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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!

Vitamins and Minerals You Need To Reduce Hair Loss

By Rudy Silva

Some common myths have arisen concerning hair loss. Because of medical advancements many of these myths are being corrected. For starters, although androgenetic alopecia, pattern baldness, is genetic and can be hereditary, it is not passed down through only your mother's side of the family. Either side of the family can pass down the genetic disposition toward baldness. Also, contrary to old family tales, wearing hats does not cause baldness either.

Most common hair loss comes under what has been commonly known as Male Pattern Baldness (MPB). Although referred to as MPB, females also suffer from MPB, so it is better to call MPB androgenetic alopecia.

Although hair loss is not life threatening, it is an indication of your internal health and it can cause you serious problems with an image and self-confidence. There has been no absolute cure found for hair loss, and many factors of hair loss are hereditary, however there are several preventative measures you can take to maintain healthy hair and scalp.

Diet, Nutrition and Hair Loss

Keeping your body healthy reflects on the health of your hair. If your lifestyle is not healthy, it will eventually reflect on your head. You will start to lose your hair and fulfill your genetic coding. To keep healthy, as a reminder, you need to eat in the proper fashion, exercise, and stay away from any kind of drugs – both medical and recreational.

To define what a healthy diet is, to preventing hair loss, can be individual and quite complex. But the main vitamins, minerals, and nutrients that you need to take or eat to maintain healthy hair are:

- * vitamin A
- * all B vitamins—particularly vitamins B-6 and B-12, folic acid, biotin
- * vitamin C

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- * vitamin E
- * copper, iron, zinc, iodine, silica
- * essential fatty acids
- * protein
- * four – 6 glass of water.

The best way for you to maintain a healthy vitamin and mineral intake is a good diet. Vitamins and minerals are abundant in raw fruits and vegetables. Eat them in the morning or as in between meal snacks. A good mineral supplement would be an electrolyte liquid mineral product.

It is not necessary or advisable to go out and buy a bunch of over-the-counter vitamin supplements in order to achieve your suggested nutritional levels. Many over-the-counter vitamins are chemically processed and are not completely absorbed.

It is also easy to overdose yourself with over the counter vitamins, particularly when taking supplements of fat-soluble vitamins and minerals, causing toxicity and adverse reactions. The likelihood of doing this is far less with food; therefore it is always best to obtain the bulk of your vitamin and mineral requirements from whole organic raw foods.

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 and other remedy ebooks go to: For more information on hair loss go to:

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

Female Hair Loss Treatment And Information

By Paton Jackson

Did you know that female hair loss is part of the lives of more than 25 million women in the United States alone? Most of them are not using any female hair loss treatment and only few are aware of the existing hair loss treatments. In almost all the cases Female hair loss could be avoided, stopped and new hair growth could be stimulated.

Female pattern hair loss is similar to what is known as the "male pattern hair loss" for men. It is caused by an increasing amount of a chemical called DHT which usually occurs in the menopause age. As opposed to men, women usually suffer from thinning hair around the forehead and crown of their scalp, and not a complete baldness.

There are several available treatments for female hair loss of this kind:

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Natural female hair loss treatment - There are several natural products that showed good results in stopping female hair loss like Advecia and Revivogen. These products are made up of hair growth vitamins, herbs and minerals and have no side effects.

Female hair loss products - The most popular hair loss product for women is Rogaine. Rogaine is the only FDA approved female hair loss treatment. Its' main component is called Minoxidil which is a DHT inhibitor.

Other less common female hair loss treatments like wigs, hair thickeners and hair transplants are not recommended.

Another kind of female hair loss is a temporary hair loss. This kind could be a result of metabolic problems during pregnancy, a severe stress condition, chemotherapy, high fever or infections. The treatment in these cases would be stopping the medical problems as soon as possible. This would also result the hair regrowth.

If you do not suffer from female hair loss we congratulate you and advice you to use regularly a shampoo, a conditioner and moisturize and to maintain a healthy diet. If you start losing your hair do not ignore it. You can stop your hair loss. Good luck.

911 corp. has executed a research to find the best female hair loss product. Find the results only on

<http://www.911stophairloss.com/Female%20hair%20loss.htm>

– All about female hair loss



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