



## What is Baldness?

**Baldness** may be described as the **partial or complete absence of hair on the scalp**. It is also referred to by the medical term **alopecia** or hair loss. This condition does not only affect the scalp and hair loss can occur on other body areas such as eyebrows, eyelashes or pubic region.

Normally, an individual loses approximately 50 to 100 hairs a day but sometimes a **larger amount of hair is lost**. **Baldness** affects both men and women. Since **baldness** has become the hottest new trend, nowadays men are no longer embarrassed to shave their hair and “go bald.”

For women, on the other hand, coping with **baldness** can be a very traumatic experience often bringing about self-esteem issues, anxiety and depression.

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.

**Baldness may be classified into specific types – permanent and temporary baldness and include:**

### Permanent baldness

- Male-pattern **baldness** (*androgenetic alopecia*) affects men from a very early age, during their teens or early twenties. Balding appears at the top of the head with a receding hairline at the temples.
- Female-pattern **baldness** (*androgenetic alopecia*) is characterized by hair thinning at the front, sides and crown of the head. Complete **baldness** is seldom experienced in women.
- Cicatricial (scarring) **alopecia** is caused by scarring of the hair follicle which prevents the hair from growing back. It is a rare condition and symptoms are often associated with itching or **pain**.

### Temporary baldness

- **Alopecia** areata is diagnosed when hair loss occurs in small, bald spots in one particular area. Bald patches or hair loss usually occurs on the scalp but can affect other body areas such as eyebrows or beard. Hair eventually grows back after several months but if all body hair is lost, it may never grow back.
- Telogen effluvium is a condition where sudden loss of hair occurs because the normal hair growth cycle is interrupted. Hair begins to thin and fall out

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of the scalp, particularly when you wash or comb or hair.

- Traction [alopecia](#) occurs as a result of hairstyles that pull too tightly on the hair follicle. Hairstyles include braids, tight ponytails, cornrows, chignons, buns or twists.

## What causes Baldness?

**Different types of baldness may have various causes and they include:**

- Pattern [baldness](#) (androgenetic alopecia) occurs as a result of heredity factors.
- Cicatricial (scarring) [alopecia](#) occurs when the hair follicle is scarred and damaged by inflammation.
- [Alopecia](#) areata is defined as an autoimmune disease and it is believed that genetic factors may be the cause.
- 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 cause baldness include:**

- Poor nutrition
- Certain medications and medical treatments
- Underlying diseases
- Hormonal changes
- Trichotillomania (hair-pulling disorder)
- Hair treatments such as bleaching, dyeing, tight braiding, blow drying, straightening or hot curlers

## How is Baldness diagnosed?

The [diagnosis of baldness](#) is based on a physical examination as well as medical history. Additional tests such as a **pull test and skin biopsy** may be performed to determine the [cause of baldness](#).

## Help and treatment for people with Baldness

There is no [cure for baldness](#) but various treatment options are available to **promote hair growth**. Certain medications such as corticosteroids may be administered orally, applied topically or be injected into the affected area.

Steroid injections are used for smaller areas of hair loss such as the eyebrows. Often any underlying condition such as thyroid disease has to be treated first to **reduce symptoms of baldness**. Surgical procedures such as hair transplants, scalp reduction, skin lifts or skin grafts may also help to conceal bald areas.

Herbal and homeopathic remedies can also offer an effective natural solution to **stimulate and encourage hair growth** if used in conjunction with essential



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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.

nutrients and vitamins in your daily diet.

Herbs such as Ginkgo biloba, Rosmarinus officinale and Xanthoxylum clavaherculis **increase blood circulation and promote a healthier scalp** and sound hair growth. Other herbs such as Equisetum arvense, Avena sativa and Echinacea also restore hair growth while slowing down hair loss.

## Tips to cope with baldness

- There are several ways to [cope with baldness](#) and thinning hair. Follow these useful tips:
- Eat a healthy, well balanced diet filled with protein, whole grains, vegetables and fruit that are filled with vitamins A and B, zinc and magnesium
- Try wearing a wig, hairpiece or hair weaving to conceal [baldness](#)
- Cover your head with a hat, baseball cap, scarf or bandana
- Practice relaxation techniques such as meditation, deep breathing exercises or yoga to reduce stress
- Maintain the support of family and friends
- Stay positive and learn that your hair does not determine your self worth
- Join a support group – this will allow you to relate to others with the same problem

## 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

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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 "... 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



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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:

**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](#)*

**ReGrow Scalp 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.

[Learn more about ReGrow ScalpMassage Oil](#)

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

## **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](#).



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