

Carolina Aramburo and Friends' TOPIC OF THE WEEK

Hello Health, Fun and Well-Being Partners!

In this 412th Newsletter, I want to give us a chance to consider Hair Loss and Baldness and the effects people's physical, mental, emotional and spiritual balance has on our hair and the effects hair loss has on people's physical, mental, emotional and even a little of our spiritual well-being.

In order to put the rest of the **newsletter in context**: This conversation makes more sense if you've watched my [1st Health Proposal](#) and my [2nd Health Proposal](#). So if you haven't, please pause, go back and watch them. This week we have also included articles on this practice that you can read in full [HERE](#).

Hair Loss and Baldness can be Prevented, Treated and Regressed With Natural Solutions that will improve the Health of Your Whole Body!

Hair loss and baldness is a subject that is very relevant for both men and women. Everyone loses some hair every day. **It is part of a normal process.** But What if you begin to lose more than the normal amount of hair? If you are a man you may begin to notice a receding hairline and/or **bald spots**. If you are a woman, you may find that the hair on the top of your head is slowly thinning. About half of all people have this type of hair loss by **around age 50**. Female hair loss accounts for 40 percent of hair loss sufferers.

A big majority of Us think that Hair Loss is a subject that **doesn't apply to Us**, and will tend to skip this Newsletter. I recommend the opposite, simply because when we **realize** that it is **STARTING TO APPLY TO US**, is a little bit too late and if we had been paying attention and started **TREATING** the **EARLY Warning SIGNS** we would have been **more effective** in **HEALING** these conditions.

Also, for the big group of people that know it **DIRECTLY APPLIES** to Us, we tend to think is a little too late and any **Natural Treatment** will be **INEFFECTIVE!**

You will discover, in this Newsletter, that it is **NOT TRUE**. Especially if you treat hair loss conditions **EARLY** you can **RESTORE** your head of hair and **improve it**, without unnatural solutions that have more side effects than is worth accepting.

The **FIRST ARTICLE** deals a lot with **UNDERSTANDING** the Source of it all, if you find it difficult to read **JUMP** all the way to the 2nd article so you can **start applying** the **NATURAL SOLUTIONS** **ALREADY**. However, don't quit if the first article is not for you, go to the second and especially the third, which absolutely applies to **99% of Us**.

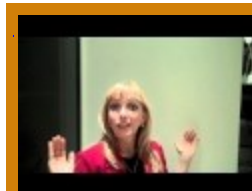
I dealt with a hair loss issue, due to **medication** for my near death illnesses and due to **thyroid** conditions, and the **NATURAL SOLUTIONS** totally did it for me and my **hair rocks** due to all these natural solutions, so I beyond recommend them!!!



CAROLINA ARAMBURO

Preventing baldness is foremost on the minds of many of us as we age. Interestingly enough our first thoughts are not necessarily about our health but thoughts of **frustration** and embarrassment. For both men and women, hair is often treated like a prized possession. And even though baldness can be attractive on some people it is very different choosing a bald look vs. having your hair fall out **prematurely**.

Chronic health issues are inter-related. The systems in our physical organism are **inter-dependent**. When the whole physical organism is healthy, you can't help but have very healthy hair. Excessive hair loss is not just a **cosmetic issue** of the hair and scalp; it is a sign of a health issue. And just as hair loss can be caused by an unhealthy body hair loss can, in turn, lead to stress, depression, anxiety, (Cont. on next page)



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Hair Loss and Baldness can be Prevented, Treated and Regressed With Natural Solutions that will improve the Health of Your Whole Body! (Cont.)

sleep loss, and compromise immune response.

The average person sheds approximately **50 to 100 hairs** in any given day. With over 100,000 hairs on the human scalp, this natural loss does not cause noticeable thinning or baldness. However, hair loss can lead to baldness when shedding begins to exceed the rate of re-growth.

At any one time, about **90% of the hair** on a person's scalp is growing. Each follicle has its own life cycle that can be influenced by age, disease, and a wide variety of other factors. This life cycle is divided into three phases:

Anagen - active hair growth that lasts between two to six years

Catagen - transitional hair growth that lasts two to three weeks

Telogen - resting phase that lasts about two to three months; at the end of the resting phase the hair is shed and a new hair replaces it and the growing cycle starts again.

"Your hair changes every **seven years**," explains women's hair restoration expert Lucinda Ellery. "There are 150,000-200,000 hairs on our heads; we actually shed 100 a day, 36,000 in a year on average. It regenerates at approximately the same rate, although a little bit less each trimester.

"By the time you're 15, it's the best head of hair you'll have for your entire life. By the time you're 30 there will be a significant change in your hair, but not one you may have clicked into mentally. By the time you're

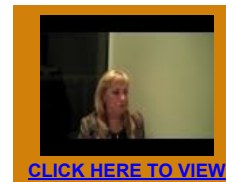
37, 40, there's a marked change. This is where people panic -- it's a natural cycle of aging."

"The causes are always the same," says Dr. Mickey Barber, president of Cenegics Carolinas, an age management institute. "The number one reason is stress, number two is iron deficiency and the number three is hormonal, which could be affected by menopause, perimenopause."

"It's really how healthy your body is. You start to notice more shine and elasticity, if you start treating your body from within, if you have a way of finding out if your body is acidic, imbibe foods that would make it more alkaline: Fresh vegetables, fresh salads, fresh nutrients in our drinks and our foods. [Avoid] acid making foods like milk and dairy products, breads, and potatoes [because they] change the pH value of your body."

Hair loss can be caused by a number of factors, including certain medications and chemotherapy, genetics, rapid weight loss, chronic stress, severe dandruff, hormonal imbalances, pregnancy, childbirth, menopause, gluten sensitivity, and poor scalp circulation. Furthermore, certain nutritional factors have been linked to hair loss.

You may wonder what hair loss and hormones have in common, but, in reality, the answer would be everything, because hormones in fact control hair patterns on the head and body in men and women. The link between hormones and hair loss is very real. When your hormones are out of balance, the hair is often the first area that suffers, indicating that there is a problem. Sadly, too few people realize that hair loss is often a sign (Cont. on next page)



To **ENHANCE**, elevate and **EVOLVE** your wellness I have two very important recommendations for you:

- 1) Listen to your body in a specific way*.
- 2) Find an extraordinary Holistic Health/ Wellness Coach.

*In my second health proposal, I proposed that you can improve your health by listening to your body and becoming aware of what it needs. I don't mean listening to your body's cravings, mostly just out of habit.

There is a specific way that this needs to be done and to learn 'HOW' please watch my video by clicking HERE.

My 2nd recommendation is that you find an extraordinary Holistic Health/ Wellness Coach. In our Radical Results WELLNESS COACHING DIVISION we are ready to create Top Wellness, with and for YOU, by designing completely customized nutritional, exercise plans that work for your unique body!

If you would like to find out more about coaching with our Health, Fitness & Quantum Healing Division click here: www.CarolinaAramburo.com.

By listening to my body, and being a Wellness Coaching Client of my own Company I was able to **EVOLVE** my Health and Wellness in a way that I never imagined possible!

Hair Loss and Baldness can be Prevented, Treated and Regressed With Natural Solutions that will improve the Health of Your Whole Body! (Cont.)

of an imbalance or **deficiency** that needs to be treated, because most assume the problem is entirely superficial and not so much internal.

Women also happen to be the ones most at risk for a problem with hormones and hair loss because of things like pregnancy, menopause, birth control pills, hormone replacement therapy and more. All of these things affect hormone levels, directly impacting the hormones and **hair loss connection**.

And they not only lead to issues with hair loss in women, but also **hair growth** in terms of unwanted body hair; this happens because of an imbalance between the estrogen and what we know as "the male hormone" - **testosterone**. In truth, women have both hormones in their body, and the slightest upset in the balance can cause a woman to experience much of the physical characteristics of men, such as thinning hair (male pattern baldness) and **excess** facial and body hair.

Some other factors that have proven to contribute to hair loss in women and men include **poor diet**, stress, and traumatic experiences. A good look at your **lifestyle** can help you to pinpoint some changes that need to be made in order to save your hair and your health.

