

# Natural Help 4...

## Hair Growth



### What is Hair Growth?

While many of us may wish for long, luscious, [healthy hair](#), we are not always that lucky. Growing your hair requires time, effort and patience! Often people who have **dry, damaged or very thin, limp hair** struggle to grow their hair. This may partly be due to a poor diet, underlying diseases, hormonal changes, certain medications, hair treatments such as bleaching, dyeing, tight braiding, blow drying, straightening or hot curlers.

Most people are not even aware that the hair on their heads has a lifespan of their own and that **shedding of hair is normal**, natural and healthy. To understand how your hair works, you firstly have to understand the anatomy of hair and how hair grows.

### Anatomy of Hair

Hair is composed of two basic structures – the follicle which is found in the skin and the hair shaft lies above the skin. The follicle consists of several layers and each layer has its own specific functions. At the base of the follicle is a **stocking-like structure called papilla** which contain capillaries and supply blood to the cells.

Surrounding the bottom part of papilla is a structure known as the bulb. The follicle is surrounded by two sheaths – inner and outer sheaths. There **primary function is to protect the hair shaft** and to help shape it so that it grows in the correct direction. The inner sheath runs next to the hair shaft, ending at the sebaceous gland. The outer sheath runs next to the gland, ending at the erector pili muscle – hair stand on end when this muscle contracts.

The hair shaft is made up of three layers of dead, hard protein called keratin. The **innermost layer is called the medulla** and may not always be present in the hair shaft. The cortex is situated in the second layer and makes up most of the hair shaft – this is part of the hair that provides bounce and curl.

Pigment cells that are spread throughout the cortex determine the color of your hair. The **outermost layer is known as the cuticle** and is responsible for the hair's luster and sheen.

### Hair Growth Cycle

There are three phases of the [hair growth cycle](#) – anagen, catagen and telagen phases.

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**Anagen (growing) phase** is defined as the growing or the 'on' phase where the hair cells grow faster - hair cells divide and [new hair growth](#) occurs. The anagen phase normally lasts for approximately 1000 days, as long as two to six years. The length of the anagen phase determines how long your hair will grow.

**Catagen (transitional) phase** also often referred to as the transitional phase runs about two to three weeks. During this period, your hair stops growing and the hair follicle shrinks and stops growing.

**Telagen (dormant) phase** is the final resting or dormant phase which lasts for about five to six weeks. During this phase hair may fall out or remain connected to the hair follicle until the growth of new hair forces it out. This usually occurs when you brush or comb your hair or notice stray hairs in the bath. Approximately 10 to 15% of a person's hair is experienced during the telogen phase.

## Hair Growth Disorders

There are two types of [hair growth disorders](#) known as hirsutism and hypertrichosis. Hirsutism is a condition which predominantly affects women where **abundant thick and dark hair growth** occurs in areas of the body mostly found on men – face, chest and areola. Hypertrichosis is a condition which results in excessive hair growth in areas of the body where visible hair is not normally present.

## Help for Hair Growth

Herbal remedies are a more natural alternative to help promote and [stimulate healthy hair growth](#). These remedies are safe and gentle to use on the body and hair without the harsh side effects that strong chemicals have to offer.

Two well known herbs such as Ginkgo biloba and Rosmarinus officinale **encourages healthy blood supply** and circulation to the hair follicles and scalp, and also supports the body's system. Other herbal ingredients include Xanthoxylum clavaherculis, Equisetum arvense, Achillea millifolium and Avena sativa supports the thyroid and all mechanisms involved in hormonal balance in the body.

## Tips to maximize hair growth

- Follow these helpful tips for long, abundant hair:
- Eat a healthy diet that is filled with fresh vegetables, fruit, lean meat and fish.
- Get plenty of sleep and rest to ensure that your body allows [hair growth](#)
- Increase your intake of zinc and iron supplements to help hair grow faster
- Eliminate smoking, caffeine, carbonated sodas, sugary and fatty foods as they block [hair growth](#)
- Have regular scalp massages or rub your scalp with your finger tips when shampooing your hair to stimulate hair follicles
- Brush your hair daily and use a soft bristle brush to prevent breakage
- Avoid using hot water, hot blow dryers, hair straighteners or other hair tools that may damage hair
- Have regular treatments such as hot oil or protein treatments to protect the



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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.

hair's shafts

- Have regular trims to get rid of split ends – at least every eight weeks
- Wash your hair regularly as an oily scalp can clog follicles and prevent hair from growing
- Consider hair extensions, clip-on braids and ponytails or long wigs for instant hair

## 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 "... 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

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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:**

**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



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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](#)*

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**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 used 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!](#)

### **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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