

Natural Help 4...

Alopecia



What is Alopecia?

Most people experience hair loss as they age. However, more and more people are discovering that their hair is increasingly becoming thinner, **balding patches have surfaced and their scalps are clearly more visible** when looking in the mirror. Hair loss does not only affect men, it affects women too - of all ages, even children and teenagers!

Alopecia is the medical term used to describe hair loss or baldness. For many men and women experiencing alopecia, it can be **emotionally devastating and traumatic**. Quality of life is often affected which can eventually lead to severe depression and anxiety.

This condition may affect any part of the body that is covered in hair including the scalp, eyebrows, beard or pubic area. There are **various types of male or female pattern baldness** associated with hair loss that are classified by cause. Some are permanent while other types are temporary.

Permanent hair loss may be classified by the following:

- **Male-pattern baldness** is also known as **androgenetic alopecia** and usually affects men in their teens or early 20s. **Androgenetic alopecia** is distinguished by hair on the sides of the head (at the temples) and balding on the sides of the head.
- **Female-pattern baldness** is also known as androgenetic alopecia. It is very seldom that women experience complete hair loss – they may lose hair in patches and it usually only starts to thin at the front, sides or crown.
- **Cicatricial (scarring) alopecia** is also known as scarring alopecia. This type of hair loss destroys the hair follicle and replaces the follicle with a scar tissue – it causes permanent hair loss. Sometimes, no symptoms are obvious and hair loss is gradual. In other cases, itching, burning or pain may occur. If the scalp is affected, some scaling and redness may be evident.

Temporary hair loss

- **Alopecia areata** tends to occur in small, round bald spots. Hair loss or bald patches usually occur on the scalp but it may also affect other areas with hair such as eyebrows, eyelashes or beard. If hair loss occurs in one spot only, usually on the head, it is known as *alopecia areata monocularis*. If hair is lost on the entire scalp, it is known alopecia totalis. If hair loss occurs on the entire body, including pubic hair, then this condition is known

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

as [alopecia universalis](#).

- **Telogen effluvium** is a condition characterized by a sudden loss of hair as a result of an interruption in the normal hair growth cycle. The hair generally starts thinning and falls out of the scalp which is more noticeable when you wash or comb your hair.
- **Traction alopecia** occurs as a result of certain hairstyles such as braids, tight ponytails, cornrows, chignons, buns or twists that are worn regularly. It is caused by pulling (chronic traction) on the hair follicle and signs of this type of hair loss involve tension headaches, itchy, red scalp, random bald patches and hair breakage around the scalp.

What Causes Alopecia?

There are various causes for specific [types of alopecia](#) as well as other underlying factors.

The causes of specific [types of alopecia](#) include:

- **Pattern baldness (androgenetic alopecia)** occurs as a result of heredity factors. It affects the age at which you start balding, the pattern, developmental speed and extent of your hair loss
- **Cicatricial (scarring) alopecia** is permanent and occurs when the hair follicle is scarred and damaged by inflammation. This condition appears in numerous skin conditions.
- **Alopecia areata** is defined as an autoimmune disease. It is believed that genetic factors may cause you to develop alopecia areata.
- **Telogen effluvium** is caused by a change to your normal cycle as a result of physical or emotional stress (high fever, weight loss, loss of a family member, nutritional deficiencies or surgery)
- **Traction alopecia** is due to hairstyles that pull your hair back too tightly or excessive hairstyling

Other factors that may contribute to alopecia include **poor nutrition, certain medications**, diseases such as diabetes and lupus as well as medical treatments such as radiation therapy and chemotherapy. Hormonal changes such as pregnancy, menopause, an overactive or underactive thyroid and scalp infections like ringworms can cause hair loss.

A hair-pulling disorder known as **trichotillomania is a mental illness which causes people to have the irresistible urge to pull hair from their scalp or any other area of their body**. In addition, hair treatments such as **bleaching, dyeing, tight braiding, blow drying**, straightening or hot curlers can cause scarring of the hair follicles and thinning of hair.

Diagnosing Alopecia

The [diagnosis of alopecia](#) is based on your physical symptoms, family and medical history. Your health practitioner will check if any of your hairs are broken off and also want to know the pattern and rate of hair loss.



