

# 8 NATURAL METHODS TO REDUCE HAIR LOSS AND RETAIN HEALTHY HAIR





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*Contrary to popular belief, hair loss is something that happens to both men and women, typically as they grow older.*

However, thin, fine hair can be a problem for a person of any age. When balding and thinning begins to occur, it can create a myriad of problems for the individual who is suffering from hair loss.

When a man or woman begins to lose their hair, it can deter from their youthful appearance, which can create a host of self-esteem issues. It can also mean that, no matter what you're wearing, a hat may be permanently placed on your head. Isn't it about time to feel the sun on your hair again, and not have that awkward, embarrassed feeling when you run into an old classmate with a full head of hair?

Thankfully, there are a number of natural methods that can not only reduce your hair loss, but can help you take back your self-esteem and finally hang that old hat in your closet. Are you ready to learn more?

## *But First...*

It's true that balding and thinning can occur for many reasons, and medical professionals continue to debate both the causes and the solutions. You've probably heard all of the reasons at least a time or two. Some people believe that:

- It's hereditary.
- It can be caused by wearing hats too often.
- There's a medical problem behind it.
- It could have something to do with your shampoo.
- It's due to certain chemicals that you're exposed to at work.

Let's look at some reasons that have been proven to be important factors when it comes to hair loss.



# Medical Conditions Leading to Hair Loss

*If you are starting to see some hair loss, such as more hair coming out when brushing or showering, or a lot of unexplained breakage, you should first consider any changes to your health or lifestyle. Many medical conditions cause hair loss, but the good news is that this means that it could be temporary. This means that treating the condition often results in your hair returning after treatment.*

## Pregnancy or Post-Pregnancy

Women who are pregnant or have a newborn and are suffering from postpartum depression, might be dealing with hair loss as well.

The good news here is that it is most likely temporary, and you will just need to make sure you are eating a healthy diet and taking good care of your hair.

Pregnancy and childbirth can do a number on your body, so it's definitely no surprise that your hair suffers as well. You might also be dealing with hormonal changes and stressful situations, which can also contribute to even more hair loss.

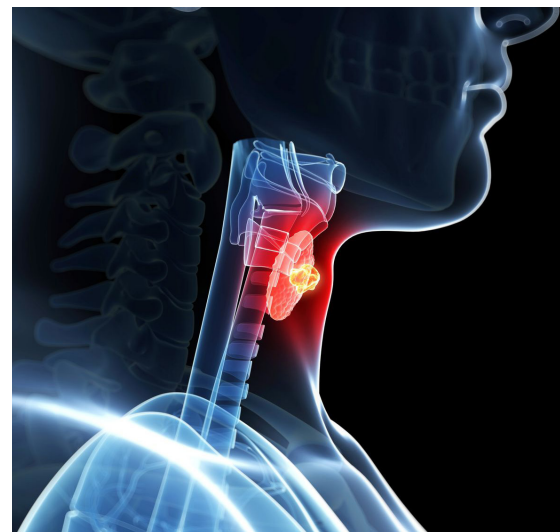


## Hypothyroidism

One of the most common medical conditions that can be responsible for hair loss is a thyroid condition, particularly with hypothyroidism.

This type of thyroid condition is often referred to as an under-active thyroid, which can severely affect your hormone levels. The result can be hair loss to any degree, along with weight gain and many other side effects.

If you visit your doctor for your hair loss, thyroid issues are typically one of the first things that they look for when they run blood work.

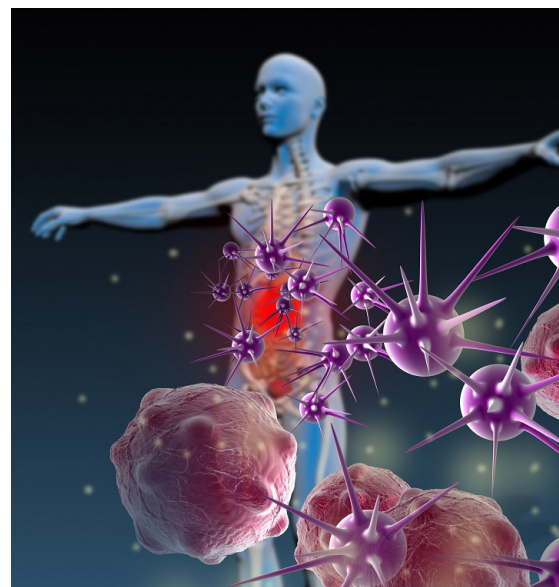


## Autoimmune Conditions

Another medical reason that might be the cause of your hair loss is if you have an autoimmune condition.

