

Do Traditional Hair Loss Remedies Have Any Relevance Today?

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Do Traditional Hair Loss Remedies Have Any Relevance Today?**

**By Richard Mitchell**

**Do Traditional Hair Loss Remedies Have Any Relevance Today?**

by: **Richard Mitchell**

Could it be possible that our ancestors got it right with some of their traditional hair loss remedies? Folklore tells us they certainly went to great lengths to find solutions to thinning hair.

Although each culture had its own approach influenced by local conditions, there seem to have been many examples of common practices. Nettles, for example, formed an important element of traditional hair loss remedies throughout the world.

The samples outlined here have been sourced from the very informative work "Hair Loss Prevention Through Natural Remedies" by Peters et al. This book provides a wealth of information on this topic and can be easily purchased through Amazon or other good booksellers.

Rosemary Solution – this herb crops up frequently in herbal texts for its ability to cleanse the scalp and stimulate the hair root. Here is one recipe that features rosemary as its core ingredient.

Recipe: boil rosemary, sage, peach leaf, nettle and burdock in water. Strain and use to wash hair daily.

Apple Cider Vinegar – this is mentioned often in folk remedies for hair loss. It is believed to exert a normalizing effect on the scalp's oil glands and has a strong cleansing effect.

Method: Part hair into sections. Apply two tablespoons of apple cider vinegar directly to the scalp with a moistened cotton ball. Allow between fifteen minutes and three hours before shampooing.

Essential Oils – essential oils distilled from plants have long been recognized for their ability to improve scalp circulation and encourage cell generation. Amongst the most useful are cedarwood, clary sage, eucalyptus, lavender and rosemary.

## Do Traditional Hair Loss Remedies Have Any Relevance Today?

Method: mix ten drops of essential oil with one ounce of carrier oil (jojoba or olive oil). Massage it into the scalp for a minimum of fifteen minutes before shampooing.

Cayenne Pepper Hair Tonic – the ability of this herb to irritate the skin, increase blood flow and stimulate cell division is well known.

Recipe: mix four ounces of cayenne pepper with one pint of one hundred proof vodka or pure alcohol diluted with 20 percent distilled water. Let it stand for two weeks, shaking the mixture once each day. Strain through several layers of fine cloth until the mixture is free of pepper. Once or twice a day, rub a small amount onto the thinning areas of the scalp.

You can learn more about these traditional hair loss remedies by visiting the site listed below.

Richard Mitchell is the creator of the

website that provides information

and guidance to those suffering from premature hair loss.

## **Do Natural Hair Loss Remedies Have Any Real Relevance?**

**By Richard Mitchell**

The effectiveness of modern hair loss treatments is clear for all to see, but many people simply prefer not to use strong chemicals or non-natural substances.

If you fall into this category, does this mean you'll just have to accept an ever-decreasing head of hair? The answer to this is an unequivocal NO!

Many natural hair loss remedies, both traditional and contemporary, have shown their worth in reducing and reversing hair loss. They are also perceived as being free from side effects and even deliver additional health benefits.

Why then, don't we hear a lot more about these natural hair loss remedies? Simply because claims of cures cannot be made without FDA approval, and obtaining the FDA seal of approval involves lengthy and expensive scientific research that only major companies can afford. Even the biggest companies could not recoup the costs of such a process as no-one can control the rights to common natural substances such as basic foods and vitamins.

The big question however is, do natural hair loss remedies work? Firstly, hair growth at root level is a living part of the body that depends on sound nutrition, just like any other part of the body. The importance of vitamins, minerals and other nutritional elements in maintaining healthy hair cannot be disputed.

## Do Traditional Hair Loss Remedies Have Any Relevance Today?

Secondly, the role of herbs and plants in treating numerous ailments is receiving increased recognition after years of neglect, and hair loss is no exception. Many herbal remedies for both internal and external use are offering new hope to people suffering from premature hair loss.

Thirdly, traditional hair loss remedies may still have something to offer. Ancient literature and folklore reveal that our ancestors went to great lengths to treat thinning hair. Some of the more acceptable traditional approaches are now being incorporated into many potential treatment regimes.

Other articles in this series tackle each of these areas in much more detail but you can find out more now by visiting the site listed below.

Richard Mitchell is the creator of the

website that provides information

and guidance to those suffering from premature hair loss.

### Related Content:

[Do Natural Hair Loss Remedies Have Any Real Relevance?](#)

[Best Male Hair Loss Products](#)

[Female Pattern Hair Loss - It Depends On The Genes](#)

[Facts About Hair Loss](#)

[Herbal Hair Loss Remedies For External Use](#)

Read more Content at

### Related Products:

[How To Improve Blood Circulation](#)

[Control your Headache!](#)

[How To Overcome Dandruff](#)

[Obesity and Weight Loss](#)

[65 Tried and True Traditional Amish Recipes](#)

: A genuine resource center for Quality Ebooks and Softwares

Do Traditional Hair Loss Remedies Have Any Relevance Today?



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**