

Hair Loss Treatment: Do it the Natural Way!

Hair loss treatment can be done inexpensively by doing it the natural way. You may not have the money to afford any surgery. Simply pay attention to your diet and make use of natural plants for hair loss treatment. Your Diet Matters in Hair Loss Treatment You may have forgotten that the hair is composed of protein therefore it is a must that you take in sufficient protein in order to maintain a healthy hair. To be able to sustain a healthy hair growth, nutrients are needed as they do take care of the hair and the scalp. The numerous nutrients which you need to take in are protein, B-complex, Vitamins A and C, omega-3 fatty acids, and cysteine, which is another amino acid. Any deficiency with these nutrients is likely to cause hair loss. Vegetarians should not forget that they should integrate foods rich in protein in their diets such as the beans, wheat, brown rice, corn, nuts, or seeds. The cysteine is another amino acid which makes up the protein. It can be found in foods rich in sulfur like the meat, fish, egg yolks, onion, nuts, garlic, kale, raspberries, and cabbage. This amino acid is also a renowned detoxifier. The vitamin B, most especially the biotin, aids in maintaining the health of hair. Among the best sources of the vitamin are the egg yolks, milk, meat, brewer's yeast, soybeans, saltwater fish, and whole grains. You should remember that taking in the uncooked egg whites deplete the biotin content in the body so therefore eating it must be avoided. The use of saccharin which is commonly found in most toothpastes and taking in of antibiotics also produce an adverse effect on your body's biotin absorption. Then, make sure you take in enough Vitamin A. The best sources are broccoli, carrots, pumpkin, fish liver oil, yellow squash, spinach, sweet potatoes, peaches, and cantaloupes. Vitamin C is another very important component that ensures a healthy hair. It can be found from the citrus fruits, green vegetables, and berries. The Omega-3 fatty acids are needed for a good circulation that will feed the hair roots. It also supplies the body with enough motivation to get on with the production of the hormones. Its best sources are the tuna, salmon, and flaxseed. Plants that Help out with the Hair Loss Treatment Among nature's components which help out in hair loss treatments are the aloe vera, jojoba, henna, capsicum, lemongrass, and Dong Quai. What are these? What good do they bring as hair loss treatments? The aloe vera promotes the balancing of the scalp's Ph and then heals from the inside. It also cleans the pores. The jojoba treats eczema, dandruff, seborrhea, and psoriasis. It works well as a moisturizer so hair loss can be minimized. The henna works as a natural conditioner, repairs, stops hair breakage, and restores the silkiness and shine of the hair. The capsicum treats hair loss by as much as 50% and heightens the flow of blood. The lemongrass stabilizes the oil in the scalp and gives out enough nourishment for the hair. The Dong Quai possesses phytoestrogens that minimizes the buildup of the DHT. It never fails to secure the natural hair loss treatments via the use of herbal plants and maintaining a proper diet. Your hair is your crowning glory. Hence, learn to take care of it.

About the Author

Welcome to the College of Natural Resources at the University of Wisconsin.

Source: <http://www.productsherbal.com>