

# Natural Help 4...

## Hair Loss



### What is Hair Loss?

[Hair loss](#) is also known as [baldness](#) or [alopecia](#). Your hair grows in three distinct phases – it grows, rests and falls out. During the growing phase about ninety percent of your hair grows and lasts for several years. Hair stops growing during the resting phase which lasts between two to three months. Finally, during the shedding phase, the **hair falls out of the follicle** and new hair begins to form.

Approximately 50 to 100 hairs are shed daily and this is considered normal for the average person. [Hair loss](#) may affect any part of the body that is covered in hair including the **scalp, eyebrows, beard or pubic area**. It affects both men and women. It is more common in men who tend to accept the condition more easily than women. Women, on the other hand, often struggle to come to terms with their [hair loss](#) which can lead to depression, low self esteem and anxiety.

### Various types of hair loss

#### Permanent baldness

- Male-pattern [baldness](#) ([androgenetic alopecia](#)) affects men during their teens or early twenties. [Hair loss](#) or 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. Women seldom experience complete hair loss.
- Cicatricial (scarring) [alopecia](#) is caused by scarring of the hair follicle. It is a rare condition and is often associated with itching or pain.

#### Temporary baldness

- [Alopecia areata](#)

Hair loss occurs in small, bald spots in one particular area, usually 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

A sudden loss of hair occurs because the normal hair growth cycle is interrupted. Hair begins to thin and fall out of the scalp, particularly when you wash or comb or hair.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

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

- [Traction alopecia](#)

This condition 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 Hair Loss?

There a number of causes and underlying factors that may contribute to [hair loss](#). These include:

- Pattern [baldness](#) (androgenetic alopecia) which develops 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 include **poor nutrition, certain medications, medical treatments**, underlying diseases, hormonal changes, **trichotillomania (hair-pulling disorder)** and hair treatments such as bleaching, dyeing, tight braiding, blow drying, straightening or hot curlers

## How is Hair Loss Diagnosed?

If you suspect that you may have [hair loss](#), your health practitioner will perform a **thorough physical examination**, medical and family history. Additional tests such as the pull test, skin biopsy, or skin scrapings maybe ordered to determine the [cause of hair loss](#)

## Help for Hair Loss

There are several treatment options that may help to stimulate and encourage hair growth. If hair loss occurs as a result of an **underlying condition or disease**, then the condition needs to be treated first. The various [types of hair loss](#) are treated with specific medication which includes antibiotics, corticosteroids, or steroid injections. For more serious episodes of hair loss, surgical procedures such as **hair transplants, scalp reduction or skin grafts** may be performed to replace hair loss.

Natural and holistic therapy offers a gentler alternative for people experiencing hair loss than the harsh effects of conventional medication. Treatments such herbal and homeopathic remedies **stimulate and encourage hair growth** as well as support blood circulation, hormonal balance and thyroid functioning.

Herbs commonly used include Ginkgo biloba, Rosmarinus officinale and Xanthoxylum clavaherculis help to promote strong, abundant hair. Other powerful

The advertisement for NativeRemedies features a green leaf logo at the top. Below it, the text reads "NativeRemedies THE NATURAL CHOICE". A green banner with white text says "LIVE A HEALTHY LIFE!". The central image shows a smiling family of four: a woman, a man, and two children. Below the image, the text states "Proven, Safe, 100% Natural Herbal and Homeopathic Remedies for You and Your Family". At the bottom, there is a red button with white text that says "CLICK HERE".

## 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.

herbs such as Equisetum arvense, Avena sativa and Echinacea are effective **combating hair loss** and nourishing hair follicles.

## Tips to cope with hair loss

- Eat a proper, balanced diet that contains fresh fruit, vegetables, wholegrains and protein
- Ensure that you get adequate rest and sleep to reduce stress
- Invest in a wig, hairpiece or try a hair weave to cover [baldness](#)
- Have a regular scalp massage to increase blood circulation needed for hair growth
- Use various types of headgear to cover your hair with such as hats, caps, scarves or bandanas
- Essential oils such as lavender used as a massage oil are highly effective for stimulating hair growth
- Practice relaxation techniques such as visualization, yoga or meditation
- Surround yourself with supportive, positive people
- Be kind to yourself – acknowledge your value and worthiness

## 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.

## 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.

## Great Health Sites

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[Natural Pet Health Blog](#)

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[Health or High Water](#)

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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 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.



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## 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](#)*

[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!](#)

### **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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