Autoimmune diseases are caused by an attack on your immune system, which can make you ill and cause any number of issues. Unfortunately, one of the common effects is hair loss.

For example, if you have alopecia areata, which is a common autoimmune disorder, you might end up with round-shaped bald patches on your head. This can be treated with steroid injections and a number of topical options, usually resulting in hair regrowth.



## Scalp Conditions

Other scalp problems might also be the result of your hair loss. For example, you might have a dry and itchy scalp, which can be brought on by seborrheic dermatitis or psoriasis. This not only affects your hair follicles to reduce new hair growth, but it can also cause hair breakage and loss from scratching and the usage of various harsh products applied to the scalp to control the side effects.

Talk to a dermatologist if you think you might have a medical scalp condition to see if that could be the cause of your hair loss.

The good news is that if you are suffering from hypothyroidism or an autoimmune disease, PhytAge Laboratories also has an all-natural, top-quality formula that can provide a solution for inflammation and pain. To learn more, you can head to **Turmeric Total Boost** (<http://www.turmerictotalboost.com>) to place an order or see additional benefits.





# Common Nutrient Deficiencies Leading to Hair Loss

*If you have been struggling with hair loss, it is possible that it is nothing more than what you are eating or, more often than not, what you're not eating. Nutrient deficiencies happen very easily, but they don't often have a lot of symptoms. Here are some deficiencies that are common among people who have thinning hair or problems with new hair growth.*

## Iron

This is one of the most common deficiencies you will find when learning about hair loss. It is easy to become iron deficient, especially if you don't eat a well-balanced diet.

Iron deficiency can also lead to anemia, so if you have dizziness or fatigue, this could be what you are dealing with on a daily basis. You can take an iron supplement, or get it in foods like red meat, spinach, dark chocolate, turkey and quinoa.

## Vitamins A, D and K

All three of these vitamins work in a similar way in your body, and they're all equally important for healthy hair. If you are deficient in any of these vitamins, then you might deal with dry and brittle hair, breakage and hair loss.

Vitamin K is related to the microorganisms in your gut, and it can be found in most greens, such as lettuce, spinach, broccoli and collard greens.

Vitamin A, also called beta carotene, can be found in carrots and many other vegetables.

Vitamin D can be absorbed through sunlight, as well as with dairy products and some vegetables.

## Zinc

Another nutrient deficiency which often results in hair loss is zinc. This is especially common with hair loss in women. With enough zinc in your body, it really helps to generate new cells for not only your hair, but your skin as well. It can help keep you from losing too much hair, and increase healthy hair growth.

Shedding is normal, but if you are not growing hair back within a reasonable amount of time, it might be from a zinc deficiency. You can take a zinc supplement, or get it from foods like lentils, nuts and seeds.

## Selenium

The last nutrient to be aware of in regards to hair loss is selenium. This is actually a mineral, not a vitamin. Selenium has a lot of antioxidant properties, which can help with free radicals and medical conditions that often lead to hair loss, such as thyroid conditions. Like many of these other nutrients, selenium is also important for strong nails and hair. For a healthy diet with selenium, eat foods with mushrooms, spinach, eggs, turkey and beef.

Additionally, when it comes to including all of these vitamins and nutrients, **PhytAge Laboratories** has an amazing product that will provide you with everything that you need — all in one convenient pill.

For more information and to have it immediately shipped to you free of charge, just click on over to [Urgent Cell Repair](http://www.urgentcellrepair.com) (<http://www.urgentcellrepair.com>). It can provide a simple way to combat these deficiencies that could promote fuller, healthier hair.





## Natural Tips and Remedies

*When it comes to deciding which paths to follow in natural remedies, it's important to be cautious.*

Unfortunately, there are a lot of unhealthy products out on the market that are being offered as natural breakthroughs, even though they contain harsh chemicals and other unhealthy ingredients. That's why it's important to do your research and ensure that:

- They include only all-natural ingredients.
- They are sold by a reputable source.
- They have a history of success in others who are also suffering with hair loss.

