

What is normal about hair loss?

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It is important to note that shedding of hairs is a natural process with anything from 100 to 300 hairs randomly shed each day. In this article we'll look at two distinct aspects of normal hair loss. Firstly, we'll examine what is actually involved in the hair growth cycle. Secondly, we'll assess the natural progression of hair loss over time.

Hair is composed of long, twisted keratin fibers that are protected by a coating of keratinized cells. Just below the surface of the skin lies a cluster of active cells known as the dermal papilla and it is from here that the hair grows into its follicle.

This growing fiber eventually hardens and grows out from the scalp. At this stage the hair fiber is dead with only the root tip containing living cells.

In a little more detail, the hair growth cycle, consists of three distinct stages:

1. Anagen stage – a phase of growth that can last between two and seven years. On average, each hair grows about six inches (15cm) per year.
2. Catagen stage – a phase of transition that lasts roughly two to four weeks. At this time the hair shaft detaches from the dermal papilla and moves up within a shrinking follicle.
3. Telogen stage – a resting period that lasts about three months allowing the hair to detach itself from the follicle before falling out. After this, the cycle repeats itself unless other factors intervene to prevent repetition of the cycle.

Clearly time has a role to play in the development of hair loss for both men and women. Humans are born with varying amounts of soft and fine body hair. Through time some of this hair becomes stronger and develops further characteristics such as colour and texture. Up to the onset of puberty the hairline

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is characterized by a low spread across the forehead. For men, this continues only for a few more years.

As men progress through their twenties the hairline takes on a more mature look typified by recessions to the frontal temporal regions and accompanied by slight thinning elsewhere. This concave appearance doesn't necessarily equate to premature balding as it is all a question of degree.

The Norwood Scale is an extremely useful tool in developing a hair growth strategy as it allows you to establish your own degree of hair loss in a way that is understood by physicians and other hair loss experts. More importantly, it can help to set your mind at rest and allow you to differentiate between normal hair loss that does not require remedial action and more extreme loss that calls for immediate action.

You can assess the extent of your own hair loss by following the link below.

Please go to [Normal Hair Loss](#) to find out more about the issues covered in this article.

Richard Mitchell is the creator of the website that provides information and guidance to those suffering from premature hair loss.

Ways Leading To Hairloss

By Kathlene Capelle

All of us lose hair everyday, whether male or female, young or old. This is pretty obvious from the hair that is left in our brush or comb. Also, you can easily find fallen hair that collects near the drain pipe in your shower room.

Most of us lose hair every day; you only have to look at your hair brush or comb to see this is true. In fact, this may surprise you but every two to three months we may find we lose up to 10 percent of our hair. It is a natural growth cycle that hair undergoes. New hair grows, and old hair falls out because they have reached the end of their life cycle which varies from between two and six years. What alerts someone to his hair loss is when he begins to suspect that more hair is lost than "normal" and that a balding scalp is beginning to form.

There are varying reasons as to why someone may lose more than the normal amounts of hair. It could be hormonal - relating to the thyroid or the male or female hormones may be out of balance. Sometimes people may lose hair some months after they have experienced an illness or major surgery. Sometimes after giving birth some women may experience more hair loss than normal - this is due to the hormones returning back to their normal levels.

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Certain medications may also cause hair loss. These medicines include blood thinners (anticoagulants), those used to treat gout, chemotherapy, contraceptive pills and some antidepressants. Too much vitamin A can also lead to a loss of hair. Hair loss may also occur due to an underlying disease that may not have been diagnosed, such as Lupus or diabetes, so any unusual hair loss is always best to get checked out by your physician.

How a person takes care of his or her hair has an impact on hair loss. Hair loss can be more severe if hair is often tied up (pig tails or cornrows), or in tight hair rollers on a regular basis. The constant pulling on the hair can cause a type of scarring and in the long term could lead to permanent hair loss. Also, prolonged use of hot oil hair treatments or chemicals used in perms may cause swelling of the hair follicle, which can result in scarring and lead to hair loss.

Then of course, there are the more common or well known types of hair loss - male pattern baldness - brought about by genetic factors. This usually starts off with a receding hair line and baldness eventually appearing on top of the head.

While hair loss is more common in men, women are not spared totally either. Women may also suffer from the female version of this type of Alopecia whereby the hair becomes thin over their entire scalp.

In some of the forms of hair loss mentioned above, hair loss can be treated, either by changing medication, balancing hormones, and if temporary, letting nature take its course. Others though, such as male or female pattern baldness can be trickier to deal with. If you intend to sign up for a particular hair loss treatment course, be sure to do some research first before paying huge sums of money for it.

Kathlene Capelle writes on female hair loss, male hair loss, cause of hair loss, hair loss remedies, hair loss prevention, hair transplants and natural hair loss treatments. Her site also has hair care recipes that you can prepare from your own home. Please visit her site at

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