



HOME REMEDIES TO PREVENT HAIR LOSS

PUREHEALTH[®]
RESEARCH

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by

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WHAT CAUSES HAIR LOSS?

No one likes the idea of hair loss, but it happens to both men and women. You start to see a few strands of hair on your pillow, in your brush, or at the bottom of the shower drain and you don't worry too much.

However, over time, you start to see more and more hair and you worry that it could be falling out far faster than it's being replaced. Naturally, you want to do whatever you can to stop hair loss as soon as possible.

Fortunately, **you will find some simple, natural remedies you can do in the comfort of your own home**. We will be discussing those strategies later in the book. First, though, you will want to get a better idea of some of the different things that could be the cause of hair loss in both men and women.

Male Pattern Baldness

Many men go bald, or start to go bald, at some point in life. Studies¹ show that the most common form of hair loss in men is male androgenetic alopecia. It affects between 30% and 50% of men by the age of 50.

Male pattern baldness is typically something that affects those who are 50 and older. However, that's not always the case. There are plenty of younger men who are dealing with hair loss in their 40s, 30s, and even 20s.

Some of the main causes of male pattern baldness include:

- *Genetics*
- *Cancer*
- *High levels of androgens*
- *Vitamin deficiency*
- *Nutritional disorders*
- *Medication*
- *Thyroid conditions*

What About Female Pattern Hair Loss?

Women will not typically go entirely bald, but **it can happen**. Those women who see issues with thinning hair don't typically start to see it occurring until they are in their 40s or older. **It affects around 40% of women by the time they reach age 50².**

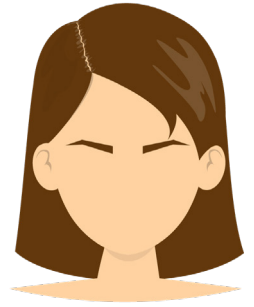
The causes of hair loss in women can vary just as much as they do in men. It could be due to issues like:

- *Genetics*
- *Side effects from medication or treatments*
- *Restrictive diets*
- *Overprocessed scalp hair*
- *Vitamin deficiency*
- *Changes in hormone levels caused by menopause or pregnancy*

Women with hair loss issues can often be divided into three types. Let's get a closer look at each of these types.

Type I

Women will notice that there is a small amount of thinning, which is noticeable around the area where their hair is parted.



Type II

Now, the thinning starts to widen at the part in the hair, and the amount of thinning that's happening increases further. Naturally, this starts to increase the amount of worry that is felt regarding hair loss because it is starting to become more noticeable.



Type III

With Type III, women will notice that there is thinning throughout their hair. There will often be a portion at the top of their head that allows the scalp to be plainly visible.



Hair Loss Could Affect You Psychologically

Your hair does more than just keep your head warm. While there may be some people who don't mind the idea of losing their hair, that's not the case with most people. It represents a change. They are getting older, their bodies are changing, and **it can be frightening.**

According to research, it can also take quite a toll on a person's psychology.

Those who are suffering from hair loss **could be at a higher risk of developing certain types of psychological disorders.**

Some of these include:

- *Depression*
- *Anxiety*
- *Social phobia*
- *Paranoid disorder*

This is because people worry about the way they look and how others see them. They feel more self-conscious when losing their hair and may not want to engage in the sorts of activities they once did.

Ways to Keep Your Hair Where It Belongs

Fortunately, there are some things you can do that can help you to keep the hair that you have and that might even help to stimulate some new growth. Let's get a closer look at some of these remedies.



EASY AT-HOME TIPS TO HELP YOU KEEP YOUR HAIR

One of the first things you will need to realize is that even though these remedies can often help to prevent hair loss, there are certain factors that even these tips can't overcome.

When hair loss is caused by a disease or certain other issues, it will still occur. However, these tips can help a lot of many people like you to prevent or slow down hair loss from happening.



Massaging the Scalp

A little massage could go a long way, especially when it is used along with some of the other tips and tricks found in this book. It helps to stimulate the scalp, and **it could even improve hair thickness** in some cases.

