THE SECRET CURE FOR HAIRLOSS
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Introduction

Noticed that your hair’s starting to fall off on your head?

With every pass of the comb, your hairline recedes a little farther everyday...

Until one day, it will look like this one:

![Image of a person with a receding hairline]

Frequent scratching and combing led to hair loss that you hide it with a very obvious and not-so good-looking wig.

Do you have a history of baldness in the family?

If your answer is YES, then, you’re one of the 40 million men in the United States that are affected by hair loss, medically known as alopecia.

Really, hair loss is not only a real health problem; it can also have devastating effects on all parts of your life!
Hair is a fashion symbol. Its style and adornment can express a person’s mood attitude or outlook.

We give our first impression and pass judgment within second of meeting them, and hair or lack of it is an important factor in our decision on whether we like someone or not.

Baldness can be pretty debilitating and because doctors often tell you that you have to undergo hair transplants or buy expensive creams and solutions, and it adds to your frustration.

- You have low self-esteem.
- You find it hard to find someone to love.
- You lose hope.
- You become antisocial.

But the good news is you don’t have to hide your baldness with a wig anymore or have expensive treatments and surgeries.

Before reading any further, it’s very important that you take the time to read this…understand it…and take it to heart:
WHAT HAIR LOSS IS

Alopecia and You

Baldness or hair loss is medically known as alopecia. There are several types of alopecia:

Alopecia universalis – The loss of body hair, including eyelashes and eyebrow.

Alopecia areata – The hair falls out in patches. Fortunately, this condition is temporary and rarely lead to baldness.

Androgenetic alopecia (AGA) – Also called male pattern baldness. This is the most prevalent type of alopecia. It is believed that this condition is caused by the hereditary predisposition of androgen hormone (male sex hormone).

For some time, doctors have attributed hair loss to genetics. But some researchers has attributed this condition to other factors like poor circulation, acute illness, surgery, radiation, high fever, iron deficiency, diabetes, thyroid disease, chemotherapy, stress, poor diet, ringworm and other fungal infections.

Results of recent studies showed that hair loss also are caused by a certain species of mite, *Demodex follicularum*, which are present virtually in all hair follicles, and usually appears during middle age. Researchers believe that the difference between the people who lose their hair and those who do not may lie in how the scalp reacts to the presence of these mites.
ALL ABOUT HAIR LOSS

WHO ARE LIKELY TO HAVE HAIR LOSS?

This condition affects roughly 50% of men and perhaps as many women older than 40 years. Thirteen per cent of premenopausal women are reportedly to have some evidence of androgenetic alopecia.

However, baldness greatly affects 75% of women following menopause, who are more than 65 years old.

CAN HAIR LOSS OCCUR IN YOUNG ADULTS?

Hair loss in men typically begins from ages 20 to 30, although it can start as early as 15. Tracing the family history may help determine if this will occur for parents with hair loss have a high risk of passing it to their children. Alopecia areata, a type of temporary baldness, can occur in children as early as one year of age, although other factors may also be involved.
WHAT IS THE RELATIONSHIP OF HAIR LOSS AND GENETICS?

As the term implies, androgenetic alopecia is associated with the genetic predisposition to the disorder of androgen, or the male sex hormone. Although this is not the primary cause of other types of hair loss, genetics have something to do with hair loss because it can be inherited from parent to offspring. It is polygenic, but it can triggered by other factors.

DO SHAMPOOS AND OTHER HAIR PRODUCTS CAUSE HAIR LOSS?

Usually, hair loss due to shampoos and other hair products is a result of allergic reaction. Caustic dyes, strengtheners and conditioners can certainly cause irritation to the scalp and result in hair loss.
IS STRESS A FACTOR IN HAIR LOSS?