Below are some of the most **common causes** of hair loss:

- **Stress**, including both mental/emotional stress and physical stress such as from surgery, a car accident, trauma, illness, or even a high fever. Excess **cortisol** produced in chronic stress situations leads to hair loss and damaged or imbalanced adrenal glands can do the same.
- **Family history**. In many cases, hair loss is inherited, which

means it's passed down from one or both of your parents. This is called **male-pattern** or female-pattern hair loss.

- **Inadequate diets**. Lack of protein, Zinc and Iron (Anemia) can speed hair loss and impact hair growth. Alsodrastric dieting or eating disorders such as anorexia nervosa or bulimia can impact your hair. Any sudden weight loss, even if it is good for you can create hair loss. Sugar, salt, wheat/gluten products, dairy, meat and GMO processed foods will also **lead hair loss**.
- **Certain medications**, especially those that are **beta-blockers** and used to treat gout, depression, arthritis, high blood pressure, and other conditions, may lead to hair loss in some individuals, and may be part of what causes baldness. Add to this birth control pills, chemotherapy and radiation treatments. Other drugs that might **cause hair loss** include methotrexate (used to treat rheumatic conditions and some skin conditions), lithium (for bipolar disorder), and nonsteroidal **anti-inflammatory** drugs (NSAIDs) including ibuprofen, thallium, excessive and prolonged use of vitamin A, retinoids, antimitotic agents, anticoagulants, clofibrate (rarely), antithyroid drugs, trimethadione, allopurinol, propranolol, indomethacin, amphetamines, salicylates, gentamicin, and levodopa.
- **Hormonal changes in women**, especially those experienced during pregnancy, the post partum period, and menopause may, too, cause hair loss. In fact, many women report having an unusually luxuriant head of hair during **pregnancy** and then rapid hair loss soon after giving birth. This phenomenon may be traced to fluctuating hormone levels that

impact the hairs' growth cycle. Polycystic Ovary Syndrome (PCOS) is a hormonal imbalance that can create hair loss.

- **Thyroid conditions**, particularly hypothyroidism, can lead to changes in hair growth.
- **Hormonal changes in men** create pattern baldness, which is the most prevalent instance of hair loss among men. Medical sources say that the primary cause is a hormone known as DHT, which is a byproduct of **free testosterone**.
- Some **infections** can also lead to hair loss or even baldness, including certain scalp infections, such as ringworm. Once treated, however, the hair should grow back normally.
- An excess of **Vitamin A** or a **Vitamin B** deficiency
- **Autoimmune conditions** create an overactive immune system which then can see hair as a foreign threat. Lupus is one such autoimmune disease.
- **Over styling your hair** with vigorous styling techniques and treatments such as tight braids, hair weaves or cornrows as well as frequent **hair coloring**, bleaching, straightening, perming, chemical relaxers to straighten your hair, hot-oil treatments or any kind of harsh chemical or high heat. The treatments can also damage the scalp, in which case damage may actually be **permanent**.
(Cont. on next page)

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- **Trichotillomania**, classified as an "impulse control disorder," causes people to compulsively pull their hair out. This constant playing and pulling can actually strip your head of its natural protection: hair. Trichotillomania often begins before the age of 17 and is four times as common in women as in men.
- **Anabolic steroids**, like the type abused by some athletes to bulk up muscle, have the same impact on the body as polycystic ovary disease (PCOS), as the mechanism is the same.
- A lack of adequate sleep will keep the body from repairing itself and lead to hair loss.

Studies have show that you are more likely to have permanent hair loss if you:

- Have a family history of the condition.
- Have the condition at a young age (before puberty) or for longer than 1 year.
- Have another autoimmune disease.
- Are prone to allergies.
- Have extensive hair loss.
- Have abnormal color, shape, texture, or thickness of the fingernails or toenails.

Hair loss can be divided into two categories: Hair loss with skin shedding (also called "scaling") and hair loss without skin shedding. Hair loss with skin shedding is likely related to a skin disorder. The various types of baldness are classified as the following:

- **Alopecia areata** - Classified as an autoimmune disease, the exact cause of alopecia areata remains undiscovered. People who develop the condition generally appear to be in

good health, though some may have underlying autoimmune conditions like thyroid disease. Some experts believe that certain individuals may be predisposed to the condition, and that certain stresses, viruses or environmental factors can trigger the condition. There also appears to be a hereditary link. Affected individuals may lose a good deal of hair, only to have it grow back again, and this cyclic pattern may occur several times.

- **Cicatricial (scarring alopecia)** - This is a permanent type of hair loss caused by an inflammation that damages and scars the scalp's delicate hair follicles. The condition may develop in association with other skin conditions, such as lupus erythematosus. The exact triggers for the inflammation remain undetermined.

- **Pattern baldness** - Also called androgenetic alopecia, male or female pattern baldness shows a marked thinning of the hair. With each growth cycle, the hairs root more superficially, and thus fall out easily and sooner than normal. This reason for what causes baldness appears to be largely hereditary, with family history affecting age of onset, progression of hair loss and likelihood of developing the condition in general.

- **Telogen effluvium** - This condition or reason for what causes baldness results after a change in the normal hair cycle, which can be triggered by a stressful episode during which hair roots prematurely move into the resting stage (Telogen stage). The affected follicles lose their hairs, and drastic thinning occurs. However, after a few months, the follicles become active again and the hairs begin to regrow. This condition can follow a period of illness, a highly emotional event like death in the family, or other physiological

stress such as high grade fever, sudden weight loss, nutritional deficiency, surgery or other drastic life altering events. It may take a number of months for the hair to grow back to its pre-event state.

- **Anagen effluvium** - This condition is a diffused hair loss like Telogen effluvium, but it develops much more quickly and can cause individuals to lose all their hair. Anagen effluvium is most frequently seen in people taking cytostatic drugs for cancer or those who have ingested toxic products like rat poison. Substances of this type inhibit rapid cell proliferation.

Conventional treatments focus on promoting hair growth or hiding hair loss. Most of the medications available on the market and through prescription does not get to the source of the actual hair loss. Not only that but these chemicals only appear to work and if you stop taking or using then the hair loss usually returns. First priority should be to recognize and treat identifiable causes of hair loss, such as medications, infections, nutritional deficiencies, medical conditions or hormonal imbalances.

In our next article we will focus on all natural solutions to hair loss and baldness. We will give you all the nutritional information you need plus lifestyle suggestions to prevent hair loss and maintain healthy hair.

A Raw VEGAN Living Foods DIET including plenty of Leafy GREENs, tons of PURE Filtered LIVING water, Meditation and or QiGong, spending time in nature, Deep Stomach Breaths Daily, "The RIGHT Sleep", Yoga plus mindful (Cont. on next page)

Hair Loss and Baldness can be Prevented, Treated and Regressed With Natural Solutions that will improve the Health of Your Whole Body! (Cont.)

stress management is the **greatest** way that you can almost ENSURE optimal WELLNESS for youSELF inside and out. This allows your body to be optimally healthy which leads to healthy, long lasting, shiny thick hair. I invite you to TRY IT ON and In-JOY it with me. You will forever **thank yourself** and **feel better than you EVER did your ENTIRE LIFE!!!**

The research resource links we have provides below will allow you to discover a wide array of information about hair loss, baldness and the causes of each:

<http://www.all4naturalhealth.com/hormones-and-hair-loss.html> - Understanding Hormones and Hair Loss

<http://www.all4naturalhealth.com/what-causes-baldness.html> - What Causes Baldness and Hair Loss - Possible Reasons

<http://www.all4naturalhealth.com/hair-loss-in-teens.html> - Hair Loss in Teens - Possible Causes

http://www.health.com/health/gallery/0,,20727114_2,00.html - 21 Reasons Why You're Losing Your Hair

<http://healing.about.com/od/aging/a/hairloss.htm> - The Truth About Hair Loss

<http://www.drweil.com/dr/u/ART03030/Hair-Loss-Alopecia-Baldness.html> - Hair Loss

<http://www.webmd.com/skin-problems-and-treatments/guide/>

[understanding-hair-loss-basics](#) - What Is Hair Loss?