However, along the way, there are numerous supporting tips that you can try that may bring relief from your hair-loss symptoms.



# Eat a **Healthy Diet**

*When you start losing your hair, whether you just notice thinning on your scalp or have more shedding in the shower, it is very stressful. Your mind immediately goes to possible medical conditions you might have, but keep in mind you can often help reduce hair loss simply by making healthy lifestyle changes. A common one is changing your diet so that you are eating more nutrient-dense foods.*

## **Carrots**



The first food to consider adding to your diet if you want to reduce hair loss is carrots. They are an excellent source of vitamin A, which can help repair the cells on your scalp, and also promote new hair growth after you have already experienced hair loss.

If you're not a big fan of carrots, look for other sources of vitamin A, such as dark leafy greens, red and yellow fruits, eggs and fish oil.

## **Salmon**



Salmon is another great food for hair loss, plus it also provides multiple benefits to your hair. First of all, it is a great source of protein, so you are able to get the nutrients that your hair so drastically needs.

Your hair is made up of a lot of protein called keratin, which you need for healthy, strong hair. Salmon is also an amazing source of omega-3 fatty acids and other nutrients, which are equally vital for healthy hair.

Try having salmon two or three days a week for lunch or dinner, and you just might notice a difference with the health of your hair.



## Spinach



Another vegetable that is great for a healthy diet and also to help with hair loss is spinach. These leafy greens are full of nutrients and are really easy to add to your diet.

Spinach is a great source of plant-based protein, as well as vitamin D, iron, magnesium, omega-3 fatty acids and calcium.

An easy way to add more spinach to your diet each day is to put a handful of spinach in a smoothie for breakfast, in your scrambled eggs, on your sandwich or by making a little side salad with dinner.

## Nuts and Seeds



The final category of foods to help with hair loss is nuts and seeds. These contain a lot of important vitamins and minerals that you need to help reduce hair loss and improve hair quality to prevent breakage, including protein, calcium, B vitamins, zinc, vitamin A and folic acid.

Some of the most nutritious options include sunflower seeds, Brazilian nuts, almonds, walnuts and pumpkin seeds.

# Try **Essential Oils** to Decrease Hair Loss

*Are you looking for more natural ways to deal with hair loss and even increase new hair growth? Essential oils might be the answer. They might not be the only treatment you try for hair loss, but they could definitely be a step in the right direction.*



## Quick Guide to Essential Oils

Essential oils are types of oils that are extracted from different parts of flowers and plants, including the flower buds, leaves and branches.

These oils are in their purest form, so they are very strong and pungent. They are taken from natural herbs and flowers that are known for their healing abilities.

It is important to note that if you use essential oils, they should not be applied directly to your scalp or skin — you need to first dilute them with a carrier oil.



## Lavender

Lavender is a very popular essential oil due to its many different health benefits. Many people use lavender for things like reducing stress and anxiety, and helping with dry, cracked skin.

Chances are that you might be experiencing hair loss from a dry or itchy scalp, which you scratch constantly, therefore loosening hairs that later fall out.

Fungal disorders can also affect your follicles and cause even more hair loss. Try using some lavender on your scalp by creating a diluted version with oil, or adding a few drops to your shampoo.



## Rosemary

Another wonderful essential oil for your hair and scalp is rosemary. This is a floral oil similar to lavender that can help your scalp condition and your hair follicles themselves.

Rosemary oil can stimulate new hair growth if you have been thinning, as well as help to thicken the hair you currently have. It also helps to work as a topical hair-loss treatment by stimulating your hair follicles.

The simplest way to use rosemary is by mixing it with some olive oil or argan oil, and applying it directly to your scalp in areas you want to treat.



## Clary Sage

Finally, give some clary sage essential oil a try. This helps to stimulate hair growth, thanks to the phytoestrogen that occurs naturally in this herb.

It can help to manage the oil on your scalp, preventing it from getting too oily and leading to unhealthy hair that breaks, as well as providing enough oil to relieve a dry, itchy scalp.





# Learn Easy Ways to Relieve Dry Scalp Problems

*A dry scalp is not only annoying and uncomfortable, but it can actually lead to increased shedding and hair loss. When you have dry hair, the flakes can clog your hair follicles, not to mention the scratching can loosen the hairs on your head. Here are some easy, natural ways to relieve your dry scalp.*

## Treat the Causes of a Dry Scalp

Before looking into specific remedies for your dry scalp, consider the cause. Some people develop this scalp condition with no real cause, but often there's a very real culprit behind it.