Although stress can make us old, it does not cause hair loss. It only makes the problem worse. Pregnancy is the most common cause. In the first few months after childbirth, it can result in extensive and worrisome hair loss it is, however, temporary and returns after some time.
SIGNS AND SYMPTOMS OF HAIR LOSS

Basically, hair loss symptoms are:

- Thinning or absence of hair at the hairline and top of the head.
- Gradual thinning of hair, especially on the top of the head.
- Broken hairs, or hairs easily removed.
- One or more round or oval bald patches
WHAT CAUSES HAIR LOSS?

The Causes of Hair Loss

As I have said before, alopecia is commonly caused by heredity. But researchers believe that there are several factors that can lead to baldness, such as:

- Heredity
- Hormone
- Aging

Researchers are yet to determine the exact cause of hair loss, but some believe that the body’s immune system mistaken the hair follicle as foreign object and attacks them.

In the aspect of genetics, a hereditary predisposition to the disorder and the presence of androgens, or the male sex hormone. Research indicates that the hair follicles in individuals susceptible to androgenetic alopecia my have receptors
programmed to slow down or shut down hair production under the influence of androgens.

In addition to the top list of causes, recent research shows that the following can lead to or trigger hair loss:

- Poor circulation
- Acute illness
- Surgery
- Radiation exposure
- High iron deficiency
- Skin disease
- Sudden weight loss
- Diabetes
- Thyroid disease
- Chemotherapy
- Stress
- Poor diet
- Ringworm
- Chemicals (hair dyes)
- Other fungal infections
HOW TO PREVENT HAIR LOSS

RECOMMENDATIONS ON HOW TO PREVENT HAIR LOSS

DO'S AND DON'T'S

DO'S

1. Eat a diet high in fruits and vegetables and low in starch. Fruit and vegetables contain flavonoids, which are mostly antioxidants that protect the hair and promotes hair growth.

2. Eat plenty of foods high in biotin and/or take supplemental biotin. Biotin is needed for healthy skin, hair and nails, and it can even prevent hair loss in men. Brewer’s yeast, brown rice, bulgur, greens peas, lentil oats and soybeans are good sources of biotin.
3. Include soy foods such as soybeans, tempeh and tofu in your diet. Soy appears to inhibit DHT (dihydrotestosterone), a hormone implicated to cause hair loss.

4. Use shampoos and conditioners that contain biotin and silica. Aloe vera gel, Vitamin C and E, and jojoba oils are good for the hair. Also, conditioners with chamomile, ginseng, and passionflower keep the hair healthy.

**DONT’S**

1. Do not eat foods containing raw eggs. Raw eggs are high in avidin, a protein that binds with biotin and prevents it to be absorbed.

2. Avoid crash diets that neglects any of the food groups. These can cause deficiencies in nutrients that are also vital for the hair.

3. Do not use a brush or a fine toothcomb.

4. Do not blow dry or iron your hair. Let it dry naturally.
5. DO NOT comb your hair while wet, for it tends to break off.

6. Do not wear tight ponytails, cornrows, or other styles that pull on the hair.

7. Do not use products that are not natural on the hair. Alternate among several types of hair care products. Use only all natural and pH-balanced formulas.
**PHYSICAL CARE**

**RECOMMENDED FOR THE SCALP AND HAIR**

1. **Massage.** Massage allows blood to circulate in the scalp, promoting hair growth. Lie down in a slant board and massage your scalp fifteen minutes a day. Allow the blood to flow in your scalp.

2. **Care.** Hair is fragile, especially when wet. Gently pat your hair dry and squeeze out remaining moisture with a towel.

3. **Protection.** Cover your hair when it is exposed to sunlight. Long exposure to sunlight and seawater can damage your hair.
VITAMINS AND MINERALS RECOMMENDED TO PREVENT HAIR LOSS

Many vitamins and minerals are useful in the treatment and prevention of hair loss. While a high nutrient diet plays an important role in combating this, you may get the best treatment with therapeutic remedies and by adding supplements to boost the level of these nutrients.

Follow the recommendation for each vitamin supplement. Start it slowly. Begin with a one fourth dose, to see how your body can tolerate the supplements. Then gradually, you can increase the dose until you find the level that works best for you.

