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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!

Lack of Iodine and Silica Can Create Hair Loss

By Rudy Silva

Iodine

Iodine is vital to your hair growth. Sheep farmers long ago found that vegetation-lacking iodine due to iodine-depleted soil would adversely affect the growth of wool in their sheep. Likewise, to avoid hair loss, you need iodine. Iodine is synthetically added to table salt, however in this form it is not assimilated well into your body and can therefore cause iodine overload.

An excess of iodine in the body can adversely affect the thyroid. The lack of iodine can cause hypothyroidism. In hypothyroidism, your cell metabolism slows down and body cells and hair cells don't receive the energy they need to function properly. When you lack iodine, you will lose more hair than normal and may even lose eyebrow hair.

You can check your thyroid with a basal thermometer, not a digital thermometer, by placing it in your underarm first thing when you wake up. Then, don't move for 10 minutes. After 10 minutes, look at the temperature. The normal body temperature for good thyroid function is 97.8 to 98.2 degrees C. Take this measurement for 5-10 day. If your temperature is below 97.6 and lower, for the 5-10 days, you will want to consult your doctor or for more direction and information. You definitely have low thyroid function.

Menstruating women should start this 5-10 day check on the 3rd day of their cycle.

It is best to use non-iodized salt and get your iodine from natural foods. These include seaweed, salmon, seafood, lima beans, molasses, eggs, potatoes with the skin on, watercress and garlic.

Silica

One of the most difficult nutrients vital to your hair growth to get in your diet is trace mineral silica. Silica is a form of silicon and is the second most abundant element in the earth's crust, second only to oxygen. The Earth provides everything we need for health, and with silicon being so abundant, it would seem that there would never be a problem with silica deficiency.

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Unfortunately, trace minerals are rare in our diets because our food is processed and our soil depleted by chemical treatments. Silica provides strength to your hair, and although it will not necessarily stop your hair from falling out from the follicle, it will stop hair breakage.

Silica works by stimulating your cell metabolism and formation, which slows the aging process. Foods that are rich in silica are rice, oats, lettuce, parsnips, asparagus, onion, strawberry, cabbage, cucumber, leek, sunflower seeds, celery, rhubarb, cauliflower, and swiss chard. Try to buy these vegetables from organic sources. Note that many of these foods, particularly rice, are a large part of Asian diets and Asians tend to have the strongest and healthiest hair.

For best results eat all your fruits and vegetables raw. For certain vegetables that need to be cooked, steam them for only a few minutes.

Be sure to test your thyroid even though doctor's tests show you do not have a thyroid problem. The basal temperature test is sometimes more sensitive than blood tests taken by doctors. If you have hyperthyroidism, you will definitely have hair loss.

Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. For information on constipation, other remedy ebooks, and for more information on hair loss go to:

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

Top Hair Loss Treatments For This Summer

By Oliver Turner

What can be utilized to stop hair loss this summer? You should not use any of the artificial hair loss treatment products available in the market if you want to keep your hair shiny and natural. Fortunately, there are lots of effective drugs and natural hair loss treatments available for both men and women. However, it is recommended that you consult a physician if you want to use drugs to stop hair loss. Here is a list of some pharmaceutical drugs and natural elements listed that have helped to stop hair loss without any side effects:

Propecia: Propecia is mainly helpful for frontal hair loss treatment. To prevent Alopecia, propecia has proved to be an excellent drug. It starts working with in 5 days and you can feel the gradual decrease of your hair loss. In some cases of frontal hair loss, Propecia has successfully regrown hair. This drug inhibits formation of DHT, which is the main cause of hair loss.

Rogaine: Rogaine is a FDA approved hair loss treatment. It is mainly effective on females. Minoxidil or Rogaine are helpful in case of high blood pressure. You can even order Rogaine online. Rogaine has not shown any side effects so far.

Natural hair loss treatment: the cause of male hair loss can be a genetic disorder related to a male

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hormone deficiency and DHT secretion in the hair follicles and scalp. Natural hair loss treatment is helpful in this particular case. You can use saw palmetto oil to stop hair loss.

Balanced diet: you should include vitamin B5 in your diet, which is an important factor to stop hair loss. You should also include folic acid, biotin and silica in your diet. You can use vitamin and mineral supplements as an alternative. You must increase copper intake in your diet because it has been found that copper is helpful in maintaining hair health stopping hair loss. Try to minimize zinc intake, as it is harmful for your hair.

Find the best hair loss information and treatments only on

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

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