For example, if you have hard water in your shower, that might lead to a dry scalp, which is easy to fix with a water-softening system. It can also be caused by a fungal infection, conditions like psoriasis or seborrheic dermatitis, and extreme weather conditions.

## Use Tea Tree Oil

In terms of natural remedies for your scalp, it doesn't get much better than tea tree oil. This type of essential oil has amazing natural healing abilities, including being an antifungal and antibiotic oil. There's a reason it is often added to shampoos and masks for the scalp — because it works.

Tea tree oil is really great for your skin, especially in relieving a dry scalp and helping to reduce itching. Find a shampoo with tea tree oil or just add some of it to your own favorite shampoo.

## Aloe Vera

You may have heard about using aloe vera on the skin, such as sunburned or irritated skin following a bug bite, and that is exactly why you should use it on your scalp.

Aloe vera has both natural anti-inflammatory and cooling properties. By applying it to your dry scalp, you can help to cool any irritation, reduce swelling and relieve itching as well. You can apply it topically to any area of your scalp that is bothering you, or you can get a shampoo with aloe vera in it.

## Use Conditioner on Your Scalp

Lastly, you should be applying conditioner to your scalp, not just your hair itself. Many people won't put conditioner on their scalp and roots because it can make it oily. That is true, but if you have an extremely dry scalp, you might need a little more moisture.

There is a balance between using enough to take care of your scalp, but not so much where it causes oil to build up and create a shiny appearance.





# The Benefits of Scalp Massages

Scalp massages are not just good for relaxing and reducing headaches. They also offer some unique benefits for your hair and scalp. If you are struggling with hair loss, you should definitely consider scalp massages.

## It Encourages New Hair Growth

First of all, if you have thinning or hair loss, then you can promote new hair growth with regular scalp massages. This will increase blood circulation on your scalp, which is going to also stimulate growth from your hair follicles. You can use your fingers to gently massage your hair, or you can opt for a soft scalp massager tool that you can keep in the shower.

## Oils Are Great for Your Scalp

When you are massaging your scalp, you should typically do it with some type of oil. This keeps you from irritating your scalp with dry hands or loosening hair while it's wet, which is the last thing you want to do when you're experiencing hair loss. Oils, such as tea tree oil, coconut and olive oil, not only help with the massage itself, but with scalp conditions that could be leading to hair loss.

## You Can Relieve Stress

As you might know, hair loss is often related to emotional or physical stress. By taking part in a relaxing activity that relieves tension headaches and reduces stress, you could be reducing your hair loss as well. It is often difficult to relieve stress from outside sources that you can't control, but what you can do is focus more on self-help when you get the opportunity, even if that means a five-minute scalp massage every day while you are washing your hair.

## It's Easy to Do

Finally, don't disregard the convenience and simplicity of scalp massages. It's one of the easiest ways to encourage new hair growth, since you can do it just about anywhere. You can use a tool that lets you perform a scalp massage dry and at any time, even in the middle of a stressful day, or in the evening before bed. You can use oils in the shower, or just do the massage while applying shampoo and conditioner, spending a few extra minutes in the shower.

Scalp massages provide many benefits, both for hair loss and otherwise.

# Natural Hair Masks for Optimal Hair Growth



*After you have experienced some hair loss or thinning, a natural step is to start pursuing ways to grow your hair back as soon as possible.*

*Try to use more natural products on your hair to nourish those follicles and treat your scalp well. There are a variety of hair masks you can make with simple ingredients that don't have any harsh toxins or chemicals, making them ideal for those dealing with hair loss.*





## Olive Oil and Lemon

This simple hair mask is perfect for anyone who is dealing with hair growth issues due to a dry, itchy scalp. This can cause you to scratch your scalp a lot, which negatively affects your follicles and might cause even more hair loss.

If you want a natural way to help with your itchy scalp, try making a mask of olive oil and lemon juice. Just make sure you don't have any open sores, scratches or scabs on your scalp, or the lemon will really burn. It's always a smart idea to first test it on a small area of hair.