<http://www.webmd.com/skin-problems-and-treatments/hair-loss/> - Hair Loss Health Center

<http://www.nytimes.com/health/guides/disease/female-pattern-baldness/overview.html> - Female Pattern Baldness

<http://articles.mercola.com/sites/articles/archive/2008/04/01/an-all-natural-hair-restoration-product-that-really-works> - An All Natural Hair Restoration Product that Really Works

<http://search.mercola.com/results.aspx?q=solutions%20and%20treatment%20for%20baldness-Solutions and Treatment for Baldness>

Natural Solutions to Prevent and Regress Hair loss and Baldness will also Help You to have an Optimally Healthy Body!

There are many ways to approach hair loss and prevent loss and breakage with **Natures Pharmacacy**. In this article we will look at the organic pesticide-free nutrients and whole-foods that we can eat that will give our bodies all that it needs to be healthy, **balanced** and stress free and have the healthy hair we all want.

A healthy body promotes healthy hair. If your body is **lacking in nutrients**, it will not be able to produce healthy hair. If the body is lacking in nutrients, it will divert nutrients from less important functions hair production being one of them to more important processes such as organ function. A healthy, balanced diet generally **ensures** that one has all the nutrients required, so that supplements for hair growth should not be necessary.

Herbs for hair growth help, however, good nutrition still plays a **key role**, even in something seemingly unrelated like hair loss, in natural cures for thinning hair and in hair loss natural treatments. Fruits, vegetables, juices, and superfoods are an **essential** aspect of any healthy lifestyle.

In addition to adding nourishing, nutritious foods to your diet for healthy hair and scalp, be sure you're cutting out the things that can add **waste to your blood**, making it more difficult for the blood to get to the hair follicles (the capillaries get clogged). These clogging foods include dairy, soy, wheat, animal fat, sugar, and cooked vegetable oils (this includes vegan products like vegan butters and mayonnaise). **Hormonal** imbalances are a primary culprit in hair loss. Japanese researchers also link **excessive** sebum production in the scalp to high levels of 5-alpha

reductase. Their research indicated that animal fat intake may increase sebum production.

First let's look at all of the nutrients that your body and your hair needs to be healthy for a **lifetime**. Here (Cont. on next page)

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are some of the key nutrients that will create healthy hair:

Protein - Your hair is mostly made of protein. If you aren't eating enough protein, you could notice that your hair is thinning. Protein you can add to your diet: Nutritional yeast (it has 18 amino acids and nine grams of protein in three tablespoons), broccoli, mushrooms, romaine lettuce, **raw soaked nuts** (like almonds, Brazil nuts, pecans, hazelnuts, and pine nuts), legumes, beans, and hemp or sprouted raw protein powder.

Iron - Iron is one of the most common deficiencies in the world. Iron helps red blood cells **carry oxygen**. Iron deficiency can lead to anemia, a condition in which cells don't get enough oxygen to function properly. The result can be **devastating** to the whole body, causing weakness, fatigue, and possibly hair loss. It is possible to get too much iron, which can come with dangerous consequences.

When you're eating plant foods to increase your iron intake, always be sure to eat something with **Vitamin C**, as well. This aids in the absorption of non-heme iron (iron that isn't from animal products). Iron foods to add to your diet: Sea vegetables (kelp, nori, dulse, spirulina, chlorella, etc), lentils, beans, almonds, squash, pinenuts, quinoa and pears. Dark leafy green vegetables like spinach contain iron, and the Vitamin C your body **needs** to use it.

Omega-3 - Omega-3 fatty acids are important fats our body **can-not make itself**, and therefore must be obtained through our diet. Omega-3s are found in the cells that line the scalp and also provide the oils that keep your scalp and hair hydrated. Omega

complex fatty acids reduce **inflammation** and allow for a healthy head of hair. Omega 3 foods to add to your diet: spinach, kale and other salad greens, which are blended and **concentrated** in large amounts, to make the smoothie. Brussel sprouts are also a great source. Pumpkin seeds (which also contain zinc, B vitamins including biotin, and other vitamins and minerals for hair health), chia seeds, avocados, flaxseeds, acai berries, and walnuts.

Zinc - The mineral zinc is involved in tissue growth and repair, including hair growth. It also helps keep the oil glands around your hair follicles working **properly**. Low levels of zinc can cause hair loss, slow growth, and dandruff. Zinc filled foods are: starchy beans (such as black, navy, pinto, garbanzo, kidney), lentils, black-eyed peas, lima beans, pine nuts, cashews and cashew butter, sunflower seeds and butter, pecans.

Amino Acids - In order to maintain hair growth, hair follicles require a constant supply of amino acids via the blood stream. Hair follicles have very high energy, vitamin, mineral, and amino acid **consumption** rates because they contain some of the fastest growing and dividing cells in the body.

If amino acid quantities become **insufficient**, the hair follicles may have difficulty producing hair fiber. The essential amino acids include Arginine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine. Most amino acids can be found in abundance in vegetables, fruits, sprouts and wheatgrass. Among plant foods, L-lysine is only found in high amounts in legumes.

Beta Carotene - Beta carotene in foods is converted to vitamin A in the body, and vitamin A is neces-

sary for all cell growth, including hair cells. A deficiency can lead to dry, dull, **lifeless hair**, and dry skin, which can flake off into dandruff. Note that you can have too much of a good thing when it comes to vitamin A — **excessive** amounts can cause hair loss. Foods full of Beta Carotene are: Sweet potatoes, carrots, kale, butternut squash, turnip greens, pumpkin, mustard greens, cantaloupe, red peppers, apricots, Chinese cabbage, spinach, lettuce (romaine, green leaf, red leaf, butterhead), collard greens, Swiss chard, watercress, grapefruit, watermelon, cherries, mangos, tomatoes, guava, asparagus and red cabbage.

Copper - Copper is a trace mineral necessary in the production of hemoglobin and it is crucial for the proper functioning of the body, including healthy hair growth. Sufficient levels of copper can prevent hair loss and contribute to hair **thickness**. Copper is also thought to **intensify** hair color and prevent premature graying of hair. Good sources of copper are nuts, and seeds. Black sesame seeds, which are used as a remedy for hair loss in Asia, are an excellent source of both copper and zinc.

Selenium and Silicon - These help improve blood circulation to the scalp, so adequate amounts of these nutrients should be consumed as part of one's diet.

Coenzyme Q10 - Improves scalp circulation. Increases tissue oxygenation. It is also very important for heart health.

Silica - In humans, silica is essential to the development of the skeleton. It is also an important component of hair, and an adequate (Cont. on next page)

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intake of silica is thought to **prevent baldness** and stimulate hair growth. Silica is present in substantial amounts in a wide range of foods, including strawberries, green and red peppers, millet, barley, wheat, cucumbers, oats, rice, bean sprouts, potatoes, and asparagus. Processing of foods as well as chemical treatment of the soil can significantly **decrease** the silica content of foods. Therefore, in order to ensure an optimal intake of silica, it is advisable to opt for organically grown and unprocessed foods.

Sulphur - Sulphur is a mineral that is found in all cells of the human body and that is particularly abundant in our hair, skin, and nails. Sulfur is often referred to as "**nature's beauty mineral**" because of its capability to aid in good blood circulation, reduces skin inflammation, and promote hair growth. It also plays a role in the **metabolism** of several important B-vitamins including B1, B5 and B7. First signs of a sulphur deficiency often include loss of hair, brittle hair and nails, and dry skin. Although present in the human body, sulphur can only be obtained through diet. Sulphur is found in **all protein rich foods** and legumes are being particularly rich sources of this mineral. Other great sources of sulphur are: garlic, cabbage, onions, turnips, kale, lettuce, brussels sprouts, kelp, seaweed and some nuts also contain sulphur.

The vitamins that are necessary for healthy bodies and healthy hair are the following:

- **Vitamin A** - Vitamin A is needed by the body to make sebum. Sebum is an oily substance created by our hairs sebaceous glands and provides a natural conditioner for a healthy scalp. Without **sebum** we may experience an itchy scalp and dry

hair. Foods high in Vitamin A to add to your diet are: Carrots, of course! Spinach and other leafy greens like collards and kale, sweet potatoes, red peppers, sea vegetables, and squash also contain vitamin A.

