

## **NATURAL HAIR LOSS PREVENTION**

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Hair loss is becoming one of the worst problems that affect an individual's appearance. Thinning of hair due to persistent hair loss and ultimately baldness, negatively affects the self image of an individual. Generally, the patterns of hair loss in men are different from that of women. As per statistics, approximately 30 percent people face hair loss problems when they attain 30 years.

Commonly manifested in men, the main reasons for hair loss at young age are hereditary factor, usage of harmful hair products, exposure to pollutants and stress. Other than these reasons, nutritional deficiency and medical problems can lead to excessive loss of hair. Understanding these factors will help in determining the suitable method for natural hair loss prevention.

### **Hair Loss Natural Prevention**

At any point of time, hair fall and hair growth go hand-in-hand. That is the reason why, it is assumed that falling hair strands to about 50 - 100 per day is normal. However, for a person having hair loss problem, hair loss exceeds the rate of hair growth. Thus, the main objective for natural hair loss treatment is to stop hair fall and promote hair growth. Following are some of the methods for hair loss prevention through natural remedies, which will help you in improving your self image:

#### **Proper Stress Management:**

Prolonged stress, anxiety and depression are primary reasons for hair loss. Taking this into consideration, natural hair loss remedies include proper stress management. Take out time for yoga, meditation and relaxation exercises to help combat stress and at the same time, prevent hair loss condition.

#### **Consume a Healthy Diet:**

A balanced diet is not only crucial to remain fit, but it is also essential for maintaining healthy and lustrous hair. The vitamins and nutrients present in foods help in promoting hair growth,

while increasing the strength of hair. Overall, good food and regular exercise also play a major role in natural hair loss prevention and treatment.

### **Change the Hairstyle:**

You may not believe that wearing the same hairstyle for a long period increase hair loss problem. So, for hair loss prevention, it is better to change hairstyles repeatedly. For example, if you part your hair in the middle, then consider changing the parting either to the right or the left, whichever that suits your face structure and personality.

Last but not the least, do not indulge in the habit of combing your hair while it is still wet. A better way to reduce hair loss is gently run your fingers through wet hair and comb when the hair dries completely. Apply the above tips for natural hair loss prevention and you will notice prompt results within a few weeks time.

### **Combing and Brushing Hair:**

For hair care, it is not always mandatory that you should use a superior quality brush for removing the hair tangles. In other words, you can use either a hair comb or a brush, as per your convenience. But, the objective for preventing hair loss is to comb or brush gently without pulling and breaking the hair unnecessarily.

### **Massaging the Scalp:**

In order to promote new hair growth and prevent hair fall, massaging the hair and scalp with a good essential oil is a good solution. This promotes blood circulation in the scalp, thus activating the hair follicle for hair growth. You can use good ayurvedic oil for massaging the scalp.

### **Say No to Harmful Products:**

For several people, using harmful hair care products without researching the after effects is the main cause for thinning hair. While purchasing hair products, always opt for herbal based formulations with essential oils. In case you have dandruff, treating it with effective shampoo will help in solving hair loss problems to some extent.

