

Home Remedies For Hair Loss: Ease Hair Growth Without Hurting Your Pocket

For most of the people loss of hairs and resulting baldness happens to be a traumatic experience. The agony of hair loss may cause depression in some. But folks with excessive hair loss must give up brooding and should gear up to fight against their baldness. Now a days, there are good number of chemicals and medications that have been found bringing back hairs on scalps. In addition to medicines and chemicals meant to be applied on scalps, there are a good number of home remedies for excessive hair loss as well. These home remedies are very much cost effective and very convenient to be adopted. Before opting for these home treatment options you must be sure that you have excessive hair fall as a little hair fall is a part of normal hair cycle. Some useful home remedies for preventing hair loss are as follows:

- Yolk Massaging** It is easiest possible home remedy. You can apply uncooked yolk on your scalp and leave your scalp with yolk for an hour. You can do it every alternate day. In fact this practice doesn't bring back hairs but tend to reduce hair fall.
- Olive Oil and Castor Oil** These oils are very effective in hair loss. You can regularly use these oils on your scalp to combat excessive hair loss. But castor oil is only meant to be used for hair roots so better not apply it on hairs.
- Seeds of Mustard** It sounds incredible but it's true that drinking water with mustard seeds is a solution to baldness if the practice is continued for a few months. For taking seeds you should first boil a cup of water. A few seeds of mustards are dropped in simmering water and cooked for a few while. Once the water cools down you can drink mustard water solution.
- Red Henna** Red Henna is one of the most common home remedy. You can apply Red Henna every alternate day to get the desired result. It is very effective hair loss curbing agent.
- Coconut Milk** It could be very effective as hair loss remedy. It is basically applied to roots of hairs.
- Fenugreek** A liquid made up Fenugreek and water could be also massaged for the same. The practice should be continued for at least two to three months.

In addition to above discussed remedies, there could be certain dietary measures too. Like, you must consume milk products, egg and Vitamin B rich foods. In take of minerals such as Copper and Iron are also very important to prevent hair loss. Take benefit of these home treatment options of hair loss as it could solve your problem without making you spend too much on treatment. Good Luck.

About the Author

Cold remedies, Antibacterial hand soap, Natural shoe polish, Zeolite.

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