

## Natural hair loss tips

Hair is very important to everyone, especially women. There's something very special about hair, it adds to the beauty of a person. This is why if you notice a lot of hair fall after washing your hair it can be very upsetting. Women especially will be very concerned by an unusual loss of hair. This is because bald women are not considered normal; you might be very uncomfortable if you see a bald woman.

Hair loss can be damaging for everyone, especially for women. There are actually a number of medical treatments which can be used and do help to restore hair growth. However many of these have side effects, and they may not work for everyone. There are actually some things that you can do naturally to improve your hair.

These natural hair loss tips will look at some ways to naturally improve the health and quality of your hair.

### Your Diet

The foods that you eat will affect the health of your body; however these foods can also be good or bad for your hair. In order to have healthy hair you should eat foods which are high in protein but low in carbohydrates and fat. Some examples include fish, walnuts and soy these contain fatty acids which are required for healthy hair. You should also eat foods which are high in Omega 3 fatty acids to promote hair growth.

A deficiency in iron can cause anemia which will reduce the blood supply to the scalp resulting in hairs being shed. You should therefore eat foods which are high in iron, such as liver, broccoli and brewer's yeast.

Vitamin B12 is also important for the hair, which is why you should eat eggs, poultry and meat. Biotin is another B vitamin which is important for healthy hair growth; normally this is one of the treatments which your doctor would prescribe if you are taking other forms of medication. Biotin is also good for the skin and nails.

People should also take zinc supplements as these help to reduce androgen levels. This is a hormone which is responsible for genetic hair loss. However you must be careful when taking this as a zinc/copper imbalance could cause more harm than good.

### Herbal treatments

There are plenty of herbs which can be taken to reduce hair loss problems; saw palmetto is a very popular one which reduces the number of androgens. Women however should not use this herb without talking to their doctor first.

Green tea can be used for women suffering from hair loss as this reduces the levels of testosterone in their blood.

Apple cider vinegar and sage tea solutions can be applied to the scalp, these encourage new hair growth. Silica is a very important component of hair growth; this can be obtained from horsetail plants.

### Hair

You can continue to look after your hair as normal, even if you are noticing hair loss you should continue. Perming and shampooing will not cause any extra loss. However it is important that you talk to your hairdresser first to make sure that your scalp is adequately protected when perming as it can cause irritation.

## About the Author

Anita Johnston is an expert in the field of [hair re-growth products](#) , [hair loss prevention](#) and [info about hair loss shampoos](#) due to many hours of research. You can learn more about [hair loss remedies](#) and hair loss control by visiting [HelloHair.org](#)

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