- **B vitamins (especially biotin, which is B7, and B12)** - Along with thinning hair, you may also experience loss of hair color if you're deficient in biotin. If you're vegan, consider a B12 supplement since it's difficult to get that vitamin on a plant-based diet. It, along with vitamins B6, E, and A, helps nourish the **hair follicles**. Foods high in B Vitamins to add to your diet are: Nutritional yeast, sprouts, dulse, pumpkin seeds, and spirulina to bump up your B vitamin intake. Taking daily probiotics, which I wholeheartedly recommend, helps to balance your gut, where B vitamins can be synthesized internally. **Foods high in biotin are: almonds and almond butter, walnuts, Swiss chard, cauliflower, avocados and raspberries.**
- **Vitamin C** - Vitamin C is necessary for hair health for many reasons. Vitamin C helps the body use non-heme iron — the type found in vegetables — to assure that there is enough iron in red blood cells to carry **oxygen** to hair follicles. Vitamin C is also used to form collagen, a structural fiber that helps our bodies — quite literally — hold everything together. Vitamin C is also an **antioxidant** so is used readily by the body. Hair follicles, blood vessels, and skin all require collagen to stay healthy for optimal growth.

Food rich in Vitamin C are: Guava, bell peppers (all colors), oranges and orange juice, **grapefruit** and grapefruit juice, strawberries, pineapple, kohlrabi, papaya, lemons and lemon juice, broccoli, kale, **Brussels**

sprouts, kidney beans, kiwi, cantaloupe, cauliflower, cabbage (all varieties), mangoes, white potatoes, mustard greens, tomatoes, sugar snap peas, snow peas, clementines, rutabagas, turnip greens, raspberries, blackberries, **watermelon**, tangerines, okra, lychees, summer squash and persimmons.

- **Vitamin D** - Though the evidence still isn't clear, some studies suggest that vitamin D may play a role in the hair cycle. "We can get Vitamin D from the sun," Mirmirani says. "But dermatologists don't recommend a lot of **sun exposure**."
- **Vitamin E** - Yet another of the vitamins for promoting hair growth, 400 to 800 IU of vitamin E daily helps in improving scalp **circulation** and provides protection for your hair. Food sources rich in vitamin E are vegetable oils, wheat germ oil, soybeans, raw seeds and nuts, dried beans, and leafy green vegetables. Nuts are nutritional **powerhouses**, providing zinc and selenium as well as vitamin E so try to include them as part of a balanced diet.

Here are some great External and (Cont. on next page)

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Internal **Herbs and Oils** for your Hair Growth:

- **Henna**- Henna is an herb that has been used for centuries to **stimulate** healthy hair growth, and to help prevent hair loss. It is also used as an ingredient in dying hair various colors. The herb is crushed into a powder, mixed into a paste or liquid, and applied directly to the hair and scalp as a topical herbal cure for hair loss.

- **Coconut Oil** - Another of the useful topical herbal remedies for hair loss is coconut oil. Coconut Oil has so many healthy attributes, including **anti-fungal and antibacterial** properties as well as vitamin and mineral richness. A small quantity of coconut oil rubbed into the hair is an excellent way to increase the health of our hair, and to give it a natural conditioning. Coconut oil **soothes scalp** conditions, including **dandruff and cradle cap**, an issue commonly seen in babies. Its antibacterial properties may ward off folliculitis, an infection of the hair follicles.

The oils and proteins in coconut oil work well to help keep hair from losing protein, which is one of the major contributors to hair **breakage** and hair loss. When used at least two times weekly, in addition to a stimulating scalp massage, it has been found that coconut oil can help to stimulate proper circulation and keep the scalp **moisturized**.

- **Evening Primrose Oil** - For instance, evening primrose oil is used with much success in treating the symptoms and issues brought on by hormonal changes, changes, which are caused by menopause and other conditions that lead to a loss of estrogen.
- **Ginseng** - has also been used for centuries in Chinese medi-

cine to treat hormones and hair loss issues.

- **Paprika Powder**- The slew of vitamins and minerals in paprika powder is so comprehensive that a few spoonful's a day will provide you with more hair health promoting nutrients than many vitamin pills. Paprika is packed with **beta-carotene and vitamin E**. It is also one of most vitamin C rich spices. Further, it is one of the most concentrated sources of B vitamins, particularly of vitamin B2, vitamin B9, and vitamin B6. In addition to preventing hair loss, vitamin B6 helps the body produce **melanin**, which gives the hair its color. On top of all that, paprika contains a substantial amount of iron, which ensures that the hair gets enough oxygen.

- **Rosemary** - Rosemary is a well-known culinary herb. However, few people are aware that rosemary also has a long history as a medicinal herb. Rosemary is known to improve **circulation**, particularly to the scalp. When blood flows to the scalp, it stimulates the hair follicles and encourages hair growth. Rosemary also contains rosmarinic acid, a plant polyphenol that can help **protect** tissues from free radical damage.

- **Licorice extract**-This helps to prevent the conversion of **testosterone** into DHT, but use carefully as it can also increase blood pressure

- **Horsetail** - Which is a source of silica, a component in healthy hair

- **Psoralea seeds** - A Chinese herb applied to the scalp

- **Pygeum** - Inhibits the enzyme 5-alpha-reductase, also helps to prevent hair loss.

- **Gotu kola**- Is a calming herb and can be used to help with hair loss that is caused by excessive stress.

- **Ginger** - Either taken as a tea,

encapsulated or applied to the scalp is healing and soothing to the scalp and hair follicles

- **Ginko Biloba** - Increases circulation to the scalp.

- **Saw Palmetto** - Saw palmetto is one of the most well known, and one of the most effective herbs for prostate support for men. Although the **prostate's** primary function is not to produce hormones, many hormones, including DHT, regulate it. An unhealthy prostate can cause DHT levels to become very unbalanced. Thus, indirectly, by **boosting prostate health**, saw palmetto also acts as useful natural herbs for hair loss.

- **Stinging Nettle** - Stinging nettle, a rich source of Vitamin A & C, blocks the conversion of free testosterone into DHT. This makes the herb a direct hair loss natural treatment. Stinging nettle can be used in the long term, so while a daily cup of stinging nettle tea may reduce or prevent pattern baldness from taking place, a better solution would be to **increase the health** of the body so that your hormone levels will be balanced naturally. Only this way can natural hair growth be stimulated and maintained for the long-term.

- **Flax seeds and Flax seed oil** - These are a rich source of omega-3 fatty acids. To **prevent** further hair loss and to encourage hair growth, one must consume one table spoon of freshly ground flax seeds with a glass of water. It should be **roasted** and then grind properly, so that it will be easy to digest. Regular Users of Flax seed oil on their hair are reporting that there was a notable difference in helping to prevent hair loss as well as strengthening the hair. Users found that their scalp felt good (Cont. on next page)

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thus producing nice healthy **vibrant strong hair**.

- **Borage** - Borage (oil or seeds) contains gamma linoleic acid (GLA), an omega 6 fatty acids, which converts to a hormone called prostaglandin. Prostaglandin has **anti-inflammatory** and anti-coagulant properties, as well as excellent dilative qualities that allow blood vessels to optimally circulate blood. Though evening primrose and black currants also possess GLA, studies seem to show borage to be the richest source of this **fatty acid**. On average, it contains more than twice that of the more popular evening primrose source.

Gamma linolenic acid (GLA) appears to stall the onset of male pattern balding. Regardless of the cause of hair loss, including borage oil for hair growth may prevent further hair loss and encourage strong growth.

- **Green Tea** - Though all tea derives from the same plant species, types and varieties differ according to location, plant cultivation, harvesting and tea processing methods. The polyphenol catechins present in green tea leaves appear to **block the action** of a specific enzyme that sparks male hair loss, or alternate theories propose that the anti-inflammatory agents in the tea soothe the scalp and promote hair growth.

Green tea is a also natural remedy for hair loss which can be a safe alternative for women on contraceptives, and some studies have shown that green tea may influence **blood concentrations** of hormones linked to at least one form of genetic hair loss known as androgenic alopecia.