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

Certain tests may also be performed to further determine the [cause of alopecia](#) and include:

- Pull test where several hairs are pulled to see how many come out
- Skin scrapings involves a sample of skin or few hairs taken from the scalp to determine whether an infection is the cause of hair loss
- Punch biopsy involves a small section of the skin's deepest layers been removed (this test is usually done when it is difficult to confirm a diagnosis)
- Screening tests to determine whether other diseases are the cause of hair loss

Help for Alopecia

Although there is no [cure for alopecia](#), it is estimated that 50% of patient's hair will grow back in one year without treatment. Approximately 90% of people with hair loss, hair will eventually grow back while in the other 10% of cases, only some or no hair will grow back. There are several treatment options available for [alopecia](#) ranging from corticosteroids, steroid injections, phototherapy, hair transplantation or scalp reduction.

Corticosteroids may be administered orally, injected or applied topically – these drugs do however, have some harsh side effects. Steroid injections are typically used for small areas of hair loss such as the eyebrows. Phototherapy, often used to treat skin disorders, can also help to **stimulate hair growth and improve the appearance of thinning hair**. Hair transplantation and scalp reduction are surgical procedures used to cover up bald areas.

Natural remedies

Natural and holistic treatments are a gentler yet still effective alternative to treating hair loss than the harsh chemicals found in synthetic over-the-counter and prescription products. Using herbal and homeopathic remedies helps to promote healthy, strong hair and **supports circulation, hormonal balance and thyroid functioning**.

Carefully selected herbal ingredients such as Ginkgo biloba, Rosmarinus officinale and Xanthoxylum clavaherculis promotes blood circulation which ensures that nutrient rich blood reaches the hair follicles. In addition, Equisetum arvense, Avena sativa and Echinacea also help to **stimulate and nourish tiny hair follicles** to encourage abundant hair.

Tips to cope with alopecia

In order to cope with and [manage alopecia](#), follow these useful tips:

- Change your diet by eating plenty of iron found in meat and liver as well as green, leafy vegetables and fresh fruit
- Drink plenty of water to flush out toxins in the body's system
- Increase your intake of vitamin supplements such as zinc and magnesium to stimulate hair growth
- Use makeup to hide or reduce hair loss, for instance coloring in fake eyebrows
- Wear sunglasses and sunscreen to protect the eyes and skin from the sun

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and environment

- Consider wearing a wig, hairpiece or try hair weaving (sewing or braiding human or synthetic hair into your existing hair)
- Wear brightly colored or patterned scarves, bandanas, caps or hats on your head – women can accessorize with pretty earrings and let this become your signature style
- Allow your family and friends to support you – remember that they love you just the way you are
- Be gentle with yourself, learn to value the person on the inside rather than the outside
- Reduce stress and anxiety by practicing relaxation techniques such as deep breathing, yoga or meditation
- Join a support group where you and others can share your experiences and help you deal with hair loss

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "...



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more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).

ReGrow Plus: Support healthy circulation to hair follicles, hair roots & nail beds

ReGrow Plus is a blend of carefully chosen herbal ingredients known for their **supportive capacity to promote healthy circulation, routine hormonal balance and support healthy thyroid functioning** - thereby supporting healthy hair and nail growth.

Used regularly, ReGrow Plus can help to **maintain healthy, strong hair** by supporting the body's natural ability to stimulate and nourish the tiny hair follicles to produce abundant hair.

For best results, use with [ReGrow Scalp Massage Oil](#)

[Learn more about ReGrow Plus](#)

ReGrow Plus Massage Oil: Supports healthy hair growth and nourishes hair follicles and scalp

ReGrow Scalp Massage Oil contains a blend of carefully chosen essential oils used therapeutically in aromatherapy.

Essential oils are extractions of living plants and have many positive benefits, containing a complex combination of many active ingredients which **work on the physical as well as the psychological level**. Good quality essential oils are highly concentrated and contain no synthetic additives.

The essential oils in ReGrow Scalp Massage Oil have been especially chosen for their **beneficial effect on the health of the scalp and hair follicles**. However, as is always the case with nature, their use will bring a **number of additional benefits** such as relaxation, healthy circulation and feelings of well-being. Nature is always generous!

As most aromatherapy oils are often too concentrated to be use directly on the skin, they are usually blended into a natural carrier oil which should be chosen according to the therapeutic effect needed as well as the properties of the essential oils used. The carrier oil used in ReGrow Scalp Massage Oil is Avocado oil, chosen for its high nutritive value.

Rich in nutrients, especially Vitamin E, Avocado oil further extends the therapeutic effect of ReGrow Scalp Massage Oil on the scalp and hair follicles.

Note: For best results, use along with [ReGrow Plus](#), taken internally to support healthy hair growth.

[Learn more about ReGrow Plus Massage Oil](#)

Read the testimonials for these quality products [here!](#)



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