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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!

The Real Reasons You Have Hair Loss

By Rudy Silva

All men have to face sooner or later and women too, usually later – hair loss. So, why does it occur

and what can you do about it. If you look of the structure of your hair, you'll find at the very bottom of the hair shaft, the follicle, a bulb called the papilla.

The papilla is what creates and controls the formation of your hair and is the area that is filled with blood, which brings to the hair the nutrients it needs to grow.

It is through your genetics that hormonal messages are sent to the follicle cells and papilla on what type of hair you will have and when it will fall out.

These hormones are called androgens – testosterone is one of them. When testosterone reaches the papilla, it combines with an enzyme – 5-alpha reductase – which then changes to dihydrotestosterone, DHT.

It is DHT that causes hair loss by restricting the flow of blood into the papilla. Since women have more estrogen than men, they have less hair loss. It turns out that estrogen blocks the effects of DHT. But once women go through menopause, some of them produce less estrogen and they start to experience hair loss.

Despite your genetic tendency towards hair loss at a particular time in your life, it is possible to interrupt this process and reduce the speed at which you loose hair. If you do nothing to stop your hair loss, you will lose plenty, if not all.

Here are some common sense things to do to protect your hair:

When you have stressful times in your life, you can experience rapid hair loss. Knowing this, you can bring the level of stress back to normal and start a program to regain your hair. You're hair is not damaged and follicles are still open and your can recover your hair. If you keep stress levels up and do nothing to nourish your hair, you will lose much of your hair sooner than normal.

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Hair will stop growing when you don't have the right nutrients in your blood. When your body is ill, terribly stressed, or nutrients are desperately need somewhere else in the body, the last place these nutrients will go is to your hair papilla. During these times, take a supplement that supplies the hair nutrients that you need.

Always wait for your hair to dry before combing it. At this time your hair is soft and can be easily damaged.

Excessive shampooing, with cheap shampoos, can dry out your hair. You can also damage your hair by vigorous shampooing, poor scalp massage, or rough towel hair drying.

Sunlight and chlorine can weaken your hair, so after swimming quickly wash your hair. In the sun, wear a hat or cap to avoid sun damage. In the shower, put a filter to get rid of the chlorine.

In all of the conditions listed above on how you lose hair, DHT included, or damage your hair, here's what it boils down to:

When you subject you hair to conditions that damage your hair, sebum – oil that lubricates your hair shaft – starts to build up in your follicles. As time passes, your follicles become blocked creating further damage to your hair and reducing your changes of these follicles growing hair.

This is why you have hair loss as you age or even at a young age. What other things you can do about hair loss is discussed further in other articles or on my website.

Rudy Silva is a Natural Nutritionist. Go to his website to learn more about what you need to do to keep your hair healthy and from falling out.

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

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.

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

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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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