Japanese researchers found

that drinking green tea could increase levels of the sex hormone binding globulin (SHBG) in women. Since this **biochemical binds testosterone**, the more SHBG present in a woman's body, at least theoretically, the less testosterone will be in her bloodstream. This process may block the chain of **hormonal activity** that initiates some forms of hair loss, making green tea a potentially useful natural remedy for hair loss and balding.

- **Jojoba oil (Simmondsiachinesis)** - Available as unprocessed or hydronated wax, butter and wax beads, jojoba helps clear dandruff, dry scalp, and other skin conditions, leaving hair supple and moisturized. It can be used as an ingredient or base for **essential oil hair** and scalp massage treatments. Jojoba oil is among the most useful topical supplements for hair growth. Jojoba oil acts as a **hypoallergenic** conditioner for skin, as it has wonderful moisturizing properties and mimics the scalp's own sebum.
- **Aloe Vera** - Native Americans, Indians and many in the Caribbean have used Aloe vera to promote healthy hair and prevent hair loss. Aloe works as a natural remedy for hair loss and balding as it can help the scalp by healing it and **balancing the pH level**, while at the same time cleansing the pores.

A common preparation of aloe vera gel with a small amount of wheat germ oil and coconut milk can be used in place of commercial shampoo and has traditionally shown great **benefit**. You can also keep an aloe plant in the bathroom and massage the scalp with the beneficial leaf gel.

Here are some other **herbal mixtures and remedies** for hair

loss:

- **Artichoke leaves** - Simmer in water for several hours and applied as a nightly massage to the scalp
- **Catnip** - Create an infusion and rinse through the hair daily.
- **Maidenhair fern spores** - Use boiled in wine vinegar or water and massage into the scalp weekly.
- **Mallow roots** - Boil in wine vinegar or water and massaged into the scalp weekly.
- **Parsley seeds** - Crushed and applied in powder form to the scalp monthly. The powder can remain overnight, and gently brushed out of the hair in the morning.
- **Sage** is traditionally known to be a good herb for preventing hair loss. Extracts of this herb are frequently used as parts of liquids used to shampoo as well as rinse the hair.
- In Chinese medicine, the herb **safflower** is believed to promote the movement of nutrients to hair follicles by improving blood circulation to the scalp. The oil or powdered seeds can be used topically, via addition to your natural shampoo.
- A few drops of the **essential oils** (Cont. on next page)

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of rosemary, lavender, lemon balm and Atlas cedarwood can be mixed in a base of jojoba oil to form a mixture for scalp massage. This mixture can improve the health of one's scalp and hair, as well as help reverse baldness by encouraging hair growth.

- **Sesame oil**, too, can be used for a scalp massage.
- A paste made using about half a teaspoon of **fenureek** powder as well as three-quarter cups of coconut milk, when applied to one's scalp for about half an hour, once every three or four days, can help to promote hair growth.
- Massage your scalp vigorously in a circular motion using **coco-nut oil** and then rinse. This improves circulation, which makes the hair grow, while the coconut oil soothes and protects the hair with natural oil and minerals.
- Massaging the scalp with **almond oil** is another remedy that has shown to stop hair loss.
- An old Indian remedy that is still relied on today involves boiling a cup of **mustard oil** and four tablespoons of henna leaf, filtering it into a bottle, and then applying it regularly to the scalp to stimulate hair growth.
- Juice made from **alfalfa and fresh spinach**, drunk daily, provides you with many of the nutrients that you need to keep your hair healthy and growing strong, as well as helping to keep your immune system healthy.
- Use a mixture of **apple cider vinegar** and tea from culinary sage leaves as a hair rinse to help hair to grow. This may be used as often as every other day. Use in place of shampoo, massage into scalp, rinse and condition hair as usual.

- **Tea tree oil** combats bacteria and mites that can contribute to hair loss. Massage up to 10 drops into scalp before shampooing the hair.

- Apple cider vinegar and **sage** tea applied directly to the scalp - thought to stimulate hair growth. Food based nutrients from fresh, organic foods are the easiest way for the body to absorb and utilize vital nutrients. Eat a diet that is high in fruits and vegetables, and low in starch. Eliminate processed foods, fried foods and sugar from diet. Fruits and veggies contain **flavonoids**, many of which are antioxidants that may provide protection of the hair follicles and encourage hair growth. Berries are a delicious source of such **anti-oxidants**. Dark leafy greens are packed with B-vitamins, and minerals, very helpful for high stress levels.

Foods that are great for growing healthy hair and for **preventing** and healing hair loss problems:

- **Coconut milk**— This is extensively beneficial for the body but especially the hair and scalp. This liquid is full of vitamins and minerals that restore hair and scalp health. It also is a natural antibacterial agent, so it treats any issues associated with infection.
- **Onions** - The reason onion works against hair loss is because of its high sulfur content. Sulfur stimulates blood circulation, reduces skin inflammation, and is vital in the development of collagen, which is the main protein responsible for healthy skin, hair and nails. For these reasons, sulfur has often been called the "healing" or "beauty" mineral. For those **suffering** from hair loss, the most effective way to utilize the hair growth benefits is the direct application of onion extract to the scalp.

- **Sunflower Seeds** -Sunflower seeds are one of the best foods you can add to your diet if you are concerned about hair loss. These mild nutty tasting seeds are chock-full of nutrients that contribute to healthy hair. They are **super charged** with vitamin E, zinc, and iron. Furthermore, sunflower seeds are **an excellent source of Vitamin B6** (pyridoxine), with one cup providing 31% the recommended daily intake.

Vitamin B6 is crucial for the proper absorption of zinc from the intestines, but it also thought to have some hair loss **preventing** properties of its own. These properties may be linked to the ability of vitamin B6 to boost oxygen supply to the scalp. On top of all that, sunflower seeds are one of the best dietary sources of copper, with a mere ounce of sunflower seeds containing a third of the recommended daily intake for copper.

- **Green Peas** - Although small in size, green peas are huge in terms of nutritional value. They are also a great food to add to your diet if you want to boost the health of your hair. Peas pack a protein punch, which is needed for healthy hair growth. They also contain **beta-carotene** and vitamin C, as well as some iron. Green peas can be bought fresh in the pod, dried, frozen, and canned.
- **Mustard Greens** - Chock-full of antioxidants and nutrients, mustard greens can make an excellent addition to your diet if you are aiming at having strong, **thick hair**. Mustard greens are one of the best sources of beta-carotene. They are also a good source of vitamin C and vitamin E. These highly nutritional greens (Cont. on next page)

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with their distinctly peppery flavor are available throughout the year and can be found in the produce section of your local supermarket.

- **Spinach** - Popeye was right: you should eat your spinach! The nutritional profile of spinach makes it an excellent health food and an important food for anyone longing for lovely locks. **Spinach is one** of the best dietary sources of beta-carotene and a great source of **folate**. It also contains iron which helps carry oxygen to the hair. To maximize the absorption of iron from spinach, add vitamin C rich foods to your meal as it enhances the absorption of non-heme iron (the type of iron contained in spinach). Spinach also contains vitamin E and vitamin B6.

- **Wheat Germ** - Struggling with hair loss? Then be sure to include wheat germ in your diet! Wheat germ is packed with nutrients that are thought to **promote hair growth**. It is one of the best dietary sources of vitamin E and an excellent source of dietary zinc. It also delivers a decent amount of Vitamin B6 which promotes the absorption of zinc from the intestines. Moreover, wheat germ is a fairly good source of copper. Try adding wheat germ to breads, cereals, muesli, milk shakes, or pancakes — it makes a highly nutritious, yet **undetectable** addition! When storing wheat germ, keep in mind that it goes rancid fast because of its unsaturated fat content. To optimize the shelf life of this great anti-baldness food, store it in a sealed container in a cool, dry place away from exposure to the sun.

- **Prunes** - Packed with both copper and zinc, prunes are undoubtedly one of the best foods for hair loss prevention. Although our bodies require only a small amount of copper,

this trace mineral is necessary for the **proper functioning** of the body, including healthy hair growth. Adequate levels of copper help slow down hair loss and contribute to hair thickness. Copper is also thought to intensify hair color and prevent premature graying of hair. Zinc, on the other hand, plays an important role in the production of new cells (including hair cells) and the **maintenance** of the oil-secreting glands that make hair shiny. Copper and zinc should be consumed together as the balance between the two is crucial: too much zinc interferes with copper absorption, and higher amounts of copper can be toxic.

