

Title:

Hair Loss Natural Cure

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420

Summary:

Most of hair loss cases, about 90%, are caused by Androgen or by heredity. The medical diagnosis

Keywords:

hair loss, hair loss treatment, hair, hair loss products, prevent hair loss, hair loss solutions,

Article Body:

Most of hair loss cases, about 90%, are caused by Androgen or by heredity. The medical diagnosis

The other 10% of hair loss cases are related to: hormonal changes, genetics, lack of suitable

There are some natural healthy effective ways to treat hair loss and avoid the chemical side a

1. Massage to the scalp with 3 oil types -

Massage your head for two days, each time with different oil: Olive, castor, and wheat sprout.

2. Blood flow -

Standing on the head can improve blood flow to the scalp. This is very important as the blood

3. Eat biotin rich food -

Green pea, nuts, brown rice, seeds, and walnut, are all rich in biotin.

4. Minerals -

Zinc is very important in terms of building and regaining body tissue and cells. Normal daily

Iron is very important as well, iron carries the oxygen to the body cells. Lack of iron could

5. Plants Saw Palmetto ~

This is a type of miniature palm tree that grows at the beaches of America. It was tested to h

6. Avoid using chemical materials ~

Avoid all chemicals which are hair treatment related. An allergic reaction to them could weak

7. Lucerne ~

Lucerne is very rich with minerals. It is possible to purchase it as a powder and mix one spo

These are all natural ideas which helped many people. As with almost every thing in life, keep

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