Very rarely, you may experience nausea or diarrhea when beginning a supplement program. If this happens, your body is having difficulty tolerating a particular supplement, and then you should stop taking it.

The following is grouped the nutrient into three: those that are necessary to the diet; the ones that are important and those that are helpful but not vital.

There are reasons why they are vital supplement for the body, so read on and keep it in mind:
<table>
<thead>
<tr>
<th>SUPPLEMENT</th>
<th>DOSAGE</th>
<th>BENEFITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Essential Fatty Acids (flaxseed oil, Kyolic –EPA from Wakunaga, primrose oil or salmon oil)</td>
<td>As directed on the label.</td>
<td>Improves hair texture. Prevents dry, brittle hair.</td>
</tr>
<tr>
<td>Raw thymus glandular</td>
<td>500 mg daily</td>
<td>Stimulate immune function and improves functioning capacity of the glands</td>
</tr>
<tr>
<td>Vitamin B complex With Vitamin B3 (niacin and pantothenic acid)</td>
<td>50 mg 3 times a day 50 mg 3 times a day</td>
<td>Contains nutrients necessary to stimulate hair growth of the hair</td>
</tr>
<tr>
<td>Vitamin B5 and Vitamin B6 (Pyridoxine plus extra biotin)</td>
<td>50 mg 3 times a day 300 mcg 3 times a day</td>
<td>Deficiencies have been linked to skin disorders</td>
</tr>
<tr>
<td>Inositol Methylsulfonylmethane (MSM)</td>
<td>As directed on the label.</td>
<td>Vital for hair growth, Aids with the manufacture of keratin, a protein that is a major component of hair</td>
</tr>
<tr>
<td>Vitamin C with bioflavonoids</td>
<td>3,000-1,000 mg daily</td>
<td>Aids in improving scalp circulation. Helps with the antioxidant action in hair follicles.</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>200 IU daily or 400 IU every other day</td>
<td>Increases oxygen intake, which improves the blood circulation in</td>
</tr>
<tr>
<td>SUPPLEMENT</td>
<td>DOSAGE</td>
<td>BENEFITS</td>
</tr>
<tr>
<td>------------------</td>
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<td>--------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Zinc</td>
<td>50-100 mg daily</td>
<td>the scalp. Improves health and growth of hair.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Stimulates hair growth by enhancing immune function.</td>
</tr>
</tbody>
</table>

**IMPORTANT**

<table>
<thead>
<tr>
<th>SUPPLEMENT</th>
<th>DOSAGE</th>
<th>BENEFITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coenzyme Q10 Plus Coenzyme A</td>
<td>60 mg daily</td>
<td>Improves scalp circulation Increases tissue oxygenation</td>
</tr>
<tr>
<td>Dimethylglycine (DMG)</td>
<td>100 mg daily</td>
<td>Good for circulation to the scalp</td>
</tr>
<tr>
<td>Kelp</td>
<td>500mg daily</td>
<td>Supplies needed minerals for proper hair growth</td>
</tr>
</tbody>
</table>

**HELPFUL**

<table>
<thead>
<tr>
<th>SUPPLEMENT</th>
<th>DOSAGE</th>
<th>BENEFITS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper</td>
<td>3 mg daily</td>
<td>Works with zinc to aid in hair growth</td>
</tr>
<tr>
<td>Dioxychlor</td>
<td>As directed on the label.</td>
<td>Destroys harmful bacteria and supplies oxygen in the tissues.</td>
</tr>
<tr>
<td>Grape seed extract</td>
<td>5 drops in water twice daily.</td>
<td>A powerful antioxidant to protect hair follicles from free radical damage.</td>
</tr>
<tr>
<td>L-cysteine and L-methionine plus Glutathione</td>
<td></td>
<td>Improves quality, texture and growth of hair. Help prevents hair from falling out, and also</td>
</tr>
<tr>
<td>Supplement/Ingredient</td>
<td>Dosage Information</td>
<td>Benefits</td>
</tr>
<tr>
<td>-------------------------------</td>
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<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Methylsulfonylmethane (MSM)</td>
<td>As directed on the label.</td>
<td>Required for the building blocks of protein, which provides stronger hair.</td>
</tr>
<tr>
<td>Silica/Silica Gel</td>
<td>As directed on the label.</td>
<td>Aids in hair growth and also makes the hair stronger.</td>
</tr>
</tbody>
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MEDICATIONS

