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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!

Say Goodbye To Dandruff The Natural Way

By Stephen White

Are you afraid to wear black because tiny white flakes might drop down on your shoulders? Do you often scratch your head because it itches? If you are undergoing these situations, you need to end it now. How? Get rid of dandruff for good! Air pollution makes maintaining a healthy scalp and hair a difficult task. One of the most known and hated hair ailments of all is dandruff. Although it is quite an irritation to have dandruff, this is still very common. People, no matter what their age, can have uncontrolled dandruff. One out of every two people in the world has had dandruff problems at some point or another.

The cure could be just right inside your home! Try one of these homemade remedies:

1. The glycerine treatment

– Combine 1 tablespoon glycerine, 1 tablespoon coconut oil, 1 tablespoon vinegar, and 1 egg. Mix until the materials form a paste. – Put this on your scalp. Make the treatment settle in the scalp for about one hour. – Then wash your hair using a shampoo. Do this once each week.

2. Tamarind and Sugarcane

– Dampen tamarind using water and combine it with molasses. – Put these mixed ingredients on your scalp. – After 1 hour, cleanse it using a shampoo. Do this once each week. 3. The vinegar and water treatment

– Mix 2 teaspoons of vinegar and 6 teaspoons water. – Put this on the scalp before bedtime. Just let it stay the whole evening. Use a towel to wrap around the head overnight. – When you wake up in the morning, rinse the hair again with the vinegar and water mix. This should be done for several months to be effective. 4. Lemon Juice and Vinegar

– Mix 1 teaspoon lemon juice with 2 teaspoons vinegar. – Massage this mixture to the scalp. After massaging, apply egg shampoo to the hair. 5. Sulfur and Spirit

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– Combine 1 part sulfur powder, 2 parts surgical spirits, one part almond oil and 4 parts distilled water or rose water. – Apply this on the scalp continually and the dandruff will not come back.

6. Thyme and Water

– 2 cups dried thyme and water should be boiled in a span of 10 minutes – When the concoction cools, massage the hair and scalp and let it stay for 30 minutes. – Then wash with water and observe your renewed hair that is free from dandruff.

7. Fenugreek seeds – Dip fenugreek seeds in water overnight – The next day, massage the mix on the head – Leave it there for a while. Then wash it with a shampoo that is mild.

8. Hazel with Lemon

– Combine 1 tablespoon fresh lemon juice with 100 grams witch hazel – Add 200 ml water – Use this mixture to wash hair. This should be done numerous times to keep dandruff away. 9. Olive oil and almond oil

– Combine equal parts almond oil and olive oil – Massage on the scalp and let it stay for 5 minutes – The wearer can feel the warmth on the scalp. Rinse thoroughly. 10. Pain killer that kills dandruff

– Crush two aspirins and mix with gentle shampoo – Put it on the scalp and let it stay for 2 minutes – Rinse and take out all the aspirin particles on the head

For more great dandruff related articles and resources check out

<http://dandruff.haircarehaven.com>

No More Bad Hair Days : Tips For Clearing Stubborn Dandruff

By News Canada

(NC)–Dandruff – that dry, itchy, white flaking of the scalp – affects up to 70% of the population in various degrees of severity. It results from skin cells reproducing too rapidly, producing visible flakes. Dandruff is worse in dry climates and when the hair is not washed often. Mild dandruff can be kept under control with shampoos containing zinc pyrithione such as Dan Gard. What happens when these do not work?

This means you may have stubborn, more severe dandruff. And if you have yellowish crusting (scales) either on the scalp, face, chest or back, you may have seborrheic dermatitis. In this case, the crusty scales are often oily, accompanied by a red, itchy scalp. Seborrheic dermatitis tends to flare up with stress and with the cold, dry winter months.

An effective option for these stubborn cases is shampoos containing tar which have a triple action – they dissolve the scales, are antiseptic (fight bacteria), and soothe itching and redness. Dr. Robert

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Solomon, a Dermatologist in Toronto at St. Michael's Hospital states: " Tar shampoos are generally safe and effective against severe dandruff or seborrheic dermatitis. A tar shampoo like Polytar AF is highly effective since it is the only combination of tar with salicylic acid, as well as an antifungal and soothing menthol; unlike other tar shampoos, it actually has a nice scent".

Here are some general tips to follow: Shampoo at least 3 times a week with a non-medicated shampoo or an anti-dandruff shampoo (depending on severity), massaging scalp gently Three times a week, do the following: use an anti-dandruff shampoo first to clean your scalp, then rinse well. Follow with a trusted medicated shampoo like Polytar; Make sure you leave it in contact with your scalp for at least 5 minutes before rinsing If your scalp condition does not improve within 2 weeks of this regimen, see your physician or pharmacist.

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