There was a study³ from 2016 that showed good results for participants who were massaging their scalp, even for **as little as four minutes a day**.

Another study⁴, this one from 2016, showed that massage could do a good job of improving blood flow to the scalp, which **improved hair growth**.

Aloe Vera



One of the other simple methods you can use when treating hair loss is aloe vera⁵. It has been used for **treating hair loss** for quite a while, and it's thought that **it can help to soothe the scalp**. It can also **reduce the amount of dandruff** you have and unblock hair folli-

cles, which can **stimulate more hair growth**.

There are several ways that you could use aloe vera as a home remedy. One of the simplest is to choose quality shampoos and conditioners. Find one that has aloe vera as one of the main ingredients. Additionally, you could apply aloe vera directly to your scalp a couple of times a week.



Coconut Oil

You can also start using coconut oil on your hair and scalp. This could be applied either before or after you wash your hair. If you have oily hair, you could use it as a leave-in treatment for a few hours before you wash it out.

When using the oil, you want to make sure that you are massaging it fully into your scalp and all of your hair. There was a study⁶ that found **coconut could help to make the hair follicles and the scalp healthier**.

Fish Oil



Omega-3 fatty acids are good for your body, your skin, and your hair. You can get these fatty acids by eating certain types of food, such as fish. However, you might want to consider taking a supplement like **fish oil**.

Just be sure to follow the dosage from the manufacturer. It's also a good idea to **talk with your doctor before you introduce any new supplements to your body**. Most people will not have any trouble with omega supplements and fish oil, but it's always better to be safe rather than sorry.

Ginseng



Another type of supplement you might want to consider is ginseng⁷. There is research that shows it **could help to promote hair growth because it stimulates follicles**. Even if you have already started to lose hair, it might be **possible to grow some of it back**.

With ginseng, as with any other supplements you take, or food that you consume, make sure you look for any potential side effects. The side effects tend to be rare but could include insomnia, headache, rapid heartbeat, changes in blood pressure, or diarrhea.

Onion Juice



While this might sound absurd, there is some evidence⁸ that **onion juice can work to help promote hair growth, and even treat patchy alopecia areata**. Many feel that onion juice can help to improve circulation.

To use the onion juice, you will blend a couple of onions and squeeze out the juice. Then, you will apply it to your hair and scalp and **let it sit for about 15 minutes**. Once the time is up, you will wash it out with shampoo.

Geranium Oil

This is an essential oil that could be used to **promote hair growth and increase circulation**. You just need to make sure you are using it the right way. You should add three drops of the essential oil into eight drops of carrier oil and then add the mixture directly to your hair. You could also add some to your shampoo if you would like.

This type of oil can provide some nice benefits⁹ to your hair including **strengthening it, hydrating it, and restoring it**.

More Protein in the Diet

Hair follicles are made mostly of keratin, which is a protein. A study¹⁰ found that many people who were suffering from hair loss had amino acid deficiencies. **Amino acids, of course, are the building blocks of protein.**

The idea is that more protein in the diet could help to reduce the risk of hair loss. Of course, you will want to choose healthy protein options, such as egg whites, nuts, fish, beans, chicken, and turkey.



Vitamin A



Vitamin A has **retinoids**, which have been **shown to help increase the rate of hair growth**. There is also evidence that it could **help with sebum production**, which can help to keep the scalp healthier. A healthy scalp will allow you to keep more of your hair.

You will want to add vitamin A-rich foods to your diet. Some of the best options include **spinach, sweet peppers, and sweet potatoes**.