## Coconut Oil

The great thing about coconut oil is that it can be used on its own for a hair mask, or it can be combined with just about any other natural ingredient. Many people find that it helps with the strength and softness of their hair, while it reduces itching from a dry scalp, and helps to make the hair shinier.

If you just want to use coconut oil on its own, apply it to your scalp and hair before washing it. This can be a mask done in an hour before washing your hair, or you can even leave it on overnight. You can also mix the coconut oil with honey or other natural ingredients.



## Avocado and Oil

Here is another simple hair mask you can make with ingredients you probably already have in your kitchen. This one is great for conditioning your hair in a way that is much more intense than regular conditioner.

You should leave it in your hair for several minutes to let the nutrients soak into your hair and scalp, helping to protect your hair from breakage and excessive shedding. For this mask, you just need to combine some mashed avocado with an oil of your choice, such as castor oil or argan oil.



## Banana and Olive Oil

Lastly, you can try another food and oil mask with bananas and olive oil. This is especially great for protecting your hair from breakage as a result of dying or using heated appliances on a regular basis, or if you naturally have fine hair. Banana provides some excellent nutrients, while the olive oil will protect your strands and reduce frizz.

# Items to Add to Your Shampoo to Help With Hair Loss

*When you're struggling with hair loss, this can be a very frustrating and often anxiety-inducing experience. Before trying a bunch of products to help regrow your hair, consider some natural ingredients that you can easily add to your favorite shampoo.*

## Honey

This may seem strange, but honey is actually a miracle worker for your hair. You don't need to add a lot to your shampoo, and you may not want to since it's quite thick. However, about equal parts of shampoo and honey can be wonderful for your scalp and to promote new hair growth. You can also try it first by adding a little shampoo and honey to a separate bottle to see how you like it.

## Essential Oils

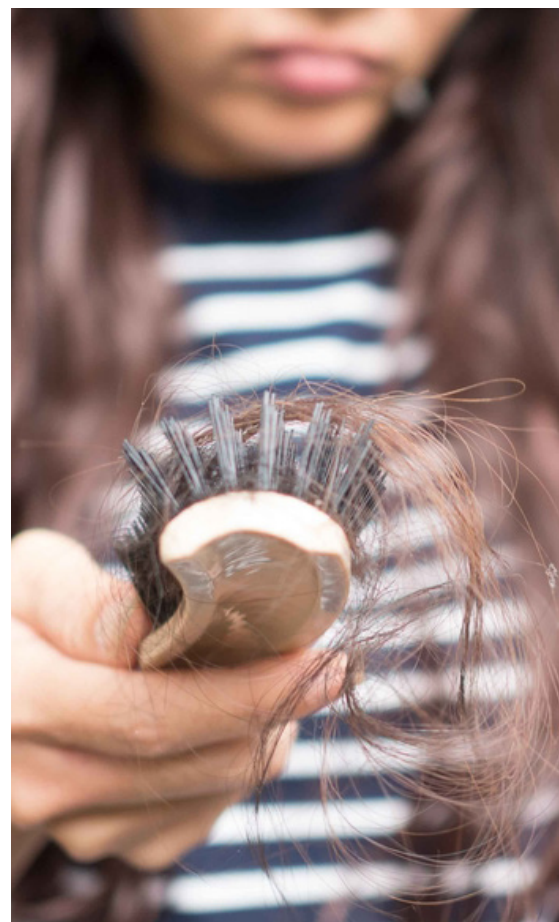
The next thing you can do is add essential oils to your shampoo. There are different essential oils that provide a multitude of purposes for your hair, and you've already learned about a few of them. In terms of hair loss and hair growth, consider rosemary, chamomile or lavender. These are also very soothing on the scalp if it is easily irritated. If you also have seborrheic dermatitis that you think might be contributing to your hair loss or breakage, then add some tea tree oil to your shampoo. Just a few drops per bottle will suffice.

## Indian Gooseberry

When you are hoping to add something natural and healing to your shampoo for regrowth and to lessen shedding, try Indian gooseberry. This is one of the best natural herbs for your hair, including promoting new hair growth, thickening the hair and treating scalp conditions that might be worsening the hair loss and breakage. Indian gooseberry comes in many forms, but the juice is often easiest to use. You can add a little of the juice to your bottle of shampoo and use it every time you wash your hair. It's as simple as that!

