

Preventing Hair Loss

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People may wonder as to what are the reasons for hair loss. Well there are lots of reasons for the hair fall. We all want to get rid of the hair fall problem as soon as possible. But for that, it's important to understand the cause of hair fall. Hair loss starts gradually. It is something which develops over a period of time. However there is definitely a runway before the actual hair loss starts.

Hair loss may have a genetic origin. Someone in your family might have had this problem and you can very well inherit it from them. It can be your mom, dad or even your grandparents. Hair loss can also be attributed to use of some chemicals, radiations etc. Hormonal imbalances can also lead to hair loss. You can do a number of things to prevent hair loss. You may actually slow down the hair loss process or reverse it. You need to eat a healthy diet, use herbs and natural vitamins and you are sure to get rid of this problem.

DHT is responsible for genetic hair loss. DHT is produced by testosterone and 5 alpha reductase enzyme. It is produced in the hair follicles and DHT has increased levels of testosterone which is in turn responsible for the hair loss in males. The hair follicles in the affected area will shrink and there will be decreased blood flow which will eventually lead to hair loss.

A good and healthy diet is essential. A poor diet will not only lead to hair loss but also general ill health. You are likely to have hair loss if you eat diet which is rich in calories but low in nutrients. A good diet should have adequate amounts of grains, vegetables and fruits. However things have changed today and most of the people are consume a fat rich diet today. Then to make things worse, there are also preserved foods which are full of nitrates and may even contain pesticides! Such a poor diet is sure to affect you health and may lead also lead to hair loss.

To prevent hair loss, you should start drinking lot of water. Include hormone free meats, organic vegetables and fruits in your diet. Eat whole grains. All this will keep you healthy and will also prevent the hair loss. Change you diet and along with this you can take few minerals, vitamins and herbs to prevent or slow down the process of hair loss. These are:

Minerals:

Selenium, Zinc, Copper, Iodine, Lysine and Iron

Vitamins:

B complex vitamins and vitamin C

Herbs:

Sage, Saw Palmetto, ginkgo biloba and rosemary

Fatty acids:

Omega 3 and 6 fatty acids

All these will do wonders for your hair. They will also lead to good general health. You will feel more energetic.

The market is full of topical solutions for your hair. You can use them but in addition to them, you need to eat a proper diet and clean you body from within also. Your hair loss problems will vanish soon if your body is in proper alkaline state.{mosgoogle left}