Seeing Your Doctor

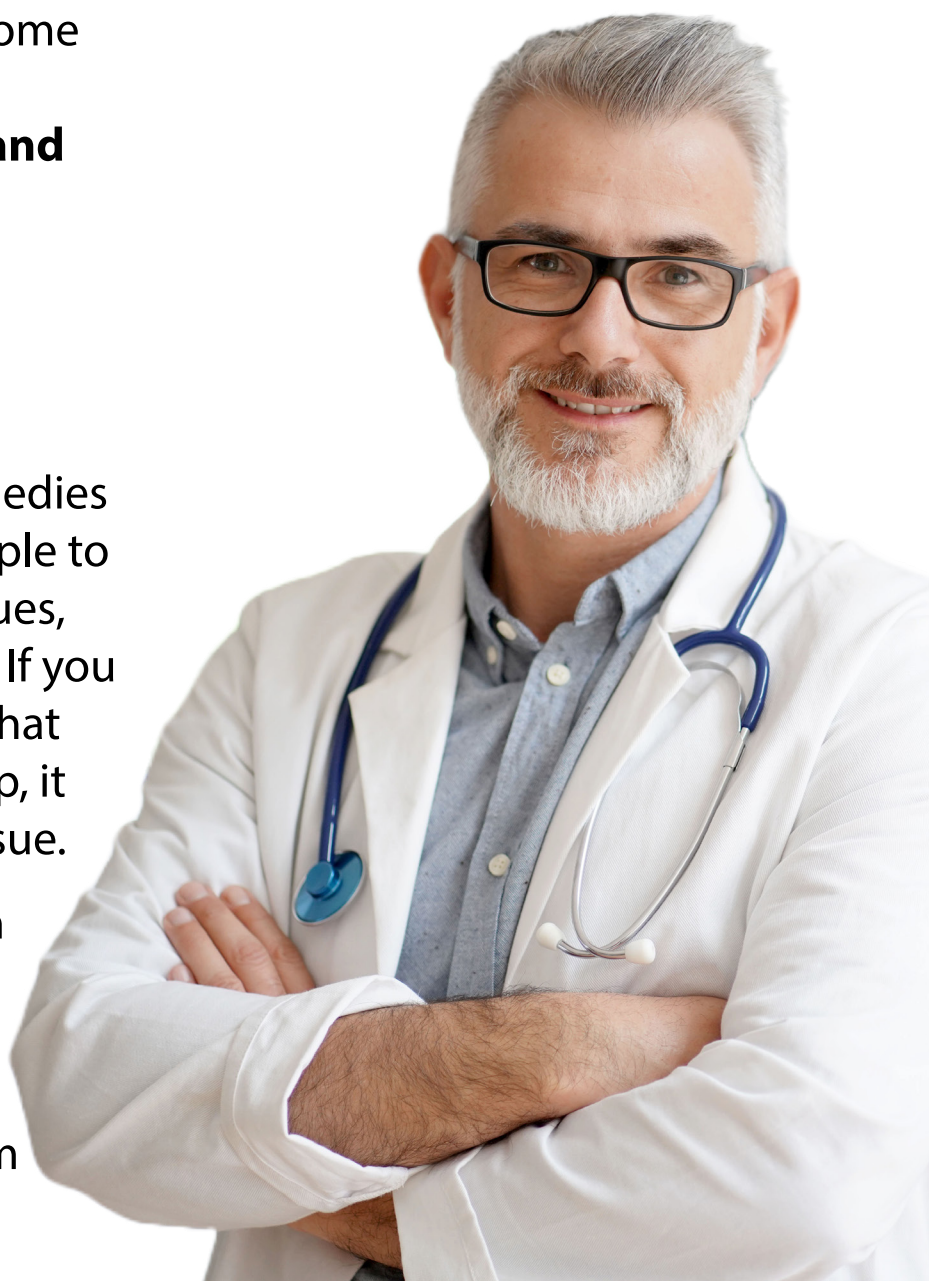
While the above home remedies have worked for many people to help with their hair loss issues, they aren't always enough. If you are experiencing hair loss that you can't slow down or stop, it could be due to a health issue.

You will want to speak with a doctor, who can give you a better idea of what is causing the hair loss and means of preventing it from continuing.

Start Employing These Methods

All of the tips above tend to be relatively easy lifestyle changes, and you can do all of them right from home.

Try out several of them and keep track of the amount of hair you are losing to figure out which methods are working best for you.



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