- **Oatmeal** - Eating a bowl of oatmeal for breakfast is a great way to start a day off right. Oats are highly nutritious and an **excellent source of B vitamins, zinc and copper**, some of the most important micronutrients for preventing hair loss. They are also a great vegetarian source of dietary protein. Before eating oats, soak them for several hours. **Untreated oats**, like other grains, contain phytic acid, which can block the absorption of calcium, magnesium, copper, iron, and zinc in the intestines. Soaking allows enzymes to break down and neutralize phytic acid and thus improve the nutritional value of oats.

- **Spirulina Seaweed** - Due to its unsurpassed nutritional profile, spirulina seaweed has been touted as one of the world's greatest super-foods, with an **impressive** array of potential health benefits. It is particularly rich in nutrients that are thought to help prevent hair loss, which is also why spirulina is often used as a key **ingredient** in natural hair loss prevention products. Spirulina is a concentrated source of both iron and copper — two important minerals you

need to prevent hair loss. But this remarkable seaweed also contains numerous other health hair **promoting** nutrients, including beta-carotene, vitamin E, and vitamin C. Spirulina powder can be added to juices, soups, sauces, and salads to enhance these dishes' nutritional content.

- **Garbanzo Beans** - Garbanzo beans (also known as chickpeas) are a wonderfully versatile food with a rich nut-like flavor and an appealing, buttery consistency. They are a staple in the Indian and Middle Eastern cuisines and a key ingredient in dishes like falafels and hummus. They are also a great food to add to your food repertoire if you suffer from hair loss as they are **loaded with hair loss preventing nutrients such as B vitamins, zinc, and vitamin C**. They are also an excellent source of protein, particularly for vegetarians and vegans who avoid animal sources of protein.
- **Sweet Potatoes** - Turbocharge your anti-hair loss diet by regularly consuming sweet potatoes. Sweet potatoes are also one of the most nutritious vegetables and packed with nutrients that help prevent hair loss. The pink, orange, and yellow varieties are **one of the most concentrated** (Cont. on next page)

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dietary sources of beta-carotene (the more intense the color, the more beta-carotene), but sweet potatoes also contain plenty of vitamin C, copper, and iron. In addition, sweet potatoes contain come unique root proteins, which, according to some preliminary studies, have significant antioxidant properties.

- **Carrots** - You probably already know that carrots are good for eye sight, but did you know that they are also great at controlling hair loss. Carrots are one of the best natural sources of beta-carotene, an important nutrient that promotes healthy hair due to its **antioxidant** properties as well as its role as a precursor to vitamin A. **A deficiency of vitamin A has been linked to hair loss and thinning hair.** In order to obtain the most beta-carotene, choose carrots with a deep orange color as they typically contain the highest levels of beta-carotene. Further, steaming carrots slightly can improve the availability of beta-carotene contained in carrots. Also eating carrots in tandem with a little bit of fat (for example olive oil) helps the body utilize beta-carotene more **effectively**.
- **Walnuts** - Nuts are great for fighting hair loss. The oils, which contribute to the elastin in your hair, contribute to growth. If you don't have enough oils in the body your hair will snap."
- **Bok Choy** - Dermatologists treating hair loss look at your ferritin levels, which detect if your body has a good level of iron and the health of your hair, explains women's hair restoration expert Lucinda Ellery. Help get those ferritin levels up by eating bok choy, which is rich in iron.

- **Apple skin** - Polyphenols, found in apples, have a surprising range of health effects, including being extremely good antioxidants. A recent trend that has emerged, called procyanidin therapy, also shows promise as a potential cure for male pattern baldness.

Another change that you can make to accompany your home remedies for hair growth is the way you take care of your hair. Most people are guilty of **over-washing and over-styling** their hair, which robs your hair and scalp of the natural oils that are needed to keep your hair and skin healthy. Here are some basic **tips for taking care of your hair:**

- Try to train yourself to wash **less frequently**. At first this might be difficult because of the oil build up, but eventually the scalp adapts and starts producing less oil. The more you wash out the natural oils, the more the scalp will respond by secreting more oils. Also, frequent washing can cause your hair to break and become brittle.
- Don't always tie your hair back or have **hairstyles** that will pull the hair too much.
- Never brush your hair when it's wet! Wait until the hair has dried a bit first before you brush it.
- When brushing, start from the bottom and hold the hair above the point where you're brushing. Keep doing this until you make your way up to the top. **Brushing from the top** to the ends of the hair can pull hair out. Brush gently and take your time.
- Try to let your hair dry naturally without heat. If you have to use a hair dryer, then use a low heat setting.
- Use only natural **organic shampoos and conditions** and use them separately. Make sure you use the right amount for your hair

– not too much and not too little. The ends of the hair need the most conditioner.

- Don't bleach or use any chemicals on your hair.
- Use **sulfate-free** shampoos. These strip away the oils in your hair and cause it to break more easily.
- Use a good brush and a wooden comb

HYDRATE YOURSELF -Water - If you're dehydrated, the way your hair looks will be your body's last concern! You need water to keep the hair you have healthy and to grow more. If your scalp is dry and dehydrated, it's not exactly a welcoming place for new hair to grow. Please make sure you drink 100% natural filtered LIVING Water. You can also **increase** your water intake substantially by munching on watery fruits and vegetables like watermelon, cucumbers, tomatoes, celery—really anything with a high water content that you love. Every little bit helps.

SLEEP- Sleep is another must have to help fight hair loss. Lack of quality, deep sleep cuts away the time frame the body uses to repair itself. Going to bed late will affect the body's healing ability. Going to bed with lights on or with ambient light from the outside will also limit one's **quality of sleep**. Hair loss may be one of many symptoms that occur when the body is withheld from the deep sleep that it needs.

Plan to rest at a **consistent time in a comfortable bed**. You should aim to be getting at least 8 hours sleep a night. When going to sleep, allow the room to be as dark as possible using blackout shades on the windows as necessary. Keep a flashlight or light that you can easily turn on available for trips to the

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bathroom. Avoid doing anything too stimulating before bed. Don't watch any scary films or TV shows, stay away from the **bright screen** of your laptop and phone and don't exercise or eat anything. Read a book or have a hot bath instead.

Give your body time to recover after a major physiological change. Major physiological changes - such as surgery, a car accident, illness or giving birth to a child - can be very traumatic for your body, even if you feel fine mentally. That's why people often notice their hair falling out **three to six months after a major physical change.**

When this starts to happen, it's important to remember that the damage has already been done. There's very little you can do to reverse the effects of the **traumatic event** after it happens. Therefore, the only solution is to give your body time to recover. The hair loss is not permanent, so once your body recovers from the stressful event, your hair will start to grow back.

Acupressure to relieve hair loss- Balayam. literally meaning exercise for the hair, is an acupressure therapy, which is useful in increasing the circulation in the scalp and is believed to stimulate the growth of hair. Balayam is a technique where the acupressure points associated with the **growth of hair** are massaged. These points, mainly present in the tip of the finger (under the finger nails) help stimulate hormones that promote hair growth and hair darkening, help **improve circulation** in the scalp, revitalize hair follicles and beat oxidative stress (one of the most common reasons for hair fall).

Exercise is one of the important keys for good health and

good hair. When we exercise we sweat. Through sweat, toxins and waste **substances** are flushed out from the skin pores, giving us a fresh and radiant skin. Likewise, when we sweat from our scalp, it helps to unclog the hair follicles, giving enough space for the new hair to grown. Exercising also **increases blood flow** to our muscles, skin and scalp.

The increased blood flow brings with it **more nutrients and more oxygen**. This provides nourishment to the hair roots, and thereby promoting healthy hair growth. Some of the effects of exercising are **comparable** to effects of oil massage. Both exercise and oil massage can increase blood circulation, open clogged pores and has relaxing effect over all. However the advantage of exercise over oil massage is that it is not limited to head area but benefits your **entire** body. So you can say that it stands above the oil massage.

Moderate to high level **cardio workout** in form of brisk walking, running, cycling, dance, zumba, yoga, or any sport is good for your body and hair. If you prefer working out at home, consider buying a treadmill or cross trainer, and enjoy the activity with your favorite **music**.

