

## 10 Valuable Tips To Prevent Or Reduce Hair Loss

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**Aug. 18, 2010 - [PRLog](#)** -- Hair loss is a reality for millions of women, so you're not alone if you've noticed thinning patches or a receding hairline, even in your 30s. With the prevalence of hair loss incidence in women, a lot of people from this gender think that hair loss can be devastating as losing their virginity. An estimated 95 percent of hair loss is genetic, but other factors, such as nutrition, overall health, hormone deficiencies, overcoloring of hair and emotional stress. To avoid this, here are some important tips for you to consider:

1. Avoid drinking too much alcohol and avoid using it on your hair. Hair care products that contain alcohol can make hair dry, brittle and prone to breakage.
2. Stay away from harsh chemicals - permanent hair color and perms are the most damaging - and avoid coloring your hair more than once every six to eight weeks.
3. If possible, avoid putting your hair under stress like treating it with a lot of chemicals and processes that will trigger hair loss. The chemicals used in hair treatments can deplete the interior configuration and external connections of the hair passage. This can lead to hair fall at its source.
4. Use of herbs for men such as licorice root and saw palmetto can help prevent the building-up of DHT. You can also take zinc supplements that are proven not only for treatment of hair loss but also work to treat enlargement of the prostate.
5. Medications that can cause hair loss include Vitamin A, certain antidepressants, testosterone products, beta blockers, certain cholesterol-lowering agents, and chemotherapy.
6. Eat a balanced diet. Nutritional deficiencies, eating disorders and excessive amounts of certain vitamins, such as A and E, can cause hair loss.
7. Try to loosen up your hair so that it can breathe properly. Hair accessories can affect the health of your hair, especially if you always make sure that you ponytail it tightly. This is one of the best hair loss treatment.
8. Rosemary oil massage to your scalp contained in an olive base can do wonders to your hair and scalp. Massaging stimulates circulation in the scalp area and provides hair growth.
9. Hair is more fragile when wet. Avoid vigorous combing or brushing wet hair. Using a conditioner or detangler after shampooing can make grooming easier.
10. Use of herbs for men such as licorice root and saw palmetto can help prevent the building-up of DHT. You can also take zinc supplements that are proven not only for treatment of hair loss but also work to treat enlargement of the prostate.

Author is an online medical researcher on bad breath cure. Click read more on hair loss treatment, how to prevent hair loss.

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