This ebook is worth gold!"

Submitted by Raquella M. Seattle, Washington.

List Of References

RECOMMENDED PRODUCT—Hairmax MD:

www.HairGrowthRemedy.com/hairmax



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