

## Herbs the safest way to avoid hair loss

Contributed by admin  
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The hot and debatable topic "Hair Care" has become an international issue for all generation. In the most precious book Ayurveda, there is along description on healthy and beautiful hair which requires routine care for nourishment. The most suitable and safest way to avoid hair loss is knowledge of hair loss prevention and knowledge of proper hair care. However, all causes of hair loss are beyond our control. It is fact that hair loss can be very frustrating and scary for everyone. In fact, we're all losing more than a few strands on a daily basis. If I will be in no doubt, herbal remedies for hair growth will increase the circulation and disinfect the scalp to stimulate hair growth. Somehow herbal hair loss remedies as a miracle solution for all sufferers but there is hope to many people that these herbal remedies are really supports the evidences.

One of the great Herbs for hair growth is Apple Cider Vinegar and Sage. You can use catmint or chamomile as a final rinse to help with itchiness that is caused from hair loss. Aloe is another great herb for hair growth. This is also a great herbal item to use on the hair to repair and replenish it. Lemons are good for cleansing the hair and making it shine too. By using these items on your hair, you are not only promoting hair growth, but you are making your hair feel and look better too. Licorice extract is also another herbs help prevent hair loss. These herbs will prevent for further damage to the hair if you are facing some hair loss. Using tea and parsley on your hair will strengthen it. You can also use any flavor or brand of tea to improve the quality of your hair. The brand tea and parsley will make your hair strength. One of the most difficult herbal nutrients which are so vital to your hair growth is mineral Silica. Silica is derived from silicon and is the second most abundant element in the earth's crust. Silica is a good way to keep your hair strong and shiny. You can mix the silica in with some shampoo and this will clean and stimulate your scalp for better hair growth. Silica provides strength to your hair and it will stop hair breakage also. There is another herb Rosemary for hair growth that will strengthen your hair when used externally. It is certainly an effective herb that it helps in dandruff problems. You can simmer rosemary with water on the stove and use this on your hair. The best time for use is after you have shampooed your hair. Arnica and marigold are other prolific herbs for hair growth. These herbs are only meant for fight against hair loss. You can find many of these great oils and herbal shampoos in most herbal stores. If you are not sure what herbs will suit for your hair, you can ask at the herbal store for their instructions. There are few other Chinese herbs such as Psoralea seeds, oysters and clam shell, mulberries, cinnamon are broadly used for their own significance. Many of these herbs for hair growth will help prevent or assist the hair in growing back. The advantage of these herbs is that they are free from all the harsh chemicals and therefore do not cause any side effects. However, it is advised that you visit a dermatologist or physician before trying any herbal remedy.{mosgoogle left}