Here are the commonly used medications prescribed by doctors to treat or prevent hair loss:

- **Minoxidil** (2-5% solution). This OTC medication is approved to cure androgenetic alopecia and alopecia aerata. Rub the liquid in your scalp twice a day to prevent further hair loss and regrow the hair. You may experience slower rate of hair loss or faster rate of hair regrowth.

- **Finasteride**. This pill is taken to treat male pattern baldness. Some people taking this pill are experiencing slower hair loss rate, some show new hair growth. It inhibits the conversion of DHT, the hormone responsible for male hair loss. Rare effects of finasteride are diminished sex drive and sexual function.

- **Corticosteroids**. Injections of cortisone into the scalp can treat alopecia areata, and is usually repeated monthly. Doctors prescribe this type of medication to people with excessive hair loss.
• Anthralin. These are less effective than steroid injections. Available either as an ointment or cream, this synthetic, tarry substance can be applied to the scalp and can be washed off daily. This may stimulate new hair growth for cases of alopecia areata.

HAIR TRANSPLANT
• This is a surgical approach to transfer growing hair from one part of the head to another. This is somewhat painful, and most of all, very expensive. This can be a very successful treatment if you have enough on your own hair to graft the bald area. Make sure to find a skilled physician to perform the transplant.
**HAIR WIG**

If you don’t have enough money to buy expensive medications and have transplants, well, this can be a much cheaper solution for you. Hair weaves; hairpieces or wig may disguise hair loss. Also, this is the safest approach to hair loss. You should choose the right hairpiece or wig and this should not be sutured to the scalp for it may cause allergy, scar and infection.
THE SECRET CURE

Had enough of going from one doctor to another, giving you different medical advices, then getting no satisfying results? Now is the right time to take matters in your own hands and I believe this will work for you!

I took what I learned from the doctors I consulted and researched them further. I went to the library and read one medical book after another, and these are the things that I have researched on alternative hair loss treatments.

Amla, (*Phyllanthus emblica*) or Indian gooseberry, is known in India as the miracle fruit. In other languages, the plant is known as amalaka in Sanskrit, amla in Hindi, usirikai in Telugu, amalaki, amla berry, and Malacca tree in other languages. It is widely used in India and known as a Vitamin C rich fruit all over the world.

A 5000 year old Indian myth states that it was the nectar of the gods-because of the way it magically makes hair grow thicker, stronger and more manageable, hundreds of studies have proven this ultra powerful fruit to be!

The dried and fresh fruits of the plant are used for medical purposes. The fruit allegedly contains vitamin C, it also contains tannins; a reason why even dried form retains most of the vitamin content. Tannins may form a less digestible complex with dietary proteins and may bind and inhibit the endogenous protein, such as hormones.
It is an excellent rejuvenator for the hair by enhancing production of red blood cells, thus, strengthens teeth, hair and nails. Increase in red blood cells count prevents premature graying of hair, strengthening the roots and makes them free from dandruff.

How to use the oil:
1. Part your hair and apply oil all over the scalp
2. Massage the scalp gently with fingers in a circular motion, so that the oil gets absorbed into the scalp, gradually, then, leave for an hour or more before washing with an all-natural shampoo.

HERBS THAT CAN HELP TREAT HAIR LOSS

For those with hair loss, herbs such as green tea, saw palmetto, and pygeum, may aid in reducing hair loss. Those who use these herbs may note a decrease in hair loss, but it does not promote hair regrowth.

