

48% Of Women Have Thinning Hair!

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

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By Camry James

How your hair grows

Your hair is made of keratin (KER-uh-tin), the same protein that makes up your nails and the outer layer of your skin. The part you see and style is called the hair shaft. It's actually dead tissue made by your hair follicles tiny bulb-like structures beneath your scalp's surface.

We have all heard of someone who has thinning hair problem, but do we really know how extensive this thinning hair problem is? Let us take a look at the figures here..

1. 70 million Americans Have Fine or Thin-looking Hair And it's Growing 2. 4 million more women and 4.7 million more men will have noticeably thin-looking hair by 2005 3. By age 65, 48% of all women report they have thinning hair and 75% of all men report they have noticeably thin-looking hair. 4. Research has shown that the problem of thin-looking hair can begin as early as age 17. 5. The problem will grow more extreme as our population ages.

How does hair loss start?

Hair loss is a normal symptom. 50 to 60 hairs are shed each day from a normal scalp. Losing more than 60 hairs a day is called excessive hair loss and leads to generalized thinning of the hair. Hair becomes fine in texture. Loss of hair in men is often determined by heredity or by the Androgenetic hormone. Hair loss in women is often caused by pregnancy, stress, fatigue or medical treatment.

Can Thyroid Disease Cause Hair Loss?

An overactive or underactive thyroid can cause hair loss. One may get her thyroid numbers in order after beginning a regimen of thyroid medication. However, there have been reported cases of women experiencing hair loss FROM the thyroid medication.

Hot Tips!

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Coloring: If you inherited a tendency for hair loss, you likely have very healthy hair overall. Therefore, your hair can benefit from permanent or semi-permanent color to give body and volume to hair.

Volumizing Products: Many volume-building hair products contain paraffin, which is beeswax. That's not good for hair, because it builds up and can make hair break.

However, volumizing products sold in salons do help. They won't weigh hair down, and they won't damage it. Mousse, for example, can be applied at the root area for support. Then, begin blow-drying the root area, applying tension with a brush to build volume. Use a light finishing spray to hold it.

Every Hair Counts! Find out at Thinning Hair, come to

<http://ThinningHair.eabout.info>

Thinning Hair – Causes And Solutions

By Janie Woods

To begin with and learn about what thinning hair is, you have to know what causes it. There are damages that are caused by oxidation and free radicals. The damages caused by these areas effect the hair, scalp and skin as far as thinning hair goes.

You can counteract these problems that cause thinning hair by using an antioxidant or botanical shampoo and conditioner. On top of doing this type of treatment for thinning hair, you will also have to combat the damage that causes the hair loss when it is crossed with free radicals.

It is best not to use artificial colors or chemical preservatives when you are dealing with thinning hair. What you put in your hair should be sulfates and should be DEA free. The more pure the stuff you use on your hair, the better help you will get for your thinning hair.

When you have thinning hair, there are other things you can do for hair replacement other than the medications and treatments. You can also decide to get a hair piece. Hair pieces come off daily, but you can also get a hair system, which typically stays on for 4 to 6 weeks without being taken off. Which can really help with a person's self esteem. Thinning hair does have many choices for helping to feel better about yourself.

Some people don't like the artificial method to help with thinning hair though, and will elect to go for treatments of some sort. If you do decide to go for the artificial type of hair method, you can have them special made for you. Thinning hair doesn't have to get you down and depressed. There are options to help with thinning hair.

If you go for the hair replacement for thinning hair, an exact contoured pattern of the balding area and will make a hair replacement for that area. It is then tightly stretched and fitted to exactly fix the problem area you are having. Each little hair to this type of hair replacement is tied in knots to the surrounding areas of hair until it is all fit into place.

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So if you are focusing on thinning hair, please note that there are not just medicines that are available to you. There are simple things you can do to wash your hair with to help with the problem, and there are also artificial methods where people will not be able to tell the difference.

Janie Woods publishes articles on beauty and well-being. Visit her website for information on thinning hair, thinning hair care, thinning hair products and more.

<http://www.ThinningHairGuide.com>



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