

# Natural Help 4...

## Scalp Problems



### What affects the Condition of the Scalp?

For years many of us may have heard the importance of [hair health](#), yet the scalp is often over-looked as an important area of the body that needs it's fair share of attention too. While the scalp is a pretty 'tough' structure, and can take a lot of wear and tear (when brushing or tugging hair for example), **the scalp can also become sensitive, flaky** (Dandruff) or too oily ([oily scalp](#)) often leading to scalp acne.

### What Causes Scalp Condition Problems?

Problems on the scalp may be caused by a number of conditions, including:

- Acne or pimples
- Eczema, an itchy swelling and redness of the skin
- Allergic reactions, such as to shampoos, hair sprays, or food
- Hormonal changes or a low thyroid hormone level known as hypothyroidism
- Diabetes
- Trichotillomania, a condition in which a person pulls out his or her hair due to psychological problems
- Anorexia nervosa, an eating disorder that causes people to not eat enough to maintain a normal weight
- Dandruff
- Cradle cap in infants
- Psoriasis, a skin condition that causes red scaly sores
- Moles, which are usually harmless, but in rare cases, can turn into melanoma, a serious skin cancer
- Cancer of the skin
- Ringworm, an infection of the skin caused by a fungus
- Head lice
- Physical or emotional stress
- Pregnancy
- Autoimmune disorders, in which a person's immune system attacks his or her own body.
- Medications, including vitamin A, oral contraceptives, or chemotherapy
- Trauma or injury, such as, cuts, or burns
- Bacterial infections insect bites
- Hair loss
- HIV, the virus that causes AIDS, which can cause infections and rashes



The content of this ebook is intended for informational purposes only.

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.

## Help for Scalp Conditions

Many herbal and homeopathic remedies have been formulated with specific ingredients to help **soothe and naturally hydrate the scalp**. Chamomile Essential Oil has been used for centuries to strengthen the capillaries that supply blood to the scalp and hair follicles and improve elasticity, while Rosemary Essential Oil has excellent astringent properties, also encouraging [hair growth](#).

Ginkgo biloba helps to **restore the functioning of the circulatory system** and improves blood flow to the brain and all parts of the body. Equisetum arvense is rich in minerals, especially silica, which is an important part of all connective tissues in the body, as well as hair and nails.

## Tips for a healthy scalp

If your scalp isn't healthy, your hair won't be either! Here are some tips:

- Incorporate foods like squash, carrots and tomatoes into your diet.
- Never share your hair care utensils (combs, brushes, etc.) without properly disinfecting and sanitizing them both before and after use.
- Make sure to rinse all shampoo and conditioner products thoroughly from the hair when you use them.
- Try getting a gentle scalp massage (to stimulate circulation) or wrap your head in a warm moist towel for 10 minutes.

## Tips for oily scalp vs. dry scalp

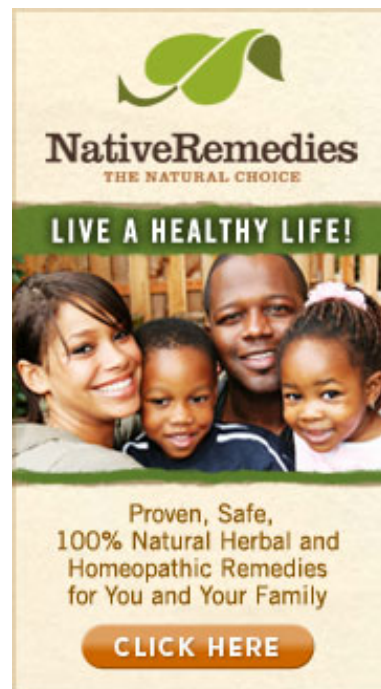
- Try applying and massaging the shampoo only at the scalp, and apply your conditioner only on the ends of your hair. If you apply so much that it runs down into the rest of your hair, you're obviously going to strip the oils from the hair as well.
- When shampooing and conditioning the hair, switch from warm water to cool water after you've thoroughly rinsed away the product. The cool water rinse will help close the pores of the scalp and slow down the oil production.

*Never use acne products containing benzoyl peroxide or other peroxide ingredients on the scalp because of the potential for altering the hair color. Seek medical advice if you are unsure, and research all your options.*

## 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,



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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.

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 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

## **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**

[Naturally Beautiful Me](#)

[Natural Pet Health Blog](#)

[Natural Holistic Health](#)

[Mom's Blog](#)

[Health or High Water](#)

[Pet Herbal Info Blog](#)

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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 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](#)

**Skin Dr.:** Support skin strength, health and functioning from the inside

Skin Dr. is a combination of selected herbs and biochemic tissue salts known for their **ability to cleanse and purify the entire system**, supporting healthy lymphatic functioning, as well as the health and integrity of all cells and layers of the skin.

Taken internally, Skin Dr. tablets help to maintain balance and hydration of the skin, as well as the supply of oxygen at cellular level. In addition, **routine removal of old skin cells and the natural regenerative processes of the skin are also supported.**



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The formula remains true to the whole spectrum method of manufacturing, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Skin Dr.](#)

**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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