Exercising heavily, however, without **addressing nutrition needs** or exercising too much can lead to problems that cause hair loss. Excessive exercise over a long period of time puts the body into a state of **chronic stress**, advises Ann Louise Gittleman, nationally known nutritionist and author of the "The Fat Flush Fitness Plan." Chronic stress is one of the top two causes of telogen effluvium (TE), a condition in which hair follicles go into a resting phase prematurely and shed hair rather than continuing to grow it, the American Hair Loss Association ex-

plains.

YOGA - Doing yoga to **restrict hair-loss** will not only give you healthy hair, but also benefit your whole system. It will improve your all round health **physically and mentally** also. Yoga will help enhance circulation of blood in the scalp, improve digestion and reduce anxiety and stress too.

All **forward bending** asanas enhances blood circulation in the head or the crown region. This in turn nourishes the roots of the hair and as a result one can **observe the changes** in the hair over a period of time. Here are the few asanas that many yogis have recommended for hair loss:

- Surya Namaskar
- SudarshanKriya Yoga(SKY)
- Uttanasana
- Vajrasana
- Sarvangasana
- AdhoMukhaSavasana
- Vipritakarani
- Halasana
- Kapalbhati Pranayama
- BhastrikaPranayam
- AnulomVilom
- Apanasana
- Pavanmukthasana
- NaadiShodhanPranayam

Massage and Aromatherapy -
(Cont. on next page)

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Massage and aromatherapy can also form an inexpensive and simple part of a natural cure for hair loss. Massaging the scalp for a few minutes every day can aid in returning **circulation** to the scalp and, in mild cases of temporary hair loss, will **stimulate** hair re-growth. During massage, blood and oxygen flow continuously to the scalp, which must be healthy in order for hair to grow.

Use a blend of **lavender and bay** essential oils in a base of four ounces of either almond, soybean or sesame oil to massage the scalp. Allow the oil to sit for 20 minutes to gently stimulate the scalp. Once the mixture has had the opportunity to **penetrate** the scalp for 20 minutes, wash your hair and scalp with your normal shampoo mixed with three drops of bay essential oil.

The research resource links we have provides below will all you to find out a lot more details about nutrition and other natural solutions for hair loss and baldness:

<http://www.all4naturalhealth.com/herbs-for-hair-growth.html> - Herbs for Hair Growth - Herbal Remedies for Hair Loss

<http://health.howstuffworks.com/wellness/women/general/female-hair-loss.htm> - Preventing Female Hair Loss with Nutrition

<http://www.all4naturalhealth.com/reverse-baldness.html> - Reverse Baldness and Hair Loss Naturally

<http://www.webmd.com/beauty/hair-health-11/eat-hair-type> - Eat Right for Your Hair Type

<http://www.all4naturalhealth.com/home-remedies-for-hair-growth.html> - Home Remedies for Hair Growth That Work - Nat-

ural Treatments

http://www.huffingtonpost.com/2013/06/07/hair-loss-foods-to-eat_n_3319975.html - Hair Loss Can Be Fought With These 7 Foods

<http://www.all4naturalhealth.com/preventing-baldness.html> - Preventing Baldness - Basic Tips

<http://www.healwithfood.org/hair-loss/> - How to Fight Hair Loss Naturally Through Nutrition

<http://www.all4naturalhealth.com/coconut-oil-hair-growth.html> - Coconut Oil Hair Growth Benefits

<http://www.all4naturalhealth.com/vitamin-e-for-hair-growth.html> - Vitamin E for Hair Growth - The Benefits

<http://www.all4naturalhealth.com/vitamins-for-promoting-hair-growth.html> - Vitamins for Promoting Hair Growth - Important Nutrients

<http://www.healwithfood.org/hairloss/#ixzz3pz7jTCm1> - 16 Super-Foods That Help Prevent Hair Loss

<http://www.all4naturalhealth.com/supplements-for-hair-growth.html> - Supplements for Hair Growth - Useful Nutrients and Herbs

<http://www.all4naturalhealth.com/natural-remedy-for-hair-loss.html> - Natural Remedy for Hair Loss and Balding - Herbal Treatments

<http://www.veganhealth.org/articles/hairloss> - Hair Loss

<http://www.livestrong.com/article/279959-hair-loss-a-vegan-diet/> - Hair Loss On A Vegan Diet

<http://www.thehealthsite.com/>

beauty/prevent-hair-loss-with-these-foods/ - Is your hair loss due to these 6 nutritional deficiencies?

<http://www.the-healthy-diet-paradise.com/hair-loss-diet.html> - Hair Loss Diet

<http://kimberlysnnyder.com/blog/2013/06/27/what-your-hair-loss-is-trying-to-tell-you/> - What Your Hair Loss is Trying to Tell You
<http://www.theatlantic.com/health/archive/2012/01/the-evidence-for-a-vegan-diet/251498/> - The Evidence for a Vegan Diet

<http://www.bbcgoodfood.com/howto/guide/what-eat-healthy-hair> - What to eat for healthy hair

<http://www.joybauer.com/looking-great/how-food-affects-hair-health.aspx> - How Food Affects Hair Health

<http://www.crvitality.com/2014/07/long-hair-on-vegan-diet/> - Tips For Long, Thick, Shiny Hair

<http://hbmag.com/hair-loss/> - Natural Solutions for Hair Loss

<http://www.thehealthsite.com/beauty/yoga-asanas-to-beat-hair-loss/> - Beat hair loss at home with these yoga asanas

<http://healthnbodytips.com/yoga-pranayam-to-reduce-hair-fall.html/> - Yoga and Pranayama to Reduce Hair Fall and Increase Hair Growth

<http://www.artofliving.org/yoga/health-and-wellness/yoga-for-hair-loss> - Yoga tips for Hair-loss

<http://www.woyoso.org/Hair-Problem.html> - Yoga for Hair Fall

<http://www.hairbuddha.net/does-exercising-make-your-hair-grow-faster-we-ask-the-expert/> - Does

Natural Solutions to Prevent and Regress Hair loss and Baldness will also Help You to have an Optimally Healthy Body! (Cont.)

Exercising make your Hair Grow Faster? We Ask the Expert

http://www.hairloss-reversible.com/my_approach.htm - The Core Idea

<http://www.livestrong.com/article/75051-exercise-hair-loss/> - Exercise & Hair Loss (Cont.on next page)
<http://www.all4naturalhealth.com/natural-cure-for-hair-loss.html> - Natural Cure for Hair Loss and Balding - Holistic Treatment Approach

<http://www.webmd.com/skin->

[problems-and-treatments/hair-loss/hair-loss-women-14/natural-treatments-for-hair-loss](http://www.problems-and-treatments/hair-loss/hair-loss-women-14/natural-treatments-for-hair-loss) - Natural Ways to Strengthen Hair

http://www.holistic-online.com/remedies/hair/hair_loss-diet.htm - Hair Loss, Baldness

<http://www.care2.com/greenliving/12-natural-remedies-that-boost-hair-growth.html> - 12 Natural Remedies that Boost Hair Growth

<http://www.earthclinic.com/cures/hair-loss-alopecia-women.html> - Natural Cures for Hair Loss in Women

<http://www.myhealthwire.com/news/menshealth/219/> - Regrow Hair With This Vegetable

<http://thekindlife.com/blog/2013/04/treat-pcos-polycystic-ovarian-syndrome-with-vegan-plant-based-diet/> - TREAT PCOS WITH A VEGAN DIET

<http://www.beautifulonraw.com/re-growing-beautiful-hair-on-raw-foods.html> - Re-Growing Beautiful Hair on Raw Foods

Physical, Mental, Emotional and Spiritual Imbalances can be a major cause of Hair Loss AND Hair Loss can, in turn cause Physical, Mental, Emotional and Spiritual Imbalances!

Hair loss can be absolutely devastating for self-image and **emotional well-being**. Since hair loss doesn't appear to be life threatening, physicians often overlook complaints about hair loss and essentially tell their patients that "it's no big deal," and that "you'll just have to live with it." Of course what these physicians don't seem to realize is that the **psychological** damage caused by hair loss and feeling unattractive can be just as devastating as any serious disease, and in fact, can take an emotional toll that directly affects **physical health**.

