

## An Easy To Implement Home Remedy For Hair Growth

We all experience some degree of hair loss. It might surprise you to know that the life expectancy for every hair on the head is just under seven years.

Eventually they will fall out and normally more hair will grow in its place. In most cases, some hair loss really is quite normal and nothing to worry about. However in some cases there may be slight reason for concern. For instance you might start to notice more and more hair in your hairbrush. Once you start to investigate, you may find that you are starting to get a small bald spot on the top of your head. This may be the start of the problem and is a warning sign. There are all sorts of things that might slow down the rate of the new hair growth or make it fall out ranging from rapid weight loss, dandruff, low iron or protein, to name just a few. A certain amount of hair loss is expected, but it can also be your body trying to tell you something else is wrong. If you are concerned please see your doctor. Even if you are experiencing some hair loss, don't despair. There may be things that you can do on your own to fix it before the problem gets any worse. A home remedy routine for hair growth is an excellent place to start. It is relatively easy and the results will be long lasting and effective giving you a much healthier head of hair. Here are some of my most effective home remedy treatments to counteract hair loss and encourage hair growth:

**Vitamins** The best place to start is to try to fix the problem internally. Ideally you need a well-balanced and varied diet. Getting enough protein and iron in your body is very important for many reasons, including the growth of your hair. You will need to have a proper diet planned so that you can get these important vitamins in your body. Vitamins are a big part of a home remedy for hair loss and shouldn't be underestimated. You can take B6 as one of these vitamins. You should ask your doctor first to make sure that your body can take vitamin B6. He will prescribe a safe recommended dosage. If you take too much of this vitamin, it can be harmful to the body.

**Protein** For protein, you can eat fish, chicken, or other lean meats. You can also get protein from nuts and pulses. Proteins are needed in every cell in the body. These cells also include the ones for making hair. If you do not have the right amount of protein, the cells in your body will not work to their full potential and will not allow new hair to grow so make sure that proteins form part of your healthy diet.

**Iron** Iron is one of the most important parts of the body also. Iron deficiency can cause anaemia and hair loss. Good sources of iron are red meat, clams, dried fruit, cream of wheat and broccoli. As you can see keeping your diet well balanced is key to a good head of hair.

**Grooming** Another effective home remedy for hair loss is to be gentle with your hair. Too much styling or heat can be harmful to your hair and over time will cause real damage. For best results use a gentle shampoo no more than once a day followed by a good gentle conditioner. Make sure that you use one that is right for your type of hair. If you must use a hair dryer, keep it on a low setting. Do not tease your hair. This will only harm your hair and be bad for it in the end. Ideally it would be better to air-dry your hair naturally. These hair growth tips will protect your hair and prevent further hair loss. However do some research because there are lots of other ideas that you could use as part of your home remedy for hair growth. The good news is that these needn't cost the earth compared to some of the hair loss products on the market. For example you can mix everyday store cupboard foods and ingredients together, such as mayonnaise and olive oil to make excellent treatments for hair growth. It will take some time but you will be delighted with the results, and your hair will love you for it too.

### About the Author

Throughout history, youth gangs have flourished wherever there have been population shifts and unstable.

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