

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

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

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[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

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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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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

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We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.