

Baldness Prevention: How to Prevent Premature Hair Loss

People are more concern now in good looks and your hair is one factor that makes you look good. Losing hair is one of the major problems of men and women. Baldness prevention is one way to deal with hair loss and to keep your crowning glory. Here are some tips to prevent premature hair loss.

Avoid stress. Stress-free your life as much as possible to prevent premature hair loss and other beauty and health related problems. Emotional and physical stress may cause hair to shift into resting phase or stop growing and eventually starts falling out in the succeeding months. This hair loss due to stress is "telogen effluvium" brought by severe emotional stress, dieting and illnesses. Fortunately this is not permanent, as soon as you recovered and was able to de-stress, hair loss will stop and you will regain a shining and radiant hair. It is important to de-stress and to stop being a worrier to prevent premature hair loss.

Maintain a healthy clean scalp. One way to prevent premature hair loss is to maintain a healthy clean scalp. Infection of the scalp can cause hair loss. Scalp fungal infections like ring worm, may result to permanent baldness if neglected. Most scalp infections are contagious; avoid using combs, hats and clothing of other people.

Keep a well balanced diet. Your hair needs a balance nutritious diet to stay healthy and prevent premature hair loss. Poor nutrition and protein deficiency may cause premature hair loss. There is an increase in hair shedding and slow hair growth if you don't eat a well balanced diet. Vitamin A deficiency may cause hair loss and dandruff. Orange fruits and vegetables are good source of Vitamin A. It is important to get enough vitamins, minerals and anti oxidants to keep a healthy hair and prevent premature hair loss.

Hair treatments. Incorrect use of chemical treatments like dyeing and straightening may damage your hair resulting to hair loss. You may sport an easy to wear hair-do to prevent damaging hair styling routines. A wash-and-go hair style will avoid you from subjecting your hair to a lot of hair treatments and may prevent premature hair loss from happening. Avoid using shampoos and hair products that will damage your hair and scalp. Go for mild shampoo and conditioner, you may try baby shampoos for sensitive hair.

Avoid pulling or twisting your hair. Trichotillomania or hair pulling and twisting habits can cause damage to your hair. If you have this habit, you have to find a way to stop this behavior to prevent premature hair loss or damaged hair.

Although in most cases, premature hair loss is hereditary, you can still do something to slow down or prevent premature hair loss. Hair loss is a normal occurrence in life and knowing how to deal with hair loss can help you prevent it from happening or worsening.

Did you know that there is a herbal cure for hereditary hair loss that you could make at home within 10 minutes with some plants and roots that probably grow in your own garden or that can be purchased at the supermarket for \$1.00?

Do you like the idea of a basically free alternative from expensive hair re-growth treatments, which is totally organic, made in your own kitchen, and which is just as effective if not more so? If so then find out more how to deal with hair loss visit [The Herbal Hair Regrowth Solution](#)

To know more about health and beauty remedies visit [Great Discovery-Health and Beauty](#)

About the Author

From www.americanchronicle.com:

Rainbow Organic Herbal Shampoo and Conditioner is made with Certified organic herbal extracts. Chamomile and Marigold gently help cleanse.

They are gentle and made with organic and herbal extracts. a small amount of Herbal Shampoo into your hair, waiting a few minutes.

Herbal shampoo bar for natural care with rosemary, lavender and pink grapefruit. Saponified oils of Organic Virgin Olive, Castor, Organic.

Organic Natural Hair Care Products. Natural Non Toxic Organic Herbal Hair Care Products. Miessence Organic Dessert.

Rosa Mosqueta Rose Hip Herbal Shampoo by Aubrey Organics. Moisturizing Rosa Mosqueta oil combine to. All Natural and Vegan made with organic.

Avalon Organic Elixirs, Organic Herbal, Nourishing Shampoo, Org. 14 oz. Made with the purest of ingredients including certified organic.

All natural, organic, herbal skin moisturizer. Helps soften the roughest hands. Select Item Quantity. [Quick Links to Ordering.](#)

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