This works two ways. Hair loss can create emotional then mental then physical health issues and emotional, mental and even spiritual **imbalances** can create hair loss. Stress is a big factor in hair loss. Emotional stress can also lead to physiological stress. For example, dermatologist Amy McMichael, MD McMichael says, "if you're going through a severe divorce, you might not be eating

properly; you might lose weight or not sleep well. You may go off and then back on your oral contraceptives." All of these things cause physiological **stress** and an imbalance in your system. "The point is," she says, "there are a lot of other things that are physiological going on. You're not losing your hair because you hate your ex-husband."

"Stress because you're late to work or you've got a **heavy workload** is not going to cause you to lose hair," she says. Short-term, everyday stress is not going to affect your body in such a way that your hair falls out. It takes something **larger** to do that. "Something that causes you to lose sleep," dermatologist Paradi Mirmirani, MD says, "or changes your appetite and raises the level of stress hormones."

There are also many symptoms of **anxiety** that seem to become self-fulfilling. A common example is hair loss. It often seems that those that live in constant fear

about losing their hair may actually contribute to their own hair loss, by giving themselves so much stress and anxiety that their hair may **actually fall out**.

Anxiety and hair loss have a **complex** relationship, and it's probably not what you think. But anxiety can, in some cases, cause hair loss to occur, and in other cases it can make hair loss itself more difficult to control. (Cont. on next page)

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Physical, Mental, Emotional and Spiritual Imbalances can be a major cause of Hair Loss AND Hair Loss can, in turn cause Physical, Mental, Emotional and Spiritual Imbalances! (Cont.)

The key issue between anxiety and hair loss is stress. Anxiety is, in many ways, long term and **persistent** stress. While technically these are two separate conditions and long term stress on its own can lead to many of the same symptoms, the reality is that anyone **dealing** with anxiety is putting themselves under severe mental and physical stress all the time.

Stress can cause many conditions that lead to hair loss. It's highly likely that those with **mild hair loss** caused by stress and anxieties are suffering from either telogen effluvium, or simply stress weakened hair. But the other two are also a **concern** and affect a smaller percentage of the anxiety population.

In today's modern world stress is synonymous with daily living. When you are stressed, your body produces stress **hormones** (cortisol), which affects the entire body, including the hair follicles. Stress hormone causes hair follicles to stop growing, which can result in hair **thinning** or hair loss.

Louise Hay wrote about hair loss and said: "When we are tense and afraid, we often create those bands of steel that **originate** in the shoulder muscles and come up over the top of the head and sometimes even down around the eyes. The hair shaft grows up through the hair follicle. When there is a **lot of tension** in the scalp, the hair shaft can be squeezed so tightly that the hair can no longer breathe, and it dies and falls out. If this tension is continued, and the scalp is not relaxed, then the follicle remains so tight

that the new hair **cannot** grow through. The result is baldness."

Hay claims that hair loss often occurs as a result of **fear and mistrust** of the process of life, as well as a need to control everything. Hay also notes often when a person is experiencing hair loss they begin to think about it constantly and obsess about it.

She said, "First of all, stop thinking about it all the time. **Obsessive** thinking just makes the pattern stronger. Tell your scalp to relax right now. If you notice that your scalp visibly relaxes, then I suggest that you relax your scalp often. A good **scalp massage** morning and evening will stimulate circulation. Your lesson is to love yourself exactly as you are right now. Think of this condition as temporary. In your mind, allow it to go back to the nothingness from whence it came."

When the body is stressed from **mental worries**, it will cause your hair to thin and break. If your hair starts to thin all of a sudden ask yourself, what is going on in your life, which has caused you stress. **The root cause of stress is fear**. Changing your thought process can reverse your hair loss!

In relating to hair from a spiritual and **energetic** perspective: Hair serves as insulation as well as 'antennae' for energy. It is the aspect of the human body that is sensitive to energy: when hair is light and fine, it is fine-tuned to outside energies and when it is dark and coarse, it is less **sensitive** and more grounding. Where there is no hair, there is maximum receptivity to energy.

It has been suggested by some **metaphysical** teachers that if

you are experiencing hair loss you unconsciously feel as though you need to develop your spiritual connection, so you lose hair around your crown in order to become more receptive to your **higher wisdom**. You need to find ways to connect to your spirituality. From a yogic perspective, hair is an amazing gift of nature that can actually help raise the **Kundalini energy** (creative life force), which increases vitality, intuition, and tranquility. Head hair pertains to the Crown Chakra. Hair elsewhere on the body pertains to the chakra governing that area of the body.

There are many answers to **de-stressing** mentally and emotionally including: Meditation, foot reflexology, EFT, as well as yoga are therapies, hypnosis, journaling and guided imagery therapy may be useful.

Know that hair will usually grow back on its own if it is **caused** by stress. If hair loss is indeed caused by stress, the major focus of treatment should be on minimizing or eliminating that stress.

- Then, once the stress is **removed**, hair should grow back on its own with no need for drugs (Cont. on next page)

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Physical, Mental, Emotional and Spiritual Imbalances can be a major cause of Hair Loss AND Hair Loss can, in turn cause Physical, Mental, Emotional and Spiritual Imbalances! (Cont.)

or other treatments.

- The important thing is to have **patience**. The growth cycle of hair takes time, and it can be a number of months before you see a significant improvement.
- Just do your best to avoid stressing about the situation, as this will only make things **worse**. Have **faith** in the ability of your hair follicles to renew the hair, and you'll be fine.

The research resource links we have provides below will all you to explore out a lot more about the mental, emotional and spiritual impact on hair:

<http://www.webmd.com/beauty/hair-health-11/hair-stress-effect> - The Effects of Stress on Your Hair

<http://www.wikihow.com/Prevent-Hair-Loss-Due-to-Stress> - Prevent Hair Loss Due To Stress

http://stress.about.com/od/otherconditions/a/22707hair_loss.htm - Stress and Hair Loss: What Are The Causes of Hair Loss?

<http://www.calmclinic.com/anxiety/symptoms/hair-loss> - How Stress and Anxiety Can Cause Hair Loss

<http://www.coilyqueensrock.com/2014/04/spiritual-help-to-reverse-hair-loss-and.html> - Spiritual Help to Reverse Hair Loss

<http://www.wakingtimes.com/2013/03/09/hair-and-spirituality/> - The Spiritual Nature of Hair

<http://drummingthesoulawake.blogspot.com/2009/05/spiritual-power-of-receding-hairline.html> - The Spiritual Power of the Receding Hairline

<http://www.zengardner.com/the-spiritual-nature-of-hair/> - The Spiritual Nature Of Hair

<http://www.my-holistic-healing.com/mind-body-connection-hair.html> - The Mind-Body Connection Glossary

https://www.kryon.com/inspiritmag/archives/article%20archives/2004/04-articles/louise_9.04_P.html - Louise Hay on Hair Loss

<http://www.rawfoodsupport.com/read.php?2,139499,139996> - Hair Loss

<http://lavishlynatural.com/mind-body-technique-1-affirming-love/> - The #1 Cure for Stress (& Hair Loss)

<http://www.the-secret-formula.com/baldness-emotional-cause.html> - Baldness - Healing the Emotional Cause

SIMPLE SPIRITUALITY & SUSTAINABILITY

I have created a Facebook Fan Page with these intentions:

1. To express **three passions** of mine that I have ironically been suppressing since 1999:

- my passion for **spirituality**.
- my passion for our **earth/environment/plants/animals** and the future of them/us all.
- my passion for **uniting all religions, spiritual expressions** without excluding any of them and without relating to one as better than the other.....

2. To **create a space** where my friends and I can **enrich each other's spiritual growth** and we can all together empower our commu-

nity (and our world) in their/our spiritual growth.

3. To have us all support each other and the world in learning to **live sustainable lives and learning to "heal" the world in a "green way"**.

4. To answer my lifelong "calling". A calling to: team up with leaders in our community/world and together **lead the way towards a Self-Realized Civilization**, creating/waking up to a NEW GLOBAL VISION and maybe even questioning all our belief systems.

5. To make it all **simple and synergistic**.

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