## Castor Oil

Lastly, consider using a little castor oil in your shampoo, or getting a castor oil shampoo specifically for strengthening your hair and reducing hair loss. Castor oil is amazing for improving your hair growth and also to slow down hair loss if you notice thinning or excessive shedding. Many shampoos meant to help with hair loss will contain castor oil. If you want to use it yourself, start with small amounts, and increase it if you don't notice a change and your scalp is able to handle it with no adverse reactions.







# How to Increase Protein for Your Hair

*Hair loss is very complex, and it may or may not be due to your diet and nutrient deficiencies, genetics, medical conditions and even how you take care of your hair. Sometimes, you might need a protein treatment, which can nourish your hair and reduce breakage and excessive shedding. Here are some signs that your hair is in need of protein.*

## Look for Protein in Your Conditioner

Now that you understand about the common signs of needing a protein treatment, it is time to see how much protein you get on a regular basis.

Start by looking at your hair products, specifically your conditioner. Most conditioners do use protein, but at different levels. If your conditioner claims to be repairing, reconstructing or balancing, it probably has protein. Some terms you might see on the ingredients list are keratin, hydrolyzed wheat or silk protein, soy protein, and collagen or hydrolyzed collagen.

## Pay Attention to Frizz and Tangles

These are common signs of having high porosity hair, which is often in need of more protein. High porosity hair might also be susceptible to hair loss and breakage, since there are gaps in your hair strands. This allows them to be penetrated by outside sources of damage, and often result in increased damage after some hair treatments, such as coloring your hair.

If your hair recently started looking frizzier and with more tangles, you might be in need of a protein treatment.

## Be Cautious if Losing Elasticity

Another sign that your hair needs more protein is when it doesn't seem as elastic anymore. If you typically have wavy or curly hair naturally, you might notice that your curls are stringy or less curly in general, keeping them from bouncing back as they once did.

Regardless of your hair type, you can test hair elasticity by taking a few strands of hair still attached to your head, wetting them and pulling gently. If they snap off easily, then you might have elasticity problems.

## Watch Out for More Shedding

Of course, just dealing with hair loss and breakage on its own could be a sign of needing a protein treatment. Your hair becomes dry and brittle, and prone to breakage when you don't have enough protein.

Try a natural protein treatment like a hair mask or just doing a rice rinse, and see if it changes the health and texture of your hair.

# A Few More **Natural Ways to Grow Your Hair**



*Are you in need of experiencing faster hair growth? Maybe you've had thinning hair due to a medical condition, or perhaps you just want longer hair. While you can't force your hair to just grow rapidly, there are some things you can do to encourage a healthy scalp and healthy hair follicles, which does make a difference and can create the right environment. Here are additional tips to try.*



## **Use Conditioner More Often**

You probably use conditioner every time you wash your hair with shampoo, but you might want to use it more often.

If you are just wetting your hair without washing it, such as when taking a shower after working out, this is a good time to add moisturizing conditioner as well. It will help to protect your hair, which is always more at risk when it is wet. Conditioner softens your hair and can also nourish your scalp at the same time.





## Focus on Proper Nutrition

It is imperative that you are taking good care of your body. What you eat or don't eat not only affects your overall health and weight, but it can also affect your hair and skin.

You might have a nutrient deficiency that is leading to your hair loss and breakage. Eat a well-balanced diet with whole fresh foods, such as fruits and vegetables, lean meat or protein, nuts and seeds, and healthy fats and oils.



## Know What Not to Eat

What you choose to eat is important, but so is avoiding unhealthy foods and drinks that you might be used to consuming.

Processed foods and trans fats, such as fried foods and vegetable oil, can increase the production of DHT. This can often lead to excessive hair loss and an increase in breakage. You should also stop smoking and drinking as much as possible, and reduce your caffeine intake as well.



## Reduce Your Stress

If you have any type of stress, no matter how mild you think it is, now is the time to try to relieve it. This can be easier said than done, especially when you are stressed about losing your hair. However, in order to stop hair loss caused by stress, there is no way around it.

Try to think about what is causing you the most stress and find a resolution. This might be a relationship, money, work or school, along with a recent change like a move or a divorce. It can also be from physical stress, like getting into a car accident or having surgery. It can be a long process, but the more you get a handle on your stress levels, the better off you will be.



## **PhytAge Pabs**

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