(1) The first is green tea. It has been shown to have an inhibiting effect on 5-alpha reductase, which, in turn, blocks the production of the hair loss causing hormone, dihydrotestosterone, or DHT.

(2) The second herb, saw palmetto, is an herbal remedy for hair loss that is currently the
treatment of choice of several men because of its capability to slow down hair loss and stimulate new hair growth. Tinctures and extracts from this herb block the receptors on cell membranes for DHT and also prevents the formation of DHT.

(3) The third herb, pygeum, is an herbal remedy for hair loss that also has the capability to inhibit the enzyme 5-alpha-reductase and slows down the conversion of testosterone to DTH, thereby preventing hair follicles from weakening.

**Herbs That Can Aid in the Treatment of Hair Loss**

Gingko bilboa, horsetail, apple cider vinegar and tea tree oil may also help in protecting the hair, making it strong and shiny. Tea tree oil can also protect the hair by combating bacteria and mites.

1. **Gingko bilboa**, **Cayenne pepper** and **Arjuna** (a Chinese herb) improve blood circulation in the scalp.
2. Apple cider vinegar and sage tea as a rinse promotes hair growth.

3. Horsetail and nettle are good sources of silica, which promotes a strong shiny hair.

4. Tea tree oil combats mites and bacteria in the scalp. Massage 10 drops in scalp then shampoo your hair in the usual fashion.
Hair Loss Remedies that are Also Worth Maintaining

Complementary and Alternative Therapies for Hair Loss

AYUVEDA

In Ayurveda, the hair is a byproduct of the bone. Practitioners believe that the tissues responsible for bone building are also responsible for hair growth. Pitta individuals, or those who have excessive pitta are likely to have early hair loss.

Ayurveda treats hair loss with a combination of other alternative and complementary treatments.

<table>
<thead>
<tr>
<th>Indian Herb</th>
<th>Action</th>
</tr>
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<tbody>
<tr>
<td>Bhringraj (Eclipta alba)</td>
<td>Improves complexion of hairs and tightens hair roots.</td>
</tr>
<tr>
<td>Amia (Indian Gooseberry)</td>
<td>Best Pitta pacifiers and hence prevents hair falling.</td>
</tr>
<tr>
<td>Baadam (Almonds)</td>
<td>The oil is said to improve hair growth and prevents hair fall</td>
</tr>
<tr>
<td>Narikel (Coconut)</td>
<td>This strengthens roots of hairs and gives the darkest color of hair.</td>
</tr>
</tbody>
</table>
AROMATHERAPY

Aromatherapy can also help prevent your hair loss by the use of essential oils. Essential oils are highly concentrated extracts, which are derived from the flowers, leaves, bark and roots of various plants.

Use the following essential oils to nourish your scalp.

* *Thyme vulgaris* (2 drops, 88 mg),
* *Lavandula angustifolia* (3 drops, 108 mg),
* *Rosmarinus officinalis* (3 drops, 114 mg),
* *Cedrus atlantica* (2 drops, 94 mg).
HOMEOPATHY

Several homeopathic remedies are thought to be effective for hair loss, particularly thinning caused by pregnancy, stress, or emotional trauma. The appropriate homeopathic treatment for depends on your constitutional type - the physical, emotional, and psychological makeup. Remember to take one of the following in the 6c strength except when indicated otherwise.

- **Fluoric acid** - For brittle hair that falls out in small tufts.

- **Lycopodium** - For balding and graying, or hair loss after childbirth.

- **Kali carbonicum**: For dry, thinning hair.

- **Kali Sulphuricum** - For yellow, flaking dandruff, which may be moist or sticky. Hair may fall out, leaving bald spots. Take one tablet twice daily for maximum 2 weeks.

- **Natrum mur** - When dandruff and white crusts accompany hair loss on the scalp. Greasy around the hairline.

