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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!

Discover How to Stop Hair Loss – Grow More Hair

By Rudy Silva

In one of my other articles, I revealed that plugged hair follicles are one of the main conditions that start hair thinning and baldness. The other condition is insufficient blood circulation in the scalp.

When you don't have enough blood circulating in your scalp, then your hair roots don't get enough nutrients to support the life and strength of your hair in the follicle.

The hardest place to get good circulation is at the top of your scalp. It is the furthest point away from your heart. It is the area that is less stimulated. The sides of your head are stimulated as you sleep and move your head around the pillow. That is one reason why most people still have hair on the sides of their head while the top is completely bald.

So what the ways you can increase blood circulation to the top of your head?

Here are two ways to do it.

* Use herbal remedies to increase body and scalp blood circulation

* Use hot and cold hydrotherapy

Use herbal remedies to increase body and scalp blood circulation

There are several herbs that provide increase circulation to all parts of the body. Two good standby remedies are ginkgo biloba and cayenne pepper. Use ginkgo biloba as indicated on the label. Ginkgo increases the blood circulation in the brain and all parts of the head.

Use Cayenne pepper in the formulation made of Heart Foods Company. This Cayenne strengthens the heart giving it the ability to pump blood to the furthest reaches of the body.

There are two other herbal formulations that have recently come out to provide increase circulation to all parts of the body – vital cell and Arjuna.

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Vital cell is a Chinese herbal combination that is available in the US. It is a powerful remedy that helps to re-establish small veins that have closed off. This creates more pathways for blood to go where it is needed and where it once went.

Arjuna is another herb that comes from another country – India. It is now readily available in the US. Arjuna is the latest herb to be exposed as good for preventing and reducing atherosclerosis. By reducing narrowing of the arteries in the head, strokes can be avoided and a side benefit is the scalp get more blood.

Use Hot and Cold Hydrotherapy

I have talked about this natural way of bringing more blood into the scalp. It's a technique I use every time I shower. At the end of your shower, run hot water over your head for 20 seconds, turn the hot

water off and allow the cold water to run over your head for 20 seconds.

Do this hot-cold water technique three – four times and end with the cold water. This technique allow blood to move in and out of the lower layers of your scalp giving you a blood massage and providing more nutrients to your hair roots. As a side benefit, you are bringing in more blood to your brain giving you more brain power as long as use this technique.

Use herbs to improve you blood circulation to your scalp and use hot-cold water to blood massage your scalp. By doing this, you will find less hair loss and you may even start to see some hair growth.

Rudy Silva is a Natural Nutritionist. To get more tips and remedies for preventing hair loss and for growing hair go to:

<http://www.hair-loss-remedies.for--you.info>

Look for my other articles on hair thinning, hair loss, and hair growth.

Best Male Hair Loss Products

By Oliver Turner

The worse part of getting older is joint aches and loss of hair. Chances of getting bald are more if you are a male and your age is more than 45. Alopecia or male pattern baldness is genetic in character. Medical hair transplants are used by many people every year with surprising results to over come this problem. But hair transplant is the last solution of hair loss problem. Some hair loss remedies are available in the market for hair loss prevention. Moreover, you can stop hair loss with the use of best hair loss products (allopathic). With the use of hair loss products, you can simply stop hair loss, no new hair growth will occur.

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Alopecia or male pattern baldness is not a scalp related problem. Alopecia occurs as a result of chemical reaction between oil glands found in the hair follicle and testosterone. When testosterone (male hormone) transforms into DHT, reaction causes follicle to shrink. But there are hair loss products available on the market, which works against the production of DHT. You must buy a hair loss product, which contains ingredients like pro-vitamin B5, saw and palmetto zinc. These kinds of hair loss product are designed to keep your hair on your head.

If you want to stop hair loss, you are recommended to use hair loss products like Propecia and Rogaine. These hair loss products are available at drug stores and you can even order Rogaine online. If it is already late and you are bald or have significant thinning, then you must think for a hair loss treatment. Medical hair restoration will be the best option for your problem. Results will be full head of natural hair. This process is not painful, but you will feel some swelling and discomfort. Your dermatologist will help you to select a hair loss product or hair transplant process, which will meet your expectations.

We have made a research to find the best hair loss products. Find the results only on

http://www.leandernet.com/Hair_loss/Hair_loss_treatment.php

. All about Hair loss on

<http://www.leandernet.com>



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