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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!

Hair Loss In Women, More Common Than You Think

By Willie Jones

Hair loss for women is not something you hear much about, but in reality there are many women of all ages suffering the emotional agony of hair loss.

Whether you are 20 or 60, hair loss seems to start suddenly and the panic and anxiety associated with it can be devastating. It is relatively acceptable for men to walk around with bald spots or even no hair, but for women, there is no justice in it. It is not socially acceptable for women to have hair loss.

After the initial shock, you are faced with, well, what am I going to do now?

Well, the first thing to do is educate yourself. There are many reasons why women can experience hair loss.

– Birth control pills can lead to hair loss in some women due to the hormonal changes that occur. It can happen when you've begun taking the pills or after you have stopped taking them.

– Women who have just had a baby can experience hair loss shortly after the birth or a few months later. This is because during pregnancy, estrogen levels increase and the normal shedding of hair does not necessarily take place until the hormones level out and then a mass shedding begins. This is temporary and should sort it self out on its own.

– Thyroid problems are one of the main causes of hair loss in women. If you have an under active or over active thyroid, women can experience hair loss. A check with you physician can determine if that is the case and steps can be taken to address that problem.

– Diet can be a cause of hair loss. Whether you are eating a high calorie diet that has few actual nutrients, or you are literally starving your self over a long period of time, your body will be deficient in the nutrients it needs for proper body function. Hair loss in this case can be a symptom of other things going on with your body as well.

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To maintain hair health it needs vitamins and minerals. Zinc and iron deficiencies have been linked to hair loss. Hair also needs protein, specifically, amino acids. There are many amino acids but the nine essential amino acids are crucial to hair growth. To help with hair growth, women can also supplement with herbs such as, rosemary, sage and saw palmetto.

There are effective over the counter hair growth products such as Minoxidil that jump start your hair growth while you are correcting what is causing the hair loss.

Hair loss can be devastating but finding the correct cause and treating it from the inside and out, one can have a full head of hair. Be patient, educated and determined to correct it.

Willie is a freelance writer and researcher who's dedicated in bringing information on health related issues. Visit our site and get updated on advancements in hair restoration.

<http://www.drrobertjoneshaircare.com>

Female Pattern Hair Loss - It Depends On The Genes

By Ash R

Female pattern hair loss is very common nowadays due to hectic schedules and stress. Stress is the main cause of female hair loss. Women rarely become bald, but hair loss is common. If more than 100 hairs falls from your head while applying oil or when you shower then you need to take proper steps to control hair loss.

Men usually become bald if their hair becomes thin, while women do not completely become bald. It is very rare and if it happens then it could be due to genetic factors. Women could lose some hair or sometimes the hair becomes thin which could be treated if proper care is taken or by consulting a hair specialist.

Androgenic alopecia is the most common type of hair loss in females. If lots of hair falls in a day and if you feel your hair is becoming thin then it is the perfect time to visit a dermatologist. If your parents were bald then the chances of you becoming bald is more. Hair loss or balding depends on the gene of the parents. Female hair loss could start at puberty and it is mainly due to hormonal imbalance. Women could also lose hair once they discontinue birth control pills, or even when they are pregnant. Physical and emotional stress could also cause hair loss.

There are various medications available for female hair loss. Homeopathic, ayurvedic, allopathic medication can be bought from stores. There are many homemade remedies, which would help in gaining hair and also thicken hair. While going for a treatment or hair restoration surgery it is advised to take professional advise. Consultation with dermatologists would help in determining the root cause of your hair loss. Around 25 million American females are affected with this type of hair loss.

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<http://beauty.resourz.com>

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