- **Phosphorus** - Indicated when hair falls out in handfuls.
- Phosphorum acidum: Take 1X every six to eight hours for alopecia stemming from depression.

- Selenium - For hair loss on the body and painful scalp.

**ACUPRESSURE AND ACUPUNCTURE**

Acupuncturists believe that the kidneys regulate hair loss. Having healthy kidneys will therefore lead to healthy hair growth. They target the kidneys' yin or yang to tonify it to cure hair loss.

**MASSAGE**

Massage improves circulation, which in turn improves the health of your hair and scalp.

- To strengthen fragile hair and help dry, flaky scalp, massage a few drops of Vitamin E into the scalp.

- Stimulate circulation by giving yourself a 5-10 minute daily massage. This is vital for healthy hair growth.

- Work over the surface of your scalp, temples and the back of your neck using your knuckles, applying a circular movement.
REFLEXOLOGY

Reflexologists believe that the nails are the reflexes for the hair and scalp. Focusing on your nails will give you a stronger, shiny hair.

- Five minutes buffing of the fingernails of one hand against the other daily may help hair and scalp problems.

- Work the diaphragm and adrenal reflexes, if your hair loss is caused by stress.

YOGA

Keep your hair healthy by performing yoga postures. Inverted Downward-Facing Dog, Standing Forward Bend, Shoulder stand, Headstand, Camel pose, Cobra pose and Cow Pose can relieve tension in the neck and indirectly aid in keeping the hair healthy.

- The Downward-Facing Dog. Start on your hands and knees. Rock back and up on to your feet, straighten your arms, chin on chest. Hold, and then return to the starting position.

- The Headstand increases the blood flow to your scalp. Do not perform this exercise if you have high blood or heart problems.
COPING UP

Living in a society that thrives on good looks, hair is an important element to your success. It is not true that only movie stars need to have perfect hairstyle. Hair is a fashion symbol. Its style and adornment can express a person's mood attitude or outlook. Having less or no more hair at all, who will notice you, or worse, they'll be looking only on your head!

The greatest challenge of losing your hair is how you cope up with the change in your appearance. It is very frustrating to see other people's reaction or being not satisfied with your treatments. If you find it hard to cope up with hair loss, these are some things you can do:

- Learn. Know what type of hair you have and be open to alternative treatments but be wary of those that have no track record or studies done for this may harm your health.

- Educate. Make your family and friends understand what hair loss is. If they know more about it, they will be more sympathetic with your situation and be concerned with your feelings.

- Join a Support Group. There are support groups that can help you in coping up with hair loss. You can learn by talking with people who are with the same experience.
SUMMARY

Although most hair loss cases are caused by heredity and commonly occur in men, everyone can have this just by being exposed to irritants like shampoos. All must be alert and must seek immediate medical attention if you have the symptoms of hair loss.

Although there have been several studies about hair loss, no one can still determine what exactly causes this condition. Natural remedies may be the answer to cure hair loss. Alternative and natural home remedies can help reduce hair loss, if appropriate.

Treatments for hair loss focus on a combination of approaches to hair regrowth and prevent further hair loss. Personal care is the most important part of treating hair loss. If you have hair loss, you can take steps to stop further hair loss and totally regrow your hair.
FINAL THOUGHTS

Saying goodbye to hair loss is very easy. There is absolutely no need to involve steep medical surgeries, buy expensive wigs or go through expensive consultations and treatments. You can now look forward to a healthy routine doing what hair loss stops you from: enjoying life!

We have looked at some of the causes why do we have loss of hair in our modern times. Further, I discussed some important ways that alternative therapies offer solutions for the modern problem of hair loss.

You may not be comfortable in making the home remedies by yourself. Most of you will probably prefer expert formulations to aid your hair loss, although I can assure you that these are complicated as you think.

Once your hair loss is reduced, you’ll be able to go out again, live your life, and do whatever you want to do because you won’t be in shame. Finally, be able to enjoy life again!