

## DIY Hair Loss Remedy: Things That Can Help

Searching for a hair loss remedy? Wondering if you should try minoxidil? Considering making an appointment with your doctor to discuss your thin, thinner and thinning hair? It is possible to find an effective hair loss remedy, and you should certainly start by talking to your doctor. There are several types of hair loss, and different types have different treatments. You may need to have blood tests, or even a scalp biopsy, to find out which type of hair loss you're experiencing. Not all hair loss remedies are effective, though. There have been attempts to discover a cure for baldness for centuries, and some pretty innovative treatments have been discovered. Not one of these treatments have FDA approval, and none have been tested using large scale studies. They may or may not work. All do-it-yourself hair loss remedies are either taken orally or massaged onto the scalp. Hair Loss Remedy Preparations Taken by Mouth Drink a glass of any of these remedies each day:

- \* Coriander Leaf (cilantro) juice
  - \* 1 tsp apple cider vinegar in water
  - \* Smoothie of banana, honey, yogurt and skim milk
  - \* Juice mixture of any of the following: alfalfa, lettuce, fresh spinach, cilantro
- Hair Loss Remedy Preparations to Massage onto Your Head
- Over the centuries, people have massaged these formulas into their heads in an effort to cure baldness:
- \* Mix 1 cup mustard oil with 4 tablespoons of henna leaves
  - \* Use amla oil, either alone or mixed with coconut milk and/or lime juice
  - \* Mix equal parts of alcohol, borax and quinine. (Don't try this one at home—it could give you a pretty good rash)
  - \* Rub cow dung onto the bald spot (not in my house...)
  - \* Mix a chopped onion and 20 birch leaves in a bottle of alcohol. (It doesn't say what kind of alcohol...)
  - \* Grind a bit of licorice and mix with little saffron in skim milk (Do you know how much saffron costs? And you want to rub it on your head?)
  - \* Use coconut milk
  - \* Or aloe vera juice
  - \* Mix honey and egg yolk and apply to the scalp
  - \* Rub the bald spot with an onion until it's red, then rub honey into it
  - \* Mix castor oil and almond oil, warm it and rub into scalp
  - \* Grind black peppercorn with either lemon or lime seeds and rub the paste on thinning spots.
  - \* Put raw mango pulp in a jar of oil and leave it to age for a year, then rub it on your head
  - \* Make a paste of hot olive oil, honey and cinnamon
- The important thing to remember is, don't take your hair loss too seriously. Experiencing stress could make it worse. Relax. Hair loss is a natural process, and nobody ever died from it. Having said that, it can be worrying to watch your hair fall out. Treatment for you is available, and there is a hair loss remedy that will help you. Always check with your doctor first to see which is the most suitable for you.

## About the Author

There are 38 original Bach Flower Remedies, also called the Flower Essences or Bach. The prescribing of the Bach flower remedies is done on the basis of.

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