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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!**

### Three Factors that Cause Hair Loss

By Nick Fagan

Most of us have heard that too much hat-wearing or poor circulation to the scalp can cause hair loss. These causes all have been proven to be myths, and the real causes of hair loss are stress, health, and hormones.

Stress can cause your hair to literally fall out. Usually the hair loss occurs 3 months after you've gone through the stressful period. Then you will need another 3 months after you begin losing hair for your hair growth to begin again ( if the stress has been diffused ). Your bodies built in healing process considers your emotional problem so important, that it ignores your hair putting it into a resting phase. This resting phase is known as Telogen Effluvium. Stress can also trigger genetic hair loss. If your already losing hair stress will cause you to lose hair even faster. So stress plays a big role in hair loss, keep your blood pressure down!

Health is also a factor in hair loss. Damaged blood vessel linings can inhibit your hair growth. This is because these blood vessel linings normally produce endothelium-derived relaxing factor (E.D.R.F.) or nitric oxide (N.O.). Studies also show that there is a strong relationship between people with heart disease experiencing hair loss. Also, diabetics have a higher risk of experiencing hair loss.

Lastly, male hormones called dihydrotestosterone (DHT) is known to be the most common reason for male pattern hair loss. DHT is produced from testosterone which is produced by the enzyme 5- $\alpha$  reductase. DHT has a very high affinity being up to ten times more potent than testosterone. Your DHT hormones can be balanced with medication, these medications will resurrect your hair follicles bringing them out of their resting phase and your hair will begin to grow again. The most popular hair loss medication is Propecia, Propecia can be bought through the online pharmacy I will link to at the bottom of this article. An imbalance of DHT triggers an autoimmune response in pattern loss, which initiates an attack on your hair follicles. Gradually your hair follicles will become inflamed putting your hair in a resting phase which causes hair to only fall out not grow.

Half of the men and women in just the U.S. suffer from hair loss. The good news is hair loss is no longer something you have to live with. There are many treatments out there, some will correct the imbalance of DHT in your body to allow you to grow your own hair again, some simply need patience or

## Three Factors that Cause Hair Loss

counseling, and of course you can turn to expensive hair transplant surgery. But why get to this point, just know the three factors that cause hair loss and your chances of having a full head of hair, go way up!

The author of this article is a health expert representing MyQualityMeds.Com online

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### **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

## Three Factors that Cause Hair Loss

your hair loss. Around 25 million American females